R. G. DUN & Co.'s
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REFERENCE BOOK

No. .....

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Subscriber C. W. Chadwick. Esq. Rat Portage. Ont. to b

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EXPLANATORY KEY OF RATINGS

LEFT-HAND COLUMN

ESTIMATED PECUNIARY STRENGTH.

RIGHT-HAND COLUMN.

GENERAL CREDIT.

			High.	*Good.*	*Fair.*	*Limited.*
AA	Over	$1,000,000	A1	1	1½	2
A+	750,000 to	1,000,000	A1	1	1½	2
A	500,000 to	750,000	A1	1	1½	2
B+	300,000 to	500,000	1	1½	2	2½
B	200,000 to	300,000	1	1½	2	2½
C+	125,000 to	200,000	1	1½	2	2½
C	75,000 to	125,000	1½	2	2½	3
D+	50,000 to	75,000	1½	2	2½	3
D	35,000 to	50,000	1½	2	2½	3
E	20,000 to	35,000	2	2½	3	3½
F	10,000 to	20,000	2½	3	3½	4
G	5,000 to	10,000		3	3½	4
H	3,000 to	5,000		3	3½	4
J	2,000 to	3,000		3	3½	4
K	1,000 to	2,000			3½	4
L	Less than	1,000			3½	4
M	Less than	500			3½	4
			1½	2	3	4

The absence of a Rating, whether of capital or credit, indicates those whose business and invest difficult to rate satisfactorily to ourselves. We therefore prefer, in justice to these, to give the detailed re at our offices.

KEY FOR GAZETTEER.

Signs and abbreviations used in Gazetteer information: × Nearest R.R. Stat'n. △ Banking Town. Tel., Telegraph. Pop., Population. M., Miles.

EXPLANATORY KEY TO CLASSIFICATION OF TE

1 GENERAL HARDWARE, HOUSE FURNISHING, TIN, STOVES, AGRICULTURAL IMPLEMENTS, WINDMILLS, GUNS, BICYCLES, AND SPORTING GOODS.....
2 FOUNDRIES, STEAM FORGES, MACHINERY, ENGINES, BOILERS, CAR WHEELS, METALS, MACHINI RAILROAD AND ELECTRICAL SUPPLIES .....
3 PLUMBERS, PLUMBERS' SUPPLIES, LEAD PIPE, STEAM AND GAS FITTERS, AND GAS FIXTURES ....
4 CARRIAGES, WAGONMAKERS, WHEELWRIGHTS, BLACKSMITHS, AND LIVERY.....
5 CLOTHS, CLOTHING, TAILORS, MEN'S FURNISHING, AND HATS AND CAPS.....
6 DRY GOODS, CARPETS, SMALLWARES AND NOTIONS, AND MILLINERY.....
7 FURNITURE, UNDERTAKING, AND UPHOLSTERING.....
8 LUMBER DEALERS AND SAW MILLS .....
9 COAL, WOOD, ICE, AND REFRIGERATING .....
10 BOOTS & SHOES, TANNERS, HIDES, LEATHER AND FINDINGS.....
11 SADDLERY HARDWARE, HARNESS AND TRUNKS.....
12 GROCERIES, CONFECTIONERS, PROVISIONS, SHIP CHANDLERS, TEAS, COFFEES, AND SPICES .....
13 JEWELERS, WATCHMAKERS, AND OPTICIANS.....
14 BREWERS, MALTSTERS, AND DISTILLERS.....
15 DRUGS, PHYSICIANS, AND PATENT MEDICINES .....
16 FLOUR AND GRIST MILLS, HAY, GRAIN, FLOUR AND FEED DEALERS, AND BAKERS .....
17 CIGARS AND TOBACCO .....
18 BOOKS, PAPER, STATIONERS, PRINTERS, PUBLISHERS, LITHOGRAPHERS, PAPER BOXES, AN BINDERS .....
19 NURSERYMEN, FLORISTS, FERTILIZERS, AND SEEDS.....
20 WINE AND LIQUOR DEALERS, HOTELS, AND SALOONS .....
21 CROCKERY, CHINA AND GLASSWARE.....
22 PIANOS, ORGANS, MUSIC, AND MUSICAL INSTRUMENTS.....
23 FANCY GOODS, VARIETIES, AND TOYS .....
24 PAINTERS, PAINT AND OIL DEALERS, VARNISHES, AND PAPERHANGING .....
25 GENERAL STORES.....
26 CARPENTERS, CONTRACTORS, ROOFERS, BUILDERS, PLANING MILLS, AND SASH & BLINDS.....

NOTE.—In several lines of trades but little use of THE REFERENCE BOOK is, we find, made for circular purposes, consultation with subscribers, have been left unclassified.

Minimum Weights of Produce

Minimum weights of certain articles of produce according to the laws of the United States:

	Per Bushel		Per Bushel
Wheat	60 lbs.	Turnips	55 lbs.
Corn in the ear	70 lbs.	Dried Peaches	33 lbs.
Corn, shelled	56 lbs.	Dried Apples	26 lbs.
Rye	56 lbs.	Clover Seed	60 lbs.
Buckwheat	48 lbs.	Flax Seed	56 lbs.
Barley	48 lbs.	Millet Seed	50 lbs.
Oats	32 lbs.	Hungarian Grass Seed	50 lbs.
Peas	60 lbs.	Timothy Seed	45 lbs.
White Beans	60 lbs.	Blue Grass Seed	44 lbs.
Castor Beans	46 lbs.	Hemp Seed	44 lbs.
White Potatoes	60 lbs.	Corn Meal	48 lbs.
Sweet Potatoes	55 lbs.	Ground Peas	24 lbs.
Onions	57 lbs.	Malt	34 lbs.
		Bran	20 lbs.

SALT.—Weight per bushel as adopted by different states ranges from 50 to 80 pounds. Coarse salt in Pennsylvania is reckoned at 80 pounds, and in Illinois at 50 pounds per bushel. Fine salt in Pennsylvania is reckoned at 62 pounds; in Kentucky and Illinois at 55 pounds per bushel.

Weights of Every-Day Things

A barrel of flour weighs.....196 lbs.
A barrel of salt weighs.....280 lbs.
A barrel of beef weighs.....200 lbs.
A barrel of pork weighs.....200 lbs.
A barrel of fish weighs.....200 lbs.
A keg of powder equals..... 25 lbs.
A stone of lead or iron equals..... 14 lbs.
A pig of lead or iron equals.....21½ stone
Anthracite coal broken—cubic foot averages ..... 54 lbs.
A ton loose occupies..... 40-43 cubic feet
Bituminous coal broken—cubic foot averages ..... 49 lbs.
A ton loose occupies..... 40-48 cubic
Cement (Hydraulic) Rosendale, weight per bushel ..... 70 lbs.
Cement (Hydraulic) Louisville, weight per bushel ..... 62 lbs.
Cement (Hydraulic) Portland, weight per bushel ..... 96 lbs.
Gypsum, ground, weight per bushel.. 70 lbs.
Lime, loose, weight per bushel..... 70 lbs.
Lime, well shaken, weight per bushel 80 lbs.
Sand at 98 lbs. per cubic foot; per bushel, 122½ lbs.; 18.29 bushels equal a ton; 1.181 tons 1 cu. yd.

WEIGHTS AND MEASURES

POT POURRI

When the garden is fragrant with the perfume of summer flowers one often hears expressions of regret that the flowers bloom only to charm for a little while and then wither away.

But the summer fragrance may be retained long after the season of roses is over if the flowers are gathered on a dry day while in full bloom, dried in the sun, and made into pot pourri.

Our great grandmothers evolved many scents, essences, sweetmeats, and syrups from roses, and from the commonest of these in the garden, the cabbage, the damask, and the moss rose.

What a pride they took in their pot pourri jars, not only for the sake of the contents, but for the intrinsic value of the jars, many of them being heirlooms. A halo of romance seems to be woven round these articles! We imagine we see our gentle ancestresses in their flowered silks and dainty laces plucking the roses in the old-fashioned gardens which were such a joy to them.

Pot pourri can be made into sachets. These sell very well, and as there are so many movements on foot on behalf of war funds, perhaps this suggestion may be carried out by some of you who are anxious to help and have spare time at your disposal.

Dainty sachets may be made out of Japanese serviettes. Cut the serviettes in two and make into bags (the quickest method is to run them up with the machine). Put in the pot pourri, and tie with ribbon of a colour to match the design.

The following recipes for pot pourri are exceedingly good. Some of the essential oils cannot be obtained meantime, but a few drops of strong perfume is a good substitute.

POT POURRI NO. 1

Gather fragrant red roses, quite dry. Pull them from their stalks, leaving out all moist or decayed leaves. Mix them with a small quantity of lavender and orange flowers. Lay in a glazed jar in thick layers. Strew them with bay salt—not sparingly. Add a layer of leaves and lavender and orange flowers, and again a layer of salt, and so on until the jar is full. Put on the cover and let it remain for a month or six weeks undisturbed.

Then for every ½ lb. of rose leaves mix together 2 oz. ground cloves, 2 oz. mace, 2 oz. cinnamon, 2 oz. gum benzoin, 2 oz. sandalwood, ¼ lb. orris root, and a few grains of musk.

Mix these well with the rose leaves, sprinkle with rose perfume, stir well, and put back into the jar.

Set aside for four weeks, stirring up occasionally with a wooden stick, then place in pot pourri jars or make into sachets.

POT POURRI NO. 2

On a warm, dry day gather the petals of the sweetest smelling red roses that have just blown. Leave the petals on a large sheet of white paper until all moisture has evaporated from them. Now put a layer of petals in your pot pourri jar, and then a layer of coarse salt, repeating until the jar is three-quarters full.

WHAT TO DO IN CASE OF ACCIDENT

First Call a Doctor

WOUNDS.—Remove patient to a quiet place where plenty of fresh air is available. Have hot and cold water, several basins, clean towels, plenty of clean cloth, and soap. Treat as follows:

Your own hands and nails should be thoroughly cleansed, then cleanse the wounds with a solution of No. 6 Disinfectant. After the solution has been carefully used, apply strips of muslin or gauze soaked in warm water which has been boiled with No. 6 added.

DROWNING.—Turn the body face downward over a barrel, or grasp it by the middle and raise it so that the water may drain out of the throat, first grasping the tongue with a handkerchief or towel and drawing it forward. Then perform artificial respiration as follows:

Loosen all clothing, exposing neck and chest to the air. Open mouth, using force to open the jaw if necessary. Place a piece of wood between the teeth to prevent patient biting tongue. Grasp tongue with cloth or handkerchief and have someone hold it out. Kneel near the head. Grasp the patient's forearms firmly as close as possible to the bent elbows.

(1) Firmly press patient's elbows against the sides of his body, driving the air out of the lungs. Count "one."

(2) Raise the arms slowly with a sweeping motion up and around and over head until elbows touch ground, to expand the chest. Count "two."

(3) Give the arms a slow, strong pull, raising the chest as high as is possible to do so. Count "three."

(4) Bring the arms with bent elbows down against sides again. Count "four."

Continue this about fifteen times a minute, slowly and steadily. *Do not get discouraged.* Continue at least an hour if necessary.

APOPLEXY—STROKE OF PARALYSIS.—*Do not give stimulants.* Loosen clothing. Elevate the patient's head and apply cold cloths. Keep the body and feet warm. Never attempt to give anyone who is unconscious anything to drink, as it is liable to choke him.

MAD DOG OR SNAKE BITE.—Tie cord tightly above the wound. Wash wound thoroughly with warm water to which No. 6 has been added. If possible, cauterize immediately with nitrate of silver (lunar caustic), or red hot iron; or enlarge the wound by cutting away the flesh immediately around it.

FOREIGN BODIES IN EYE.—Pull the upper lid downward away from the eyeball over lower lid and release.

BURNS AND SCALDS.—Cover with cooking soda and lay wet cloth over it. Whites of eggs and olive oil. Olive or linseed oil, plain, or mixed with chalk.

LIGHTNING.—Dash cold water over person struck. Artificial respiration as above.

FAINTING.—Place flat on back; allow fresh air and sprinkle with water.

EC, ST. JOHN, TORONTO,
C.

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B	200,000 to		
C+	125,000 to		
C	75,000 to		
D+	50,000 to		
D	35,000 to		
E	20,000 to		
F	10,000 to		
G	5,000 to		
H	3,000 to		
J	2,000 to		
K	1,000 to		
L	Less than		
M.	Less than		

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The absence of a Rating, wh
difficult to rate satisfactorily to ou
at our offices.

K

Signs and abbreviations used in Ga
Pop., Population. M., Miles.

EXPLANATOR

1 GENERAL HARDWARE, HO
WINDMILLS, GUNS, BIC
2 FOUNDRIES, STEAM FORGE
RAILROAD AND ELECTR
3 PLUMBERS, PLUMBERS' SUP
4 CARRIAGES, WAGONMAKER
5 CLOTHS, CLOTHING, TAILOR
6 DRY GOODS, CARPETS, SMA
7 FURNITURE, UNDERTAKIN
8 LUMBER DEALERS AND SA
9 COAL, WOOD, ICE, AND REF
10 BOOTS & SHOES, TANNERS,
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21 CROCKERY, CHINA AND G
22 PIANOS, ORGANS, MUSIC,
23 FANCY GOODS, VARIETIE
24 PAINTERS, PAINT AND O
25 GENERAL STORES .....
26 CARPENTERS, CONTRACT

NOTE.—In several lines of trades but little use of THE ...
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Leave for three or four days, then mix thoroughly and fill up the jar until it is nearly full with more petals and salt.

Repeat the mixing operation every day for a week. Then to every ¼ lb. of rose leaves add a bean of vanilla, 2 teaspoonfuls of ground cinnamon, a few lavender flowers, half a handful of dried lemon verbena, four ground cloves, a few cassia buds and cardamom beans, and 2 teaspoonfuls of ground spice. Leave for a few days. Mix again, add a few drops of the oil of jasmine, violet, and rose. Mix again.

Next day pour over two tablespoonfuls of the finest eau de Cologne. Shake all together. Put the top on the jar and keep covered except when you wish to scent your room.

POT POURRI NO. 3

Obtain a jar with a double top and coat the inside with rose perfume. Drop a layer of loose petals which have been dried in the sun for twenty-four hours into the jar and shake well. Each day add more rose petals, shake the jar, and add a few drops of rose perfume. When the jar is full it must stand uncovered for two weeks in order to ripen properly.

Then stir among the leaves a mixture of one teaspoonful of ground cloves and one of cinnamon, and let it stand over night. In the morning the contents of the jar are emptied into a basin and a few drops of rose perfume are poured into the jar. Put the petals back and sprinkle into them six drops of oil of lavender, six drops of rosemary, and one ounce of powdered Tonquin beans. This completes the process, and the jar must be covered and put away. During the next month the jar is opened at intervals and the contents stirred.

This may appear a somewhat tedious and elaborate method of making pot pourri, but the result will fully justify the trouble, for the house will be filled with a sweet and invigorating odour whenever the jar is opened.

POT POURRI NO. 4

Take ½ lb. dried rose leaves, ½ lb. dried clove carnations, ½ lb. orange flowers, ¼ lb. lavender flowers, ¼ lb. angelica root, a handful of lemon thyme, a handful balm of Gilead, a handful rosemary flowers, a handful bay leaves, ¼ oz. musk, and a handful each of bay salt and common salt.

Well mix the ingredients and put into a large glazed jar. Allow to stand for a month or six weeks, stirring occasionally with a wooden stick.

POT POURRI NO. 5

Take 4 oz. of dried rose leaves, 3 oz. lavender flowers, 6 oz. orris root, 1 Tonquin bean, a few grains of musk, ½ oz. gum benzoin, a large teaspoonful of vanilla essence, 3 teaspoonfuls ground cinnamon, 3 teaspoonfuls cloves, 3 teaspoonfuls lavender water, 20 drops oil of rosemary, 20 drops oil of verbena, 3 teaspoonfuls rose perfume.

Mix well together with a wooden stick, and place in a glazed jar. Cover up tightly, and allow to stand for six weeks, stirring up once a week.

Your pot pourri is now ready, and your rooms and linen will be deliciously perfumed at very little cost and trouble.

Minimum Weights of Produce

Minimum weights of certain articles of produce according to the laws of the United States:

	Per Bushel		Per Bushel
Wheat	60 lbs.	Turnips	55 lbs.
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Corn, shelled	56 lbs.	Dried Apples	26 lbs.
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Lime, loose, weight per bushel..... 70 lbs.
Lime, well shaken, weight per bushel 80 lbs.
Sand at 98 lbs. per cubic foot; per bushel, 122½ lbs.; 18.29 bushels equal a ton; 1.181 tons 1 cu. yd.

WEIGHTS AND MEASURES

Long Measure

12 Lines.....1 Inch
4 Inches.....1 Hand
12 Inches.....1 Foot
3 Feet.....1 Yard
6 Feet.....1 Fathom
5½ Yards....1 Rod or Pole
40 Rods.....1 Furlong
8 Furlongs.....1 Mile
3 Miles.....1 League
69½ Miles.....1 Degree
1760 yds. or 5280 ft...1 Mile
6075.81 ft...1 Nautical Mile

Square or Land Measure

144 Sq. Inches...1 Sq. Foot
9 Sq. Feet....1 Sq. Yard
30¼ Yards.....1 Sq. Rod
40 Poles or Rods...1 Rood
4 Roods.....1 Acre
640 Acres.....1 Sq. Mile

Cubic or Solid Measure

1728 Inches....1 Solid Foot
27 Feet.....1 Solid Yard
42 Feet...1 Ton Shipping
128 Feet.....1 Cord Wood

Land Survey Measure

7.92 Inches.....1 Link
100 Links.....1 Chain
1 Chain.....66 Feet
10 Sq. Chains.....1 Acre

English Money Table

4 Farthings.....1 Penny
12 Pence.....1 Shilling
20 Shillings.....1 Pound

Avoirdupois Weight

16 Ounces.....1 Pound
14 Pounds.....1 Stone
25 Pounds.....1 Quarter, C
28 Pounds.....1 Quarter, E
4 Quarters.....1 Hund'w't
20 Hundredw't.. } 1 Ton
2000 lbs., Can... }
2240 lbs., Eng... }

Paper

24 Sheets.....1 Quire
20 Quires.....1 Ream

Apothecaries' Weight

20 Grains.....1 Scruple
3 Scruples.....1 Dram
8 Drams.....1 Ounce
12 Ounces.....1 Pound

Troy Weight

24 Grains.....1 Pennyw't
20 Pennyw'ts.....1 Ounce
12 Ounces.....1 Pound

Cloth Measure

2½ Inches.....1 Nail
4 Nails.....1 Quarter
3 Quarters...1 Flemish Ell
4 Quarters.....1 Yard
5 Quarters....1 English Ell
6 Quarters....1 French Ell
37 Inches.....1 Scotch Ell

Measure of Capacity

4 Gills.....1 Pint
2 Pints.....1 Quart
4 Quarts.....1 Gallon
9 Gallons.....1 Firkin
36 Gallons.....1 Barrel
63 Gallons.....1 Hogshead

Dry Measure

2 Pints.....1 Quart
4 Quarts.....1 Gallon
2 Gallons.....1 Peck
4 Pecks.....1 Bushel
36 Bushels.....1 Chaldron

Time Measure

60 Seconds.....1 Minute
60 Minutes.....1 Hour
24 Hours.....1 Day
7 Days .....1 Week
4 Weeks.....1 Month
12 Months, or } 1 Year
365¼ Days... }
100 Years.....1 Century

Days in the Month

30 days hath September,
April, June and November;
February has 28 alone,
And all the rest have 31;
But Leap Year coming once in four,
February then has one day more.

WHAT TO DO IN CASE OF ACCIDENT

First Call a Doctor

WOUNDS.—Remove patient to a quiet place where plenty of fresh air is available. Have hot and cold water, several basins, clean towels, plenty of clean cloth, and soap. Treat as follows:

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Continue this about fifteen times a minute, slowly and steadily. *Do not get discouraged.* Continue at least an hour if necessary.

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HALIFAX, HAMILTON, LONDON, MONTREAL, OTTAWA, QUEBEC, ST. JOHN, TORONTO,
VANCOUVER, VICTORIA, WINNIPEG, ETC.

Basic Recipes

It's basic recipes that count—you can do all sorts of tricks if you use substitutes wisely

Any one recipe which is satisfactory for any one kind of product may be called a basic recipe. Thus there is one basic recipe for pancakes, one for waffles, one for muffins, or biscuits, or pastry, etc. Each of these may be varied to suit the needs or desires of the cook by the cook herself when a few facts about substitution are known.

In addition there are many foods which may be substituted without change in other ingredients, such as brown for white sugar, pastry for whole-wheat flour. Almost any liquid can be substituted for another with a change in flavor only; tomato juice for milk in sauces, evaporated milk for milk, etc., while such things as nuts, raisins, spices, and many other flavorings may be added without change in other ingredients of the recipe. See substitution table on back of April Calendar (next page).

Basic Recipes

	Pastry Flour	Liquid	Fat	Egg	Sugar	Salt	Watkins Baking Powder
Custards, soft and baked		1 c		1	2 tb	¼ tsp	
Butter cakes	2 c	1½c	⅓ to ½c	2	1 c	1 tsp	3 tsp
Biscuits	1 c	⅓c	1 tb			½ tsp	2 tsp

Variations

Butter-Cake Variations:

	Pastry Flour	Liquid	Fat	Egg	Sugar	Salt	Watkins Baking Powder
Basic recipe cake	2 c	½ c	⅓ to ½ c	2	1 c	1 tsp	3 tsp
One-egg cake	2⅛c	⅝ c	½ c	1	1 c	1 tsp	3½ tsp
Three-egg cake	1⅞c	⅜ c	⅓ c	3	1 c	1 tsp	2½ tsp
Egg-yolk cake	2 c	⅝ c	¼ c	4yks	1 c	1 tsp	3 tsp
Egg-white cake	2c	½ c	⅓ to ½ c	4whts	1 c	1 tsp	2 tsp

Custard Variations:	Flour	Liquid	Fat	Egg	Sugar	Salt	Watkins Baking Powder
Plain baked custard		2 c milk		2	4 tb	½ tsp	
Chocolate custard		2 c milk		1	4 tb	½ tsp	
Vegetable or meat custard—I		2 c milk*		2		½ tsp	
Vegetable or meat custard—II	2 tb	2 c milk*	½ tb	1		½ tsp	
Tomato custard		2 c tomato juice		2		½ tsp	

Biscuit Variations:	Bread Flour	Liquid‡	Fat	Egg	Salt	Watkins Baking Powder
Baking-powder biscuits	2 c	⅔ c water or milk	2 to 3 tb		1 tsp	4 tsp
Sour-milk biscuits	2 c	⅔ c sour milk	2 to 3 tb		1 tsp	2 tsp & ½ tsp soda
Sour-cream biscuits	2 c	⅔ c sour cream			1 tsp	2 tsp and ½tsp soda
Shortcake	2 c	½ c milk	2 to 2½ tb	1	1 tsp	3¼ tsp

c, cupful; tsp, teaspoonful; tb, tablespoonful. *Or 2 cupfuls milk and meat or vegetable stock.
‡The amount of liquid will vary slightly with the quality of the bread flour used.

Substitutes for flour as thickening agent:

1 cupful pastry flour = ⅞ cupful bread flour.
1 cupful pastry flour = 1½ cupfuls dried bread crumbs.
1 cupful cooked cereal = ⅓ cupful flour and ⅔ cupful liquid.

Substitutes for sugar:

1 cupful molasses = ½ cupful sugar and ¼ cupful liquid.
1 cupful strained honey = ¾ cupful sugar and ¼ cupful liquid.

Other substitutes:

1 square chocolate = 1 tablespoonful fat and 2 tablespoonfuls flour.

1 square chocolate = 4 tablespoonfuls cocoa and ½ tablespoonful fat minus 1 tablespoonful flour.

4 tablespoonfuls cocoa = 1 square chocolate, ½ tablespoonful fat and 1 tablespoonful flour.

1 whole egg = 2 tablespoonfuls liquid, 2 tablespoonfuls flour, ½ tablespoonful fat, and ½ teaspoonful baking powder.

2 egg whites = 1 egg, ½ teaspoonful baking powder minus ½ tablespoonful fat.

2 egg whites = 1 egg, ½ tablespoonful fat minus 1 tablespoonful liquid.

1 cupful heavy cream = ¾ cupful milk and ¼ cupful fat.

ANNUAL FLOWERS

Name	Coldframe	Transplant	Distance Apart in Garden
Ageratum	April 10	May 15	6 inches
Antirrhinum	April 1	May 15	6-12 inches
Asters	April 1	May 15	9 inches
Balsam	April 10	May 20	24 inches
Calendula	April 10	May 10	12 inches
Cosmos	April 10	May 20	12 inches
Centaurea	April 10	May 15	12 inches
Dianthus	April 15	May 15	6 inches
Larkspur	April 10	May 10	6 inches
Marigold	April 15	May 20	6 inches
Moonflower	April 10	May 15	12 inches
Nasturtium	April 15	May 10	6 inches
Pansy	April 10	May 15	4 inches
Phlox	April 1	May 15	12 inches
Ricinus	April 1	May 15	24 inches
Petunia	April 10	May 10	6 inches
Verbena	April 15	May 20	6 inches
Zinnia	April 15	May 20	6 inches

VEGETABLES

Name	Hotbed	Coldframe	Transplant to Garden
Artichoke	March 15	March 1	May or June
Beet	Feb. 20	March 1	May
Broccoli		March 1	June or July
Cabbage		Feb. 20	April or May
Carrot		March 1	May
Cauliflower		March 1	April or May
Egg Plant	March 15		Late May
Endive		March 15	April or May
Kale		Feb. 20	April or May
Kohl Rabi		Feb. 20	April or May
Lettuce		Feb. 20	April or May
Onion		Feb. 20	April or May
Pepper	March 20		Late May
Sweet Potato	April 10 (tubers)		June
Tomato	March 20	May 20	May 30 (pots)
Parsley		March 1	May

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La Crosse, Wis.—Room 20 Batavian Bank Building.
La Fayette, Ind.—Wallace Block, Fourth & Ferry Streets.
Leavenworth, Kan.—Rooms 30 & 31 Delaware & Fifth Streets.
Lincoln, Neb.—Rooms 122 & 124 Burr Block, cor. 12th & O Streets.
Little Rock, Ark.—Rooms 117, 118, 119 German National Bank Bldg.
Los Angeles, Cal.—232 North Main Street.
Louisville, Ky.—Columbia Building, Fourth & Main Streets.
Lynchburg, Va.—Law Building, 807 Main Street.
Macon, Ga.—Exchange Bank Building.
Marquette, Mich.—First National Bank Building.
Memphis, Tenn.—39 Madison Street.
Milwaukee, Wis.—395 East Water Street.
Minneapolis, Minn.—Sykes Block, 254 & 256 Hennepin Avenue.
Mobile, Ala.—St. Francis & Water Streets.
Montgomery, Ala.—10 North Court Street.
Nashville, Tenn.—180 North College Street.
Newark, N. J.—20 Clinton Street.
New Haven, Conn.—811 Chapel Street.
New Orleans, La.—Camp & Common Streets.
Norfolk, Va.—Rooms 209 & 210 Columbia Building.
Omaha, Neb.—First National Bank Building.
Ottumwa, Iowa—205 East Main Street.
Paducah, Ky.—227 Broadway.
Peoria, Ill.—Woolen Bldg., South Adams & Fulton Streets.
Philadelphia, Pa.—Betz Building, Broad Street & South Penn Square.
Pittsburg, Pa.—Westinghouse Building, Penn Avenue & 9th Street.

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Bluing—Ball and block blues, known as ultramarine blues, may often be removed by soaking in cold water. If badly stained, oxalic acid or a ten per cent solution of acetic acid will usually remove the most persistent stains.

Chewing Gum—Remove the excess with a dull blade. Then sponge with a cloth dipped in carbon tetrachloride.

Coffee—Coffee stains are usually removed in the laundering process. Old stains can be removed with potassium permanganate and oxalic acid.

Candle Wax—Remove the excess wax by scraping with a dull knife blade or the finger nail. Remove what remains on the fabric by sponging with a small cloth dipped in carbon tetrachloride. The color which sometimes remains from colored candles will usually come out in the laundering process. If not, it may be removed with a bleach like Javelle water.

Egg—Sponge with cold or lukewarm water. Follow with soap and water if the color is not affected by soap.

Fly Paper—Sponge with a cloth dipped in carbon tetrachloride.

Fruits and Berries—Boiling water poured from a height of about two feet. If stains are old and have been laundered in, remove with Javelle water or potassium permanganate and oxalic acid.

Glue—Sponge with lukewarm water. With old stains it may be necessary to soak for a while to soften the stain.

Grass—For washable materials rub with a cloth dipped in kerosene. Follow with soap and water. For non-washable materials and garments which are not ready for the laundry, sponge with a cloth dipped in carbon tetrachloride.

Grease—On washable materials use warm water and soap. Rub the spot thoroughly so that it will not reappear after washing. For non-washable materials:

1. Sponge with carbon tetrachloride, having a folded cloth beneath the fabric to absorb the grease as it is removed.

2. Sponge with cloth dipped in lukewarm soap suds (neutral soap only). Rinse soap out with clear, lukewarm water. Use pad underneath to prevent water spreading.

Inks—Writing Ink—For blue black use ammonia and oxalic acid alternated. For purple, blue, red, etc., use potassium permanganate and oxalic acid. On silk and wool try lukewarm water. If stain is fresh, this will often prove effective.

Indelible Ink—There is no satisfactory method for removing this stain.

Printing and India Ink—Sponge with cloth dipped in carbon tetrachloride. For washable materials use kerosene, then wash with soap and water to remove the kerosene.

Iodine—Apply ammonia until the stain disappears.

Iron Rust—Place material over a bowl of hot water, dampen, and apply oxalic acid crystals to the stain. Moisten frequently and leave until stain disappears (5-10 minutes). A saturated solution of oxalic acid may be used in place of the crystals.

Machine Oil—For washable materials use soap and water. For non-washable materials sponge with carbon tetrachloride, using a pad under the stain to absorb the grease as it is removed. Old stains which have been "laundered in" can be removed by bleaching with potassium permanganate and oxalic acid or Javelle water.

Meat Juice—Grease spots which remain after the rest of the stain has been removed can be taken out by sponging with carbon tetrachloride.

Medicine—Because of the great number and variety of medicines, it is impossible to give methods for removing all stains of this type.

1. Tarry or gummy medicines, treat as tar.
2. Medicines containing iron, treat as iron rust.
3. Sugar sirups, treat as water.
4. For medicines dissolved in alcohol use denatured alcohol.
5. For medicines containing metallic salts, use oxalic acid.
6. Lukewarm water or soap and water is often effective.
7. For stubborn stains use Javelle water or postassium permanganate and oxalic acid.

Mildew—Use potassium permanganate and oxalic acid if spots are small. If entire garment is mildewed, put it in a bleach consisting of one cup of Javelle to one quart of warm water. If the garment is badly mildewed it may be necessary to soak it in the solution for 15 to 20 minutes. This will do no harm to the fabric if thoroughly washed and rinsed.

HOW TO TAKE OUT STAINS

Stains caused by fresh fruit are quite easily removed if cold water is applied while the marks are still moist. But often it is not possible to deal with the stain immediately it has been made, and it may be dry before it can be touched.

Soap should not be used, because the alkali in it may fix the stain in the fabric. By far the best plan is to stretch the material over a basin, and then pour nearly boiling water over the mark.

Tea stains may be removed from fine linen with glycerine. Rub the stained portions with a soft rag dipped in glycerine, and then wash.

Chocolate and Cocoa—Wash in cold water, then in boiling water.

Coffee—Pour boiling water through.

Cream and Milk—Use cold water, then soap and cold water.

Egg—Use cold water.

Iron Rust—Cover with lemon juice and salt, then put in the sun.

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Candied Orange Peel.

This makes an agreeable thing for a compartment dish of afternoon tea relishes. Cook the peel of a large orange in plain water until it can be easily pierced with a toothpick—cook gently. Drain well from the water and then with a teaspoon scrape out the white part and cut the rest in thin strings. Scrape carefully or the skin will break and you cannot get pretty strings—ragged strings are mussy. For the peel of one large orange, cooked and cut in strings, take one-half cup of sugar and one-half cup of water and cook them to a sirup.

First stir until the sugar is surely dissolved and then cook—after it reaches cooking stage—from three to five minutes; then put in the peel, cover the pan, and cook gently for fifteen minutes. Finally, skim out of the sirup, drain, and roll in sugar, using two forks. Then dry a little, or more if to taste.

The liquid with which the sirup is made may be a fruit juice, which gives an acidulated candied peel that makes for pleasing variety. Or make such a peel thus: Melt one-half cup of currant jelly, add it to one-half cup of water and one-half cup of sugar. Stir till the sugar dissolves, boil up and skim, cook the prepared orange strings in this gently under a cover, drain them out, and finish as above. The cooking liquid will jelly and can be poured out in a layer, cut, and used.

A Compartment Sweet.

THE Chinese compartment dishes are still to be purchased, and there are others which especially lend themselves to a collection of sweets for afternoon tea service or desserts. We recommend an apricot jam sweet again as something out of the usual. Pick over one pound of fine dried apricots, rejecting any dark to black pieces. Rinse the fruit with cold water and then allow it to stand in cold water for five minutes. Rub each piece clean from this water and put it into an earthen dish. Add two cups of cold water to a pound of fruit and let it stand overnight.

In the morning cook the apricots in the water in which they were soaked for half an hour or more, or until the skins are so tender that the whole can be sieved without a residue. After sieving (this is real work, but pays) add to each cup of the purée thus obtained three-fourths of a cup of sugar and cook until a little between the thumb and forefinger will be sticky and stretchy.

This cooking should be short unless you want a dark jam, and needs constant stirring. (By the way, though it seems most attractive to cook this fruit in a white enamel dish, it is more practical to use aluminum.)

When this is cooked pour it out in a layer and cut it up in caramel shapes, or strings, or how you will. But to make a superior confection of it, experiment with half a cup of it in an equal quantity of sirup. To make the sirup take one-half cup of sugar and one-half cup of water and, after dissolving the sugar, stir the whole over the fire for five minutes, or until it is a rather thick sirup. Add one-half cup of the jam made, cook till the two are well blended, then pour out like a sheet of caramel.

Cut in squares or in jelly strings and roll in sugar, or not. Stick together two nut meats with it, or use alternate thin slices of it with marshmallow or with thin pieces of preserved pineapple. Or combine it with dates, and even peanuts with it are good.

Butter Scotch #2.

½ cup vinegar
½ " water
3 " white sugar
1 tablespoon butter

Boil 1/2 hour- stirring until it will snap & break. Just before you take it from the fire add ¼ of a teaspoon of soda.

Mrs. Harbottle

Molasses Taffy:

1 teaspoon butter
1 cup granulated sugar
1 " molasses
1 tablespoon vinegar

Boil until it strings, then stir in ½ a teaspoon of baking soda. Pour it on buttered dish & pull when cool enough to handle.

Mrs. Harbottle.

Butterscotch Squares and Wafers

1 Pound of granulated sugar
½ Pound of white corn syrup
¼ Pint of hot water

Place in saucepan, stir to dissolve sugar; when boiling, wipe round sides of saucepan. Boil to 280 degrees, then add quarter pound of butter and half teaspoonful of salt. Stir now continuously, until it reaches 300 degrees. Remove from fire, add a little lemon flavor, and pour into a well greased pan. When nearly cold, mark into squares with knife. This is best if quite thin. For wafers, when saucepan is removed from fire, place it at once in another one containing very hot water; and with a teaspoon, drop small quantities on a sheet of greased tin, so that they will run out to about one inch in diameter.

Hard Candies

The following recipes give a variety of candies of the hard and chewy kinds. The higher the degree of boiling, the harder and more brittle the candy becomes. Use the thermometer, and always remember to place it first in hot water before putting into the boiling syrup. Always stir sugar, so that it is all dissolved before boiling starts; then cease stirring; wash round sides of saucepan to remove sugar crystals, pnt in thermometer and leave. Add cream, butter, or molasses, then stir continually, shifting the thermometer often. Use wooden paddle for stirring. Other directions will be given as the recipes call for them.

Maple Cream:

2 cups brown sugar
1 " sweet milk
1 tablespoon butter
Boil and stir while boiling. To tell when done let it just string. Let cool a little & beat until it creams.

Mrs. Harbottle.

Corn Soup:

1 can corn
1 pint milk
1 tablespoon butter
½ " flour
1 cup water

Cook corn in double boiler in the water. Salt and pepper.

Vegetable Soup:

Add to soup stock one tablespoon of any vegetable you choose to every quart one hour before taking from stove.

English Muffins

1½ cups milk	3 cups flour
1 tablespoon sugar	½ yeast cake
½ teaspoon salt	1 egg
	⅛ teaspoon soda

Warm milk. Add sugar, salt and yeast cake dissolved in warm water. Beat in flour to a soft batter, and let rise three hours. Then stir in the egg, well-beaten, and soda. Beat and cook slowly in muffin-rings on griddle.

Potato Soup: —

1 pint milk
1 slice of onion
a little celery
1 cup mashed potatoes
1 tablespoon minced parsley
½ " flour
1 " butter

Tomato Soup: —

1 pint stock
1 cup drained tomato
1 scant tablespoon flour
1 tablespoon butter
Melt the butter and cook the flour in it before putting in the stock. Season to taste —

Puree of Peas: —

1 can peas
1 pint stock
1 sprig mint
Simmer the peas 10 minutes in the stock, strain & add ½ pint of thin cream & yolks of 2 eggs, thicken with a teaspoon of flour. Mix eggs with part of cream & add last.

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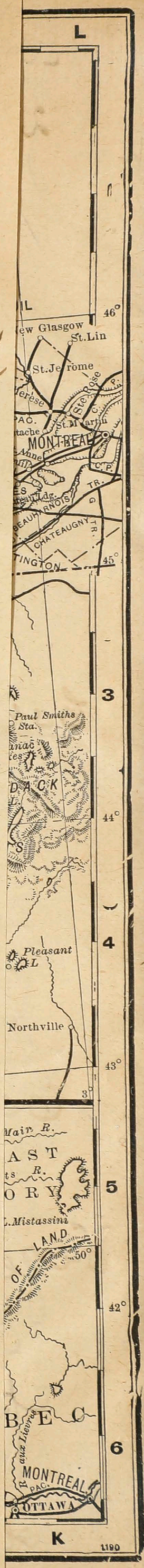
Butterscotch Squares and Wafers
1 Pound of granulated sugar
½ Pound of white corn syrup
¼ Pint of hot water

Place in saucepan, stir to dissolve sugar:



Carrot Soup:—
1 cup or ½ pint of very finely chopped carrots
1 pint stock
1 cup milk
Cook carrots first.

WHAT TO DO IF FAT BOILS OVER.—Everybody who reads the newspapers knows that fires are frequently caused by fat boiling so high in the kettle in which it has been placed that it escapes over the sides of the utensil and falls upon the stove. In such cases the common impulse of most spectators, in their desire to extinguish the blaze, is to do what is really the worse thing possible—throw water on the fire. A volume of water may put out the blaze quickly, but a pailful only spreads the flames. Firemen say that ashes are the best extinguisher at all likely to be at hand. If fat boils over, a woman should immediately run for aid, unless she knows there is none within call, or she is so fortunate as to have a pan of ashes or a quantity of sand near by, and to have means of speedy retreat in case her attempt to smother the flames fails. Possibly many fires might be prevented from causing any loss if women kept boxes of sand near the stove whenever frying food.

A woman's clothes may be set on fire when fat boils over, or possibly at some other time when she is in the kitchen. Scientists assert that if a woman will lie down in such an emergency the flames will become for the while almost harmless, and time will be gained for further action. Any bystander who has the quick wit in such a case to spread a woollen garment or a rug over the sufferer to exclude the air, may save a life. Perhaps the woman, if alone, can extinguish the flames herself by rolling over. The great point to bear in mind is the wisdom of lying down as quickly as possible, though, of course, no woman wants to lie down in a room that is all ablaze. In case her misfortune be due to the boiling-over of fat she should get out of the room, perhaps go out of doors, instantly, and then lie down at once. She never should run.

SPONGE CAKE.—In making sponge cake it is always best to weigh the materials if possible. The best rule for this cake is the weight of the eggs in sugar and half the weight of the eggs in flour. For every ten eggs use the juice and rind of one large lemon. For two sheets of cake use two cupfuls and a half of sugar, two and one-half of pastry flour,—or if new-process flour be used, take two cupfuls and half a gill,—ten eggs, and the juice and grated rind of one lemon. Have the oven properly heated,—that is, moderately hot. Butter the pans and line them. Weigh or measure the flour and sugar. Grate the rind of the lemon on the sugar. Squeeze the juice into a cup. Break the eggs, putting the whites in a large mixing-bowl and the yolks in a smaller bowl. Beat the yolks with the egg-beater until thick and light. Add the sugar to them, and beat with a spoon until light. Add the lemon juice, and beat two minutes longer. Beat the whites of the eggs to a stiff froth, and cut the beaten yolks and sugar into them, adding a spoonful at a time. This work must be done slowly and carefully. When this is all cut together, add the flour, and cut it in slowly and carefully, keeping the whole mass light and spongy. Pour the mixture into the two pans and bake for forty minutes. The oven should be moderately hot throughout the baking, but for sponge cake it is very essential that the oven be slow at first.

FISH SALAD.—For this salad use any flaky fish—cod, halibut or whitefish. To each cupful of fish and one cupful of chopped celery and one-half teaspoonful of onion juice; salt and pepper to taste. Mix and serve on lettuce leaves; pour over it a mayonnaise dressing.

GRAHAM CREAM TOAST.—Carefully toast slices of graham bread and arrange in a dish; bring one pint of rich cream to a boil, add a dusting of salt, pour over the toast, cover and serve.

APPLE SLUMP.—One quart of flour sifted with three teaspoonfuls of baking powder; shorten with one teaspoonful of butter rubbed in and mix with cold milk or water, the same as for biscuit. Put two quarts of pared, sliced or quartered apples with one pint of water into the dish in which the slump is to be cooked. Roll the crust about an inch thick, cut into quarters and with it cover the apples in the dish; then cover the whole with a close-fitting cover, and boil or steam until done. Take out on a platter and grate nutmeg over the apple. Serve with a sweet sauce or sugar and cream.

Poached eggs, as served at a French-Canadian table, are much nicer than as usually cooked. A cupful of milk is brought to the scalding point in a shallow granite vessel, and into this the eggs are gently dropped, then covered. The milk is not allowed to boil, merely kept at the scalding point. The eggs will be ready in about two minutes, with the yolk inside of a beautiful pearly film. Lift them out carefully with a skimmer and set each egg on a slice of buttered, delicately-browned toast. Add to the hot milk one tablespoonful of butter and one tablespoonful of flour rubbed to a roux, season with pepper and celery salt, beat till creamy and pour over the poached eggs.

Give a new-laid egg about a half minute longer to boil than one which has been kept for some time.

EGGS WITH CHEESE SAUCE.—
6 eggs,
1 1-2 cupful milk,
3 tablespoonfuls finely chopped cheese,
1 1-2 tablespoonful butter,
1 1-2 tablespoonful flour,
3-4 teaspoonful salt,
1-12 teaspoonful paprika or cayenne.

Boil the eggs for twenty minutes; shell and remove a thin slice from each end. Divide them into halves crosswise; stand upright in a saucepan containing a little boiling water; cover and place where they will keep hot until ready to serve. Mix the butter and flour together well, pour in the milk and stir over the fire until boiling; add the rest of the ingredients and continue stirring until the cheese melts. Pour the sauce on a heated platter, stand the eggs in it and serve hot.

RICE JELLY.—To one heaping tablespoonful of rice flour add enough cold water to make a smooth paste; add a scant pint of boiling water, sweeten with loaf sugar, boil until clear, flavor with lemon and mould.

MAP OF ONTARIO.

Size of type indicates importance of places.

⊛ indicates **PROVINCE CAPITAL.** ⊙ indicates **County Seat.**

SCALE OF STATUTE MILES.

10 5 0 10 20 30 40 50 60 70 80 90 100

45 MILES TO THE INCH.

OTTAWA, Capital of the Dominion of Canada.

Northwestern Part of ONTARIO.

SCALE OF STATUTE MILES.

100 50 0 100 200 300

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EGGS WITH CHEESE SAUCE.—
6 eggs,
1 1-2 cupful milk,
3 tablespoonfuls finely chopped cheese,
1 1-2 tablespoonful butter,
1 1-2 tablespoonful flour,
3-4 teaspoonful salt,
1-12 teaspoonful paprika or cayenne.

Boil the eggs for twenty minutes; shell and remove a thin slice from each end. Divide them into halves crosswise; stand upright in a saucepan containing a little boiling water; cover and place where they will keep hot until ready to serve. Mix the butter and flour together well, pour in the milk and stir over the fire until boiling; add the rest of the ingredients and continue stirring until the cheese melts. Pour the sauce on a heated platter, stand the eggs in it and serve hot.

RICE JELLY.—To one heaping tablespoonful of rice flour add enough cold water to make a smooth paste; add a scant pint of boiling water, sweeten with loaf sugar, boil until clear, flavor with lemon and mould.

SALMI OF GROUSE, A LA PARISIENNE.—Singe, draw, wipe and truss two fine fat grouse; season with a pinch of salt, spread a few small bits of butter on the birds, then place them a roasting-pan, and put them in a brisk oven to cook for eight minutes. Untruss and cut away the wings, legs and breasts. Put an ounce of good butter into a saucepan with half a medium-sized carrot, cut in very small pieces, half an onion cut the same, a sprig of thyme, two bay-leaves and six whole peppers. Reduce to a good golden color for about five minutes, then hash the bodies of the two grouse, and add them to the other ingredients. Moisten with a pint of Espagnole sauce, half a glassful of good sherry wine, half a cupful of mushroom liquor, and the zest of a lemon; season with half a pinch of salt, half a pinch of pepper, and a third of a pinch of nutmeg; let cook for twenty minutes. Now put the wings, legs and breasts into a separate saucepan, and strain the above sauce over the parts, adding six minced mushrooms and two minced truffles. Let cook for three minutes, then dress neatly on a hot dish, and serve with six croutons on top, and paper ruffles nicely arranged.

CELERY CREAM SOUP.—Three pints of soup stock, one pint of rich milk, outside stalks of celery, about four; one small onion, minced; small piece of lean cooked ham, one tablespoonful of flour, butter size of an egg, salt and white pepper. Boil the soup stock with the onion and scrap of ham in it for flavor. Cut up the celery—about enough to fill a large cup—in dice shapes, and boil it ten minutes in water; then strain the water away. Mix the butter and flour together, and stir them into the boiling stock to thicken it slightly, then strain it into another saucepan and put in the parboiled celery and the pint of milk. Season with pepper and salt to taste. Let it simmer ten minutes or more after the celery is in. Mince a piece of green leaf of celery very fine, and sprinkle it from a knife point into the soup. This makes six or seven plates. Butter and flour for thickening is the orthodox article (roux), but should the butter fail to arrive punctually at the time the flour can be mixed with a little water instead. The stock used should be skimmed free from fat, if not the soup must be. Cost.—Twenty-one cents for two quarts, or three cents per plate.

CONDIMENTS — THEIR COST.—The greatest expense is for the table sauces and ketchups—Worcestershire, Halford, London Club sauces and the like and tomato ketchup, and the next for olive oil, French mustard, and horseradish, while the cost of the fillings of the cruet stands is merely nominal. One-half the expense of the costlier articles may be saved by judicious management, by keeping the sauces shaken up, setting them out to each order and then moving them to a back shelf, not inviting promiscuous waste. In a business of moderate dimensions the expense of table sauces alone will easily run up to $25 per month. Cucumber pickles are generally included in the free list of condiments, but dearer kinds are charged extra in most restaurants.

SCALLOPED OYSTERS.—In a small deep dish or pan. Mince small slices of good bread extremely fine with your large knife and mix in about a third as much cracker meal. Cover the bottom of the individual dish with these mixed crumbs, and on them lay a dozen oysters. Dredge with salt and pepper, and drop butter in small bits. Cover thinly with crumbs. Have it slightly rounded up in the middle. Bake on the middle shelf one minute, or until a light toast brown, then draw it to the front and baste the top with oyster liquor hot and with a little butter melted in it. Bake a few minutes. The object is to get a good bake on top without cooking the oysters too hard. Serve in the same dish set in another one. Cost of material.—Oysters 12, bread 1, butter 2, table extras 4—19 cents. Note.—The appearance is much improved if the oysters are scalloped in metal shells made for the purpose, either stamped heavy tin or silver plated. Proceed the same as with dishes.

LAMB SWEETBREADS EN PETITES CAISSES.—Blanch, pare and clean six small lamb sweetbreads. Lay them aside to cool, then lard them with either fresh fat pork or truffles. Place them in a well-buttered sautoire, adding a gill of chicken broth or a gill of Madeira wine. Cover with a buttered paper, and let cook to a golden color in the oven for ten minutes. Then lay them on a dish. Put half a gill of cooked fine herbs and a gill of well-reduced Espagnole sauce into the sautoire, letting it cook for five minutes. Take six small boxes of buttered paper and pour a little of the gravy at the bottom of each; cover with sweetbreads, and place them on a baking-dish; keep them for five minutes in an open oven, then serve on a napkin.

OYSTERS.—Oysters should be kept in a very cold place before they are opened, and well washed before using, otherwise their appearance will be destoyed. They should, according to the French custom, be opened on the deep shell, so as to better preserve the liquor, then laid on finely-chopped ice for a short time—too long destroys their flavor. While they should de kept as cold as possible, they should never be allowed to freeze, therefore they must only be opened shortly before they are needed; for once frozen, they quickly turn sour. The proper way to open them is to place the deep shell in the palm of the left hand, and break them on one side. The Boston stabbing-knife is preferable for this, but if there is none handy use a small block that the oyster can fit into, and stab it on the edge; or even a chopping-block and chopping-knife may be employed in case of necessity. Serve six oysters for each person, nicely arranged on oyster-plates with quarters of lemon.

RED BEANS, A LA BOURGUIGNONNE.—Take a quart of sound red beans; pick out all the small stones that are likely to be mixed with them; wash them thoroughly, lay them in plenty of cold water, and let them soak for six hours. Drain, and put them in a saucepan, covering them with fresh water, adding an ounce of butter, a bouquet, and a medium-sized onion with two cloves stuck in. Boil for twenty minutes, stirring in a good glassful of red wine; season with a pinch of salt and half a pinch of pepper, and let it cook again for forty-five minutes. Remove, take out the bouquet and onion, and place the beans in a hot, deep dish; decorate with six small glazed onions around the dish, and serve. Dried red beans, white beans, Lima beans, split dried peas, lentils, or any other kind of dried beans, should always be soaked six hours in fresh water.

ANCHOVY TOAST.—Bone and wash the anchovies, pound them in a mortar with a little fresh butter; rub them through a sieve and spread them on a toast. You may add, while pounding the anchovies, a little made mustard and curry powder, or a few grains of cayenne, or a little mace or other spice. It may be made still more savory by frying the toast in clarified butter. Keep your anchovies well covered; first tie down your jar with bladder moistened with vinegar, and then wiped dry; tie leather over that; when you open a jar moisten the bladder, and it will come off easily; as soon as you have taken out the fish replace the coverings; the air soon rusts and spoils anchovies.

ASPARAGUS.—Set a stew-pan with plenty of water in it on the fire; sprinkle a handful of salt in it; let it boil, and skim it; then put in your asparagus, prepared thus, scrape all the stalks till they are perfectly clean; throw them into a pan of cold water as you scrape them; when they are all done tie them up in little bundles, of about a quarter of a hundred each, with grass, if you can get it, or tape (string cuts them to pieces); cut off the stalks at the bottom that they may be all of a length, leaving only just enough to serve as a handle for the green part; when they are tender at the stalk, which will be in from twenty to thirty minutes, they are done enough. Great care must be taken to watch the exact time of their becoming tender; take them up just at that instant, and they will have their true flavor and color; a minute or two more boiling destroys both. While the asparagus is boiling toast a round of a quartern loaf, about half an inch thick; brown it delicately on both sides; dip it lightly in the liquor the asparagus was boiled in, and lay it in the middle of a dish; melt some butter, then lay in the asparagus upon the toast, which must project beyond the asparagus, that the company may see there is a toast.

BEEF A LA MODE.—Take about eleven pounds of the mouse buttock, or clod of beef, or a blade-bone, or the sticking-piece, or the like weight of the breast of veal; cut it into pieces of three or four ounces each; put three or four ounces of beef drippings, and mince a couple of large onions, and put them into a deep stewpan; as soon as it is quite hot flour the meat, put it in the stewpan, keep stirring it with a wooden spoon; when it has been on about ten minutes dredge it with flour, and keep doing so until you have stirred in as much as you think will thicken it; then cover it with boiling water (it will take a gallon), adding it by degrees, and stirring it together; skim it when it boils, and then put in one drachm of ground black pepper, two of allspice, and two bay leaves; set the pan by the side of the fire, or at a distance over it, and let it stew very slowly for about three hours; when you find the meat sufficiently tender put it into a tureen, and it is ready for table.

BEEF BAKED WITH POTATOES.—Boil some potatoes, peel and pound them in a mortar with one or two small onions; moisten them with milk and an egg beaten up; add a little salt and pepper. Season slices of beef, or mutton chops, with salt and pepper; and more onion, if the flavor is approved; rub the bottom of a pudding dish with butter, and put a layer of the mashed potatoes, which should be as thick as a batter, and then a layer of meat, and so on alternately till the dish is filled, ending with potatoes. Bake it in an oven for an hour.

APPLE CHEESECAKES.—Pare, core and boil twelve apples with sufficient water to mash them; beat them very smooth, add six yolks of eggs, the juice of two lemons, and some grated lemon-peel, half a pound of fresh butter beaten to a cream, and sweetened with powdered sugar, beat it in with the apples. Bake in a puff crust and serve open.

APPLE FRITTERS.—Four well-beaten eggs, half a pint of cream, two tablespoonfuls of yeast, three of white wine, and two of rose water; half a teaspoonful of grated nutmeg and of salt; make it into a thick batter with flour, peel and core two or three apples; cut them into thin bits, and mix them with the batter; cover it over, let it stand, placed near the fire, about an hour; drop it into boiling lard, and serve them in a napkin with sugar strewed over them. Gooseberries previously stewed may be done in the same way.

PEACH TARTS.—Take half a pound of feuilletage, roll it out twelve inches long by eight wide, then with a paste-cutter cut out six pieces, and arrange them neatly on six scalloped tart-moulds, each three and a half inches wide. Take each separate mould in the hand, and with the thumb press the paste gently at the bottom and sides, so to give it the perfect shape of the mold, but avoid pressing the paste on the edge, so that in baking it will swell and bake beautifully. Divide three ounces of apple marmalade into six equal parts, and fill the bottom of the tarts with it, then wipe six good-sized, solid, fine peaches, peel and cut them into six quartered pieces; arrange them nicely over the marmalade in the tarts, then distribute two ounces of powdered sugar evenly over all; lay them on a baking-sheet, put them in a moderate oven for twenty minutes, draw them to the door, and sprinkle the edges lightly with powdered sugar; then leave them in the closed oven for a few minutes to allow the sugar to melt thoroughly. Remove them from the fire, put to cool for twenty minutes, and then spread evenly over the peaches one and a half ounces of apple jelly. Dress the tarts on a desert-dish with a folded napkin, and serve.

CUCUMBERS, STEWED.—Peel and cut cucumbers in quarters, take out the seeds, lay them on a cloth to drain off the water; when they are dry, flour and fry them in fresh butter; let the butter be quite hot before you put in the cucumbers; fry them until they are brown, then take them out with an egg-slice, and lay them on a sieve to drain the fat from them (some cooks fry sliced onions, or some small button onions, with them, till they are a delicate light brown color, drain them from the fat, and then put them into a stewpan with as much gravy as will cover them); stew slowly until they are tender; take out the cucumbers with a slice, thicken the gravy with flour and butter, give it a boil up, season it with pepper and salt, and put in the cucumbers as soon as they are warm. The above, rubbed through a tamis, or fine sieve, will be entitled to be called "cucumber sauce." This is a very favorite sauce with lamb or mutton cutlets, stewed rump steaks, etc.; when made for the latter, a third part of sliced onion is sometimes fried with the cucumbers.

TURBAN OF APPLES AU RIZ.—Prepare half a pound of boiled rice. Butter a mold holding three pints. Garnish the bottom and sides with the rice, using a wooden spoon for the purpose. Peel, core and cut into quarters six fine, sound Newtown pippin apples. Put them into a saucepan with three ounces of powdered sugar, a gill of cold water, and half a saltspoonful of salt. Place the pan on a hot stove, put on the lid, and let cook for ten minutes. Remove, and fill the mold with eighteen of the pieces, reserving the other six for later use; then put in a slow oven for twelve minutes. Use an ordinary towel to remove it from the oven. Lay a dessert dish on top, turn over and lift off the mold. Decorate the base with the rest of the apples, inclining them slightly; and the top with two ounces of cleaned currants. Garnish between the apples with four ounces of candied fruits, placing some on top. Pears, angelica and cherries, all sliced, make a pretty effect. Return to the oven for five minutes, and serve while warm.

CHAUSSON CAKES.—Roll half a pound of feuilletage paste into a piece eighteen inches long by three wide, and pare off the edges lightly. Cut out six square pieces, all the same size, and with a pastry brush moisten the surface with beaten egg. Fold up each piece by laying one corner over the other, so they will have a triangular shape. Put them on a baking-sheet in the oven for twenty minutes; remove them to the oven door; dredge plenty of powdered sugar over, put them back, and close the door for one minute and a half, to allow the sugar to melt thoroughly. Remove from the oven and cool for twenty minutes. The cakes will have risen about two inches in front. Then, with the thickest part of a larding-needle, make a hollow in front of each cake. Put three ounces of currant jelly into a paper cornet, and with it fill the insides of the cakes. Dress them on a dessert-dish with a folded napkin, and serve.

SMALL FANCY MERINGUES, A LA DELMONICO.—Put into a sugar-pan one pound of granulated sugar with half a pint of cold water, and place on the hot stove. Have two quarts of ice-water in a vessel, and when the sugar comes to a boil, dip the fingers of the right hand into the ice-water and pass them quickly around the inside of the pan, and let boil for five minutes. Dip a wooden stick, similar to a pen-holder, in the ice-water, then quickly into the boiling sugar, and again in the ice-water, lifting up the stick to feel the sugar that adheres. Should it not be sufficiently consistent to form into a ball, let boil a little longer; then try once more; and should it be a proper thickness, remove from the fire and set it on the corner of the stove, so that it no longer boils. While the sugar is cooking beat the whites of five eggs in a copper basin until they are a firm froth; and while beating have an assistant pour very gradually the prepared sugar into the egg-froth; and when all is added lay the basin containing the preparation into a vessel half filled with ice-water. Remove the whip, and using a wooden spatula, mix gently for five minutes, adding a teaspoonful of vanilla flavoring. Cover the basin with a napkin, letting it rest for ten minutes. Butter and flour a baking-sheet; slide down a fancy tube into a pastry-bag, fill it with the preparation, press down onto the baking-sheet, giving a C-shape, two inches long by one wide, to forty of them; and then forming twenty more, shaped like the letter D. Sprinkle them lightly with powdered sugar; place in a very slow oven, and let bake for fifteen minutes. When baked, these cakes should be perfectly white. Remove them from the oven, let get thoroughly cold; dress on a glass stand, and send to the table.

MUSHROOM OMELET.—To those persons who like omelets of any sort, and are fond of the peculiar flavor of mushrooms, this dish should give much satisfaction. It is made of four eggs, two tablespoonfuls of butter, four tablespoonfuls of chopped mushrooms, a generous half tablespoonful of flour, two-thirds of a cupful of stock, a little water, and enough pepper and salt for seasoning to suit the taste of the maker.

Put a tablespoonful of the butter on the stove in a frying-pan, and when it gets hot add the flour. Stir until smooth and brown. Gradually add the stock; and after boiling up once add the mushrooms. Season with salt and pepper, and simmer for five minutes.

Beat the eggs till rather light, and add to them half a teaspoonful of salt and one tablespoonful of water. Put a tablespoonful of butter into a warm omelet-pan, and set in a hot place. As soon as the butter becomes very hot put in the beaten eggs, and shake vigorously until they begin to thicken. Spread the mushrooms and about half of the sauce upon the mixture, and then fold the omelet and turn out on a hot dish. Pour the remainder of the same around it, and serve immediately.

Not more than a minute and a half should be consumed in work from the time of pouring the eggs into the pan and the omelet is finished.

STUFFED SMELTS.—Clean a dozen and half large smelts and season them with salt. Stuff with oyster force-meat, not filling them more than two-thirds. Now roll them in melted butter, and then in fine bread crumbs. Lay them in a shallow pan, and bake in a hot oven for fifteen minutes, basting once with soft butter. Serve on a warm dish with Bernaise sauce. Stuffed smelts may be breaded and fried, in which case serve with Tartar sauce.

VEAL CUTLETS, A LA PERIGORD.—Trim the cutlets neatly, season with pepper and salt, then dip them in some whipped white of eggs, and afterward in some black truffles chopped very fine; flatten this on securely with the blade of a knife, and place them in clarified butter in a sautepan, in circular order. Twenty minutes before sending to table fry the cutlets over a gentle fire, on both sides, until done through—taking care that the chopped truffles do not burn; when done drain them on a piece of paper, glaze and dish them up, fill the centre with scollops of red tongue and truffles; pour some Perigueux sauce, and serve.

TENDERLOIN STEAK WITH ANCHOVY BUTTER.—Trim and cook the tenderloin as for the plain; lay it on a very hot dish, and cover the surface with some anchovy butter.

GOOSE, A LA ALLEMANDE.—Procure a double-handful of mugwort, rub off all the buds, and blanch them in boiling water for two minutes; then drain and put them into a small stewpan, with a large onion chopped fine, a little grated nutmeg, pepper and salt, and four ounces of butter; set these to simmer gently on the fire for ten minutes, and having put this stuffing in the goose, truss and place it on an oval stewpan with four ounces of butter, and set it on a moderate fire, with some live embers on the lid. Care should be taken to turn the goose every now and then, so as to give it an equal color all over. When it is done pour off all the grease, add the juice of one lemon and one orange, together with the peel of an orange cut into very thin shreds previously parboiled in water; add also a spoonful of brown sauce and a little consomme. Allow these to boil together for two or three minutes, dish up the goose, garnish it round with groups of potatoes—cut into the shape of large olives and fried in butter—pour the sauce over the goose, and send to table.

FILLETS OF QUAILS, A LA TALLEYRAND.—Fillet eight quails, and with the carcasses make some essence; trim the fillets, and stick a short bone (reserved from the legs) into them, to imitate cutlets; then place them in a sautapan with some clarified butter. Prepare sixteen fried croutons of bread cut in the shape and size of the fillets, and fill these with some farce made from the quails' livers; prepare also some scollops of fat livers, truffles and mushrooms, and put them into a small stewpan with a little Allemande sauce; finish some Supreme sauce by incorporating therein the reduced essence of quails, and keep it in a small bainmarie. Just before sending to table simmer the fillets over a moderate fire, and when done pour off all the grease, add a little of the Supreme sauce, toss the fillets in it, and dish them up as follows: First, place eight of the croutons (previously warmed in the oven) at the bottom of the dish, so that the points meet in the centre; then place a fillet upon each of these, after which repeat the croutons, and then place the last row of fillets; fill the centre with the scollops, pour the Supreme sauce over the fillets, and serve.

PARISIAN CAKE.—Ingredients: Two pounds of flour, twenty ounces of butter, six ounces of sugar, eight whole eggs and yolks, one pint of single cream, eight ounces of Jordan almonds, and two ounces of bitter ditto, eight ounces of pistachio kernals, four ounces of orange-peel, half an ounce of salt, one and a quarter ounce of yeast. First, let the pistachio kernals be scalded, remove the hulls, split each kernal into four strips, and place these aside in a small basin. The candied orange-peel must then be shred into small, thin, narrow strips, and put them with the pistachios. Next, remove the hulls from the almonds, wash and pound them into a very soft paste (adding a few drops of water to prevent them from becoming oily), then mix them with the cream, and after they have steeped for half an hour, let the whole be rubbed through a tammy, the same as a puree, and kept in a very cool place until wanted for use. For mixing this cake follow in all respects the directions given for the German kouglauff, adding the pistachios and orange-peel after lining the mould with the plain paste; the yeast must be dissolved in a little tepid water, and the almonds and cream added cold. It should be baked nearly of the same color as a Savoy cake. It is necessary to put all these cakes back in the oven for two or three minutes after they are turned out of the mould, to prevent them from becoming shriveled on the surface, or from otherwise sinking and falling in, which is unavoidably the case when any steam has collected upon them.

BRUNOISE SOUP WITH QUENELLES.—Brunoise is made with half a pound of the red part of carrots, a quarter of a pound of turnips, quarter of a pound of celery, quarter of a pound of leeks, quarter of a pound of onions, and a quarter of a pound of cabbage. Trim or cut the vegetables into quarter inch squares, the leeks to be prepared Julienne shape; mince the onions and blanch each of the vegetables in separate waters, except the onions and leeks. Put four ounces of butter into a saucepan on the fire, and when it is very hot throw in the onions, and the leeks a few moments later; cook a little longer, then add all the vegetables, and fry colorless. Dilute with one pint of broth, adding a good pinch of sugar, and reduce slowly till the moistening is entirely evaporated, and the vegetables adhere to the bottom of the saucepan. moisten again with four quarts of broth, then boil, skim and continue the cooking for one hour and a half more. Season with salt and pepper, pour the very hot soup into a tureen over a garnishing of small chicken quenelles three-sixteenths of an inch in diameter laid with a cornet on to a buttered sheet and poached in boiling salted water, and then well drained.

BENOITON SOUP.—Have half a pound or carrots, a quarter of a pound of turnips, a quarter of a pound of celery, half a pound of leeks, half an ounce of parsnips, and a quarter of a pound of onions; blanch separately the carrots, turnips, celery and parsnips cut into three-sixteenth inch squares, and mince the leeks and onions. Put six ounces of butter into a saucepan on the fire, and when the butter is warm throw in the onions, afterward the leeks, letting them fry for two minutes, and then the remainder of the vegetables; fry all together without attaining a color, and moisten with four quarts of broth, adding bouquet of parsley garnished with thyme, garlic and bay leaf, and boil all slowly for one hour; remove the bouquet and add to the soup half a pound of peeled tomatoes, cut in two, squeezed out, and divided into small half inch squares. Season and continue cooking for another half hour, then add a quart of puree of fresh peas, one ounce of rice, blanched and cooked in consomme, string beans cut lozenge-shaped, some asparagus tops and a pluche of chervil.

FRIED CUCUMBERS.—Cut some peeled cucumbers in slices a quarter of an inch thick by one and three-quarters of an inch in diameter; empty out the centre seed parts with a three-quarter inch diameter tube; salt over for fifteen minutes, then drain, wipe, dip them in flour and fry to a fine golden color in very hot frying fat.

TAPIOCA JELLY.—Soak half a pint of tapioca in a quart of water until quite soft; sweeten to taste, turn into a custard kettle and boil for an hour, stirring frequently. Flavor with lemon and pour into a mould. Serve cold with cream.

MARROW SQUASH WITH PARMESAN.—Peel the squash and cut it into quarter-inch thick slices; from these remove twenty-four round pieces with an inch and a quarter diameter cutter; blanch, drain and saute them in butter over a brisk fire, seasoning with salt and nutmeg; dress them in a circle, one overlapping the other, on a dish that is fit to be placed in the oven. Cut as much of the squash into five-eighths of an inch squares, blanch by dropping them into boiling salted water, continuing the boiling process for fifteen minutes; then drain and fry them in butter, salt over, and lay them in the center of the circle; dredge grated parmesan cheese on top, pour on some butter, and color in a hot oven; strew chopped parsley over the surface, and when serving squeeze the juice of a lemon over the whole.

FRIED OXTAILS.—Select in preference the thickest end of six oxtails, cut them in pieces three inches long, so as to strike the joints. Soak them for one hour, drain, then throw them into boiling, salted water, and let cook for half an hour. Drain again, and set them in a saucepan with a pound of onions and two pounds of carrots, all cut into slices, three quarts of broth, two garnished bouquets, salt and pepper; let boil slowly for three hours and a half; by that time they should be well done; if not, let them continue boiling longer.

When cooked, put them in an earthen dish, strain the broth over the meat; and when three-quarters cold, drain, dip them in eggs, then in bread crumbs and fry them in a very hot fat until they attain a good color. Serve a tomato sauce at the same time but separately.

MINION FILLETS EN SURPRISE.—Pare and suppress all the fat from some lamb minion fillets, trim them into half hearts and make an incision on one side and flat across the thickness and almost through the entire width, but without separating the parts. Fry in butter a chopped shallot and four ounces of finely chopped truffles; moisten with four tablespoonfuls of Madeira wine, reduce this to a mere nothing, then stir in two spoonfuls of chopped parsley, a tablespoonful of meat glaze and a thickening of two raw egg yolks; fill the incisions with this mixture, egg and bread crumb the meats and fry them in clarified butter. Pour a half-glaze sauce, with Madeira over after dressing them in a circle.

CROQUETTES OF CHESTNUT.—Select four pounds of fine, sound chestnuts; slit them on one side and put them to roast in a large, perforated pan; cover and toss at times until done. They may also be cooked by placing them on a baking sheet and then in a hot oven to roast without blackening. Skin them, removing both the skins, and picking out twenty of the finest, pound the others to a fine paste. Add, while continuing to pound, two ounces of vanilla sugar and a little raw cream. Pass this preparation through a sieve and put it into a saucepan, beating into it six egg yolks, then dry over the fire while stirring. Pour this on a baking sheet and leave till cold, then divide it into parts and of each one make an inch and a quarter diameter ball; in the center of each insert one of the roasted chestnuts split in two; mold the croquettes to the shape of a chestnut, dip them in beaten eggs, roll in the white bread crumbs and fry in a very hot clear frying fat; when done, drain and sponge, besprinkle with vanilla sugar and dress on a napkin.

CREAM OF CUCUMBERS SOUP, A LA SHEPPARD.—Peel or remove the green skin from the cucumbers, mince up two pounds of them, blanch them in boiling, salted water for ten minutes, then drain. Heat four ounces of butter in a saucepan; when very hot, add the cucumbers, and fry them colorless, moistening with two quarts of white broth; boil all slowly until the cucumbers are thoroughly done, and then drain and mash them in a mortar; thin out this puree with its own broth, and if still too thick, add some more white broth, and strain the whole through a tammy. Add one quart of veloute, season with salt, sugar and nutmeg, and heat it up without boiling; remove all the white particles arising to the surface, and thicken the soup with egg yolks, cream and fine butter. Pour the soup very hot into a tureen, with good white meat of chicken garnishing, allowing one ounce for each quart, and cut up into three-sixteenths of an inch squares.

MASHED POTATOES.--When your potatoes are thoroughly boiled, drain them quite dry, pick out every, speck, etc., and while hot rub them through a colander into a clean stewpan. To a pound of potatoes put about half an ounce of butter and a tablespoonful of milk; do not make them too moist; mix them well.

OXTAILS ALSATIAN STYLE.—Cut the oxtail at a joint of the bone in three-inch lengths. Soak them in lukewarm water for one hour, changing the water twice during the time, then throw them in cold water, and drain. Mask the bottom of a saucepan with fragments of ham and bacon, roots and sliced onions; set the pieces of oxtail on top, and cover them up entirely with broth, leaving the fat on, and a little brandy. Four hours before dinner boil the liquid, skim, then set the pot in the oven to finish. When ready, strain the broth through a very fine sieve, remove all the fat and let it rest quietly without stirring. Decant it carefully, pouring it over the oxtails, and leave it until nearly cold, then lift them out; trim the pieces and dip them in melted butter. Roll them in fresh crumbs, and broil them on a very slow fire. Arrange them over some cooked sauerkraut, garnishing the dish, and serving a good gravy separate.

GRIMOD SAUCE.—Set in a bain-marie two raw egg-yolks, the juice of one lemon, salt, pepper, nutmeg, and migonette, also a quarter of a pound of butter; beat the eggs and butter together over a slow fire, using a small egg-beater; add a little cayenne pepper, a pinch of saffron leaves infused in half a gill of water; and when the sauce begins to get warm, strain it through a tammy, and keep it in a moderate temperature until needed to serve.

CRAWFISH, MAISON D'OR.—After three dozen crawfish have been cooked in the court bouillon, dress them in a tureen. Fry in butter some pieces of raw lean ham cut in one-eighth inch squares, moisten with the court bouillon and the same quantity of champagne, adding fish glaze; reduce and incorporate in a little fresh butter; pour this over the crawfish. and strew over a little chopped parsley.

EGGPLANT A LA ROMAIN.—Parboil a good-sized eggplant for ten minutes, then throw into ice-cold salted water and let it remain for an hour until it is plump and firm. Cut into lengthwise halves and scoop out seeds and pulp, leaving walls about half an inch thick. Press the pulp through a colander or chop fine and add half a cup of minced cooking ham or chicken and two tablespoonfuls of chopped nuts, pine nuts or blanched almonds; season to taste with salt and pepper and a third of a cup of fine moist bread crumbs. Fill the shells with this mixture and put the halves together and bind closely with a strip of muslin or tape. Put the plants into a baking dish with just enough stock or melted butter or hot water to cover the bottom; cover closely and bake in moderately hot oven for half an hour or until tender, but not broken. Remove the bindings, arrange on a heated dish and serve with cheese sauce.

SAUTED EGGPLANT.—Cut the eggplant into slices quarter of an inch thick, but not remove the skin, as it keeps the slices in shape. Sprinkle the slices with salt, pile them one on the other on a platter and place a plate holding a weight on top of them and let stand for an hour to express their juice. Then dip the slices in beaten egg and bread crumbs which have been seasoned with pepper, or in frying batter, and saute a nice brown on both sides in a little fresh dripping or vegetable fat.

OYSTERS STEWED.—Stew with a quart of oysters, and their liquor strained, a glass of white wine, one anchovy bruised, seasoned with white pepper, salt, a little mace, and a bunch of sweet herbs; let all stew gently a quarter of an hour. Pick out the bunch of herbs, and add a quarter of a pound of fresh butter kneaded in a large tablespoonful of flour, and stew them ten or twelve minutes. Serve them garnished with bread-sippets and cut lemon. They may be stewed simply in their own liquor, seasoned with salt, pepper, and grated nutmeg, and thickened with cream, flour and butter.

MUTTON OR VEAL PIE.—Cut into chops, and trim neatly, and cut away the greatest part of the fat of a loin, or best end of a neck of mutton (the former the best), season them and lay them in a pie-dish, with a little water and half a gill of mushroom ketchup (chopped onion and potatoes if approved); cover it with paste, bake it two hours; when done, lift up the crust from the dish with a knife, pour out all the gravy, let it stand, and skim it clean; add, if wanted, some more seasoning; make it boil, and pour it into the pie. Veal pie may be made of the brisket part of the breast; but may be parboiled first.

BOILED TURBOT.—This excellent fish is in season the greatest part of the summer; when good it is at once firm and tender, and abounds with rich gelatinous nutriment. Being drawn and washed clean, if it be quite fresh, by rubbing it lightly with salt, and keeping it in a cool place, you may in moderate weather preserve it for a couple of days. An hour or two before you dress it soak it in spring water with some salt in it, then score the skin across the thickest part of the back, to prevent its breaking on the breast, which will happen from the fish swelling, and cracking the skin, if this precaution be not used. Put a large handful of salt into a fish-kettle with cold water, lay your fish on a fish-strainer, put it in, and when it is coming to a boil skim it well; then set the kettle on the fire, to boil as gently as possible for about fifteen or twenty minutes (if it boils fast the fish will break to pieces); supposing it a middling-sized turbot, and to weigh eight or nine pounds. Rub a little of the inside red coral spawn of the lobster through a hair sieve, without butter; and when the turbot is dished sprinkle the spawn over it. Garnish the dish with sprigs of curled parsley, sliced lemon and finely-scraped horseradish. If you like to send it to table in full dress, surround it with nicely-fried smelts, gudgeons are often used for this purpose, and may be bought very cheap when smelts are very dear; lay the largest opposite the broadest part of the turbot, so that they may form a well-proportioned fringe for it; or oysters; or cut a sole in strips, crossways, about the size of a smelt; fry them and lay them round. Send up lobster sauce, two boats of it, if it is for a large party. The thickest part is the favorite, and the carver of the fish must remember to ask his friends if they are fin-fanciers. It will save a troublesome job to the carver if the cook, when the fish is boiled, cuts the spine bone across the middle.

YORK SAUCE.—Made by reducing some vinegar with shallots, cut in eighth of an inch squares, and adding to it two or three spoonfuls of white bread-crumbs lightly fried in butter and some good gravy. Let the sauce cook for ten minutes on the side of the range, season to taste, and finish with some chopped parsley and lemon juice.

RUMP OF BEEF, BOURGEOISE STYLE.—Have six pounds of rump of beef, or use instead a piece of sirloin; remove all the fat and sinews, lard it, following the grain of the meat, with fat pork, and season with salt, pepper, nutmeg and chopped parsley. Place the meat in an earthen bowl, with sliced carrots and onions, pour over half a pint of brandy, and let macerate eight hours in a cool place, turning it over frequently. Drain and wipe off any moisture adhering thereon, then tie, and set it in a saucepan with some melted pork. Roast it until the meat is well seized and browned, then moisten with half a bottle of white wine; reduce to half and add sufficient broth to cover the meat, set round it two boned and blanched calf's feet, a bunch of parsley garnished with thyme and bay leaf, mace, whole peppers, three carrots and two medium onions, with four cloves in them and the brandy. Boil up, then skim, continue to boil slowly, or else put in the oven to simmer for two hours and a half. Drain the meat, untie and trim it, straining the gravy through a tammy, replace the meat in a saucepan, with an abundant quantity of earrots cut into three-quarters of an inch balls, then blanched, and some glazed onions; pour over the stock, also some broth, so that they be entirely covered at the bottom. Boil and finish cooking slowly in the oven, drain, glaze the meat, and set it on a dish; garnish around with the small glazed onions and the carrots; strain the juice, free it from fat, and reduce until it becomes thoroughly succulent, then pour a part of it over the meat, and serve the rest separately in a sauce boat.

TRIPE A LA POULETTE WITH MUSHROOMS.—Select previously well cleansed, raw, fat and very fresh tripe, blanch it for ten minutes, and when drained cool it off, cut it into large pieces and put them into a stock pot with water, salt, allspice, carrots, onion with two cloves, and a bunch of parsley garnished with thyme and bay leaf; let boil very gently on a slow fire for eight hours keeping the cover on close, then put the tripe aside to cool in its own water. Drain and wipe it off, and cut it into two-inch by one-half inch pieces, then fry them in butter without attaining a color; drain off the butter, cover the tripe with an allemande sauce, and just when ready to serve incorporate into it a piece of fine butter, some chopped parsley and minced mushrooms, and a little lemon juice.

TRIPE LYONNAISE.—Have some fresh tripe, white and well cooked; cut it into strips two inches long by a quarter of an inch wide; mince four ounces of white onions, fry them slowly in a pan with half oil and half butter, in the meanwhile frying the tripe in another pan; when the contents of both have attained a nice color, mix them together and continue frying for ten minutes, tossing them constantly; when brown season with salt, pepper, lemon juice or good vinegar and chopped parsley. Drain off the butter well and serve on a very hot dish.

THIS sounds attractive: Make a cornmeal mush and let it cool. Then stir in a quart of oysters, drained, and press into a shallow pan. When quite cold slice and fry, and send to table.

CAPON AND RICE.—After the capon has been drawn, wash the inside thoroughly clean, and absorb all the moisture with a napkin. Then nearly fill the capon with rice, boiled quite soft in white broth, and mix with a spoonful of white sauce; it should afterward be trussed for boiling, and placed in an oval stewpan, with an onion stuck with two cloves and a carrot. Add as much white broth as will cover the breast of the fowl, over which lay an oval piece of buttered paper; place the lid on the stewpan, and about an hour before it is wanted set it to boil gently on a slow fire. When done drain the fowl, and having removed the strings, place it upon its dish, garnish it round neatly with rice, previously boiled in white broth, to which has been added a large spoonful of white sauce, two yolks of eggs, a little mignionette pepper, grated nutmeg, and a small pat of fresh butter. Work the rice over a brisk stove-fire for five minutes, and then, with two tablespoons, mould it into the form of large eggs, and place these around the capon in a close border; sauce the capon with Supreme or Bechamel sauce, and serve.

SHEEPSHEAD, A LA BECHAMEL.—Cook two pounds of peeled mushroom heads with butter and lemon juice, then cut them up into transverse slices. Butter a border mold either oval or round, according to the shape of the dish it is intended for; bestrew the inside with bread-crumbs and fill in the empty space with duchess potato preparation; press down the potatoes well, butter over with a brush, then set it on a baking sheet to brown nicely in the oven. Cut a six-pound sheepshead into square pieces, cook them in salted water, and as soon as done drain; shred the fish, suppressing all the bones, skin, etc., and put it fnto a sautoir; pour over some good, reduced, thick bechamel, raw cream and mushroom broth, adding butter piece by piece after it is taken from the fire. Invert the border on a dish—garnish the centre with the shredded sheepshead, alternating the layers of the sliced mushrooms; pour over a little of the sauce and shape it into a dome; cover the summit with a layer of Mornay sauce, smooth nicely, then besprinkle with grated parmesan and melted butter, glaze in a very hot oven, or else a gas salamander. Decorate the dome with four or six trussed crawfish, and serve separately a reduced bechamel sauce finished with red butter.

CHICKEN FRICASSEE WITH CURRY.—Divide two small chickens of a pound and a half each, after cleaning well, into four distinct parts; pare them well. Put two or three spoonfuls of chopped onions in a saucepan and fry with butter till of a fine color; add the pieces of chicken, toss them for two minutes and season, sprinkling two dessert spoonfuls of powdered curry over. Moisten to their height with stock, put in a bunch of parsley garnished with thyme and bay leaf. Peel and chop up a small sour apple, add it to the chicken and let cook over a slow fire, taking out the fillets as soon as they are done; then remove the legs and place them in another saucepan with the fillets. Strain the sauce and reduce it with a few spoonfuls of good raw cream and as much mushroom broth; take it off the fire, thicken with three egg-yolks diluted with cream and a piece of butter divided into small pats. Dress the chicken, cover over with the sauce and serve a vegetable dishful of Indian rice.

GRENADINS OF VEAL, WITH SPINACH.—Trim a fricandeau piece of white veal, and cut this into eight or ten fillets, beginning at the thick end; these must be flattened with a cutlet-bat dipped in water, and trimmed somewhat in the shape of fillets of fowl. They should then be closely larded with fat bacon, placed in neat order in a deep santa or fricandeau pan, upon a bed of sliced vegetables, covered over with layers of fat bacon; moisten with sufficient good stock just to reach up to the larding place the buttered paper, and cover with the lid. The grenadins will require to be braized for about one hour and a quarter, during which time they must be frequently basted; when nearly done remove the paper and glace them. Next, drain them on a napkin, trim them, and dish on a foundation of force-meat, in close order; fill the centre with some puree of spinach, pour some half glaze around the base of the entree (made with the liquor from the grenadins), and serve.

OYSTERS WITH FINE HERBS.—Drain medium sized oysters; dry them on a cloth and roll them in flour, then saute them in very warm butter, and dress them on a hot dish; squeeze over the juice of a lemon, and bestrew the top with chervil, parsley and chives, all finely and separately chopped up.

fleshy part of the legs with one fillet and the carcass parings, and with it mix an equal quantity of fat pork, a few raw truffles and fragments of foies - gras; pound well and pass through a sieve. Cut into large squares the remaining breast meats and lay them in a vessel with as much cut-up raw foies-gras; sea son highly and pour over a few spoonfuls Madeira wine; keep this in a cool place for two hours. Butter a large dome shaped mold, broader than it is high; line it with cold pie-paste and cover with a layer of the forcemeat, filling the empty space with the contents of the vessel; cover the top with a thick, well-rounded layer of the same, and then lay several fat slices of pork on all; close up the aperture of the mold with a flat of the same paste, fastening it to the edges, and in the centre bore a small opening. Now lay the timbale on a small-sized baking sheet and let it cook for about an hour and a half in a slack oven; after it has been removed for a quarter of an hour pour into the hole two or three gills of brown chaudfroid, reduced with pheasant fumet and Madeira wine, and let it cool for twenty-four hours before unmolding. When ready to serve invert it on the table, lift off the mold and cut from the bottom a slice about an inch thick, then begin cutting the dome into even slices, not too thick, from the top to the bottom; restore these to their original shape on the piece cut from the bottom. Dress the timbale on a wooden foundation attached to a dish and covered with white paper; have small holes perforated at equal distances around the one larger than the other. On the summit of the dome insert another hatelet garnished with large truffles; surround the foundation either with handsome jelly croutons, or else with slices of pie cooked in a cradle mold.

MUSHROOM ESSENCE. — Put one pound of mushrooms previously washed and cut in four into a saucepan with the juice of half a lemon, salt, and a pint of broth; let boil together for ten minutes; cover the saucepan hermetically and let stand till cold; strain through a fine sieve.

MINCED TENDERLOIN, CREOLE STYLE. —Cut six ounces of tenderloin of beef lengthwise, shape the slices into escalops an inch and a half in diameter, by an eighth of an inch in thickness. Saute them in butter, when ready take the meat out and keep it warm between two dishes, adding beef stock, with part of its fat, some halved tomatoes peeled, pressed and fried in butter, also some green peppers sliced fine and fried in butter. Season highly, arrange the minced meat in a border of rice boiled in salted water, to which half an ounce of butter has been added, and serve.

ROOT ESSENCE.—Have half a pound each of vegetables, such as carrots, onions, turnips, parsnips, parsley root and celery; wash them well and mince them up very fine; then fry them lightly in three ounces of butter and moisten with a quart and a half of water and half a bottle of white wine; let cook slowly for one hour, remove all the fat and scum, then strain through a napkin or silk sieve.

part of drained tomatoes, add some dry mushrooms that have previously been soaked, moisten from time to time with a little veal blond stock. Pare some cucumbers in either clove of garlic or olive shape, blanch and cook these in white broth having just sufficient to moisten, so that when the cucumbers are done the stock will be thoroughly reduced. Strain the sauce through a tammy, put in the cucumbers and serve.

BISQUE OF SHRIMPS, BRETONNE.—Have three pounds of very fresh shrimps, throw them into boiling salted water and boil them for a few minutes, then drain and remove the shells from the largest ones, allowing three for each person; stuff these with pike forcemeat, mixed with fine herbs; them poach them in boiling salted water, drain and keep them aside for garnishing the soup. Pound the remainder of the shrimps with a quarter of their quantity of crushed wheaten grits, previously cooked in water for thirty minutes, also twelve ounces of minced onion blanched and fried colorless in butter, adding to it six spoonfuls of flour diluted with milk, and cook all very slowly. Moisten the puree with broth, pass it through a sieve or tammy, put the puree into a saucepan, heat it to near the boiling point, then season with salt and cayenne pepper; when ready to serve add a piece of butter. Place the stuffed shrimp shells in the soup tureen, pour the soup over the puree and serve.

PUREE OF CAULIFLOWER.— Cut a cauliflower weighing two pounds into four parts, clean well, and set on to cook

finish cooking with one part of beef stock, four ounces of bread crumbs, salt and sugar, reduce till dry, then mash well the cauliflower, adding half a quart of allemande sauce; press through a sieve and keep the puree warm, stirring in two ounces of butter just before serving. This is a garnishing.

CLARIFIED FISH CONSOMME.—Butter the bottom of a saucepan, garnishing it with sliced onions, and place on top six pounds of fish bones, such as bass, perch, or any other gelatinous fish, a bunch of celery, parsley, bay leaf, thyme, one pound of minced carrots, a pound and a half of leeks, and dilute with one quart of water. Cover the saucepan, set it over a slow fire, and let fall to a colorless glaze, then moisten with four quarts of hot water, boil, skim and let simmer for one hour, then strain through a sieve, and clarify the broth with the whites of four eggs and half a bottleful of white wine.

CHEESE CRUSTS.—Cut slices of bread three-eighths of an inch thick, three and a half inches long, and one and three-quarters inches wide; fry them on one side only in butter, drain and let get cold. Spread them over with fresh butter on the side they were not fried, mixing in with it some pepper and mustard. Cover the butter with slices of chedder, Swiss or Chestershire cheese, place on top another piece of buttered bread, and served on folded napkins.

CELERY, when eaten freely, produces alkaline blood, and where this exists there is neither gout, rheumatism, nor nervous prostration to any extent. When cooked it is more healthful than when eaten raw.

HASHED LAMB WITH BANANAS.—Take six ounces of lean, skinless and nerveless cold lamb cut in one-eighth of an inch squares; fry a tablespoonful of finely chopped onion in butter, and when done, but not browned, add to it a quarter of a pound of cooked and finely minced potatoes; moisten with a little stock, reduce for a few moments to the consistency of a sauce, and add the lamb cut into squares; heat up all without boiling and dress on a dish, surrounding the hash with slices of bread cut in triangles and fried in butter; decorate the top of the hash with two bananas peeled and cut lengthwise in two, roll in flour, fry them in very hot oil, drain and cut them across in two and with these quartered fruits garnish the top of the hash.

VELVET SOUP.—Mince up the fine red part of a few good carrots; stew them with butter, salt, sugar and a little broth, and when done strain through a sieve and afterward through a tammy. Put two quarts of good clear broth on to boil, mix in with it four tablespoonfuls of tapioca, let it despumate for twenty five minutes on the side of the fire, skimming it off well. At the last moment add the carrot puree, season, boil up once or twice more, and serve in a soup tureen.

CHICKEN GODIVEAU.—One pound of the white meat from a tender young chicken; three-quarters of a pound of dry, brittle beef kidney suet, without skin or fibres; three-quarters of a pound of spiced salt; two whole eggs; three-quarters of a pound of cream pananda; moisten and finish exactly the same as veal godiveau.

ALMOND PASTE.—Take one pound of peeled and well dried almonds; one pound of powdered sugar, and five whites of eggs. Pound the almonds and the sugar, either in a machine or mortar, and when well reduced to a powder, pass it forcibly through a twelve mesh sieve; return it to the mortar, and mix in with the almonds the five egg-whites little by little, so as to make a paste, which can be now beaten and worked until a good body is obtained, having it as fine as possible.

POTTED PIGEONS.—After cleaning and singeing six pigeons, cut them up into four pieces; lay three ounces of butter in a saucepan with six ounces of bacon cut in quarter inch squares; when this begins to brown put in four ounces of onions cut in slices Range the pigeons in an earthen pot or deep dish with a bed of the bacon on the bottom, the pigeons on top, and more bacon over; add salt, pepper and sprigs of thyme; moisten with thin brown sauce, placing here and there a few pieces of pilot cracker dipped in water. Boil and then let simmer or push in the oven until thoroughly done, and serve in the same crock they have been cooked in.

CLARIFIED CHICKEN CONSOMME.—Put into a soup pot eight quarts of white chicken broth, add two pounds of knuckle of veal, one pound of chicken legs and pinions, then boil, skim, and put in four pounds of roasted, unbrowned chicken, two minced leeks, one medium sized minced carrot, one onion stuck with one clove, a little parsley and celery roots. Boil continually for four hours. Chop up very fine two pounds of veal, mix in with it two whole eggs dilute with one quart of cold broth, and stir this into the consomme, using a whip, adding two broken up chicken carcasses. Boil on a slow fire for one hour, salt it according to taste, and strain it through a silk sieve.

MULLAGATAWNY SOUP, INDIAN STYLE.—Put eight quarts of broth into a saucepan, with two knuckles of veal sawed crosswise into four pieces, and some fragments of chicken; boil, skim and add a bunch of parsley garnished with bay leaf and a clove of garlic; season with salt, pepper, mace and cloves; boil slowly for three hours, then remove the veal knuckles and cut off all the meat adhering to the bones, and set it under a weight to press it to a quarter of an inch thick and let get cool and cut up into quarter of an inch squares. Strain the broth through a sieve, and skim off the fat. Have half a pound of carrots, half a pound of turnips, half a pound of onions, two ounces of knob celery, six apples and four ounces of ham, all well minced, adding one pound of boneless chicken meat, after removing the skin and fat, and cutting it in five-eighths inch squares. Put six ounces of butter into a saucepan, heat it well, then begin first by frying the onions, afterwards the turnips, carrots, ham, knob celery, apples and chicken. When all are fried and slightly colored, add to them six tablespoonfuls of flour, mixing it in well, then dilute with the broth, let boil and continue to boil until every article is well cooked; season and add three tablespoonfuls of curry, and a little sugar, drain, remove the pieces of chicken, and press the vegetables through a sieve. Put this puree back into a saucepan, return it to the fire with the veal and chicken, and stir from the bottom of the saucepan until boiling point. Let simmer for twenty-five minutes, taste and see if the seasoning be correct, then serve. Send to the table at the same time some rice boiled in salted water, mixing in some lard or butter.

MUSSEL SOUP A LA VIGO.—For ten persons.—Take two ounces or one medium-sized onion, cut it in one-eighth of an inch squares, and fry brownless in some butter, add to this sixty medium mussels previously cooked in very little water and white wine (no salt), parsley, thyme and bay leaf; when the shells open they are done, remove them from the shells; from each one remove the black and nervous part, being careful not to break them while so doing. Strain the broth, let it settle so as to be able to pour off the clear top, put a little of the broth with the mussels and keep them warm. Put the rest of the broth in a saucepan with two quarts of thickened lean fish stock. Boil and despumate for ten minutes, then thicken with six egg yolks, diluted in half a pint of cream and four ounces of fine butter. Put into the soup tureen four ounces of mushrooms cut in small Julienne, also the mussels; pour the boiling soup over and serve.

TAPIOCA WITH APPLES.—Pour a pint and a half of cold water over half a teacupful of tapioca and stand it over the fire until it is cooked clear, stirring almost constantly; sweeten to taste and flavor with nutmeg. Place six pared and cored apples in a baking dish, cover with the tapioca and bake until the apples are done.

LOBSTER WITH CREAM.—Plunge two lobster each weighing two pounds into boiling water, so as to kill them quickly; break off the large claws, and lay them in a narrow saucepan with the bodies; moisten them to their height with white wine and water, add branches of parsley, bay leaf, onions, finely shred carrots and salt; let boil for twenty minutes, drain and detach the tails from the bodies. Take out the creamy part from the bodies, press through a sieve, and keep this aside. Fry in some butter four finely chopped, blanched shallots, moisten them with the lobster stock, and boil for fifteen minutes, strain, remove the fat, and reduce to a half-glaze, then thicken with two spoonfuls of veloute sauce; continue to reduce while pouring in two gills of good raw cream, strain this sauce and add to it the creamy parts of the lobster, a dash of cayenne pepper, and half a gill of burnt brandy; butter it without ceasing to stir so that the butter is thoroughly incorporated. Cut across in slices the tail meat and shells; cut the remaining bodies in two, and dress the two halves one beside the other in the center of a dish; range around the slices of tail, alternating each piece with a fine slice of cooked truffie, and on top of the body shells lay the claw meat; cover the lobsters with a part of the sauce, and serve the rest in a separate sauce-boat.

HALIBUT WITH FINE HERBS, A LA REYNAL.—Dress a halibut by cutting off the fins and scraping the scales from the dark side; split it lengthwise in two on this side, and lay the fish on a small oval baking-pan with raised edges or on oval silver dishes; moisten it to its height with wine court bouillon, and cover over with buttered paper; let the liquid boil for ten or twelve minutes, then remove from the hot fire and put it in the oven for thirty minutes longer; drain the fish and let it dry thoroughly; dress it on a dish, keeping it hot, covered over with another plate. Strain and skim the liquid; reduce half of it to a half-glaze. Fry in butter two chopped shallots, and four ounces of mushrooms also chopped, thicken with two spoonfuls of veloute sauce; dilute this sauce with the reduced liquid, and let cook for five minutes, then set it on one side to cook slowly, finish with butter, adding chopped parsley and lemon juice. Wipe off all the humidity from the halibut, and cover it with the sauce lay on top of the fish a straight row of very white cooked mushrooms.

TONGUE, ITALIAN, BAKED.—Cold braised tongue may be used for this, or else unsmoked boiled red beef tongue. Cut into thin and pared slices, put inside a drill pocket furnished with a grooved socket, some potato croquette preparation, not too firm; force a border of this on the extreme edge of the inside of a dish, garnishing the interior of the border with sliced tongue. Fry in butter one shallot, some chives, and a few mushrooms all finely chopped; thicken with a thin bechamel sauce, stirring in some grated parmesan cheese; cover the tongue with this, sprinkle grated bread raspings and parmesan cheese on top, pour over some butter, and put it in the oven to acquire a good color.

CANAPES OF SWEETBREADS.—Cut into three-sixteenths of an inch squares one-half pound of braised sweetbreads, a quarter of a pound of cooked mushrooms, and two ounces of lean cooked ham; fry all with four ounces of butter, adding a bunch of parsley garnished with thyme and bay leaf; moisten with a little broth thickened with espagnole sauce; skim off the fat and reduce the sauce till nearly dry, then stir in three egg yolks and a piece of fresh butter. Prepare some slices of bread three-sixteenths of an inch thick and one and a half inches by two and three-quarters; toast them, cover with the preparation the same thickness as the bread, smooth the surfaces and dip them in beaten eggs, then roll them in bread crumbs, and fry them in very hot fat; serve on a folded napkin.

SALT CODFISH, SPANISH STYLE.—Cut pieces of salt codfish two inches long by one wide; soak them for eighteen hours, changing the water three times. Fry in one gill of oil to a golden color, three cloves of garlic, and three tablespoonfuls of chopped onions; drain off the oil, and add two bay leaves, thyme, whole pepper, two gills of vinegar, and one gill of water, also some sweet Spanish peppers, the codfish and half a bottle of white wine; have this remain near the boiling point until thoroughly cooked, pass the stock through a sieve, put it back with the codfish, season to taste with nutmeg and pepper, then thicken with bread crumbs soaked in water and well pressed out. Have prepared small stuffed tomatoes and round, hollow croutons of bread fried in oil; dress the fish in the center of a dish, and surround with the tomatoes placed on top of the croutons.

MARROW BONES ON TOAST.—Scrape and clean well some marrow bones (the best marrow bones are found in the round, the second best in the hind legs.) Saw them off in three and a half inch length pieces; wrap them in a cloth, and plunge them in boiling broth; let it continue to boil for twenty minutes, then drain and serve the bones containing the marrow on a folded napkin, and slices of toasted bread separately, or take out the marrow, and serve it on slices of toast without the bones.

HADDOCK, HOLLAND STYLE.—Cut slices from a haddock of a sufficient thickness to strike each joint of the spinal bone; put these into a glazed vessel for twenty-four hours with some glazed salt; two hours before serving lay them in a fish kettle and pour over boiling water; keep it on the side of the range at a boiling degree until thoroughly cooked; dress, and garnish around with branches of parsley and boiled potatoes; serve separately some melted butter.

BUTTER SAUCE.—Put into a saucepan two heaping tablespoonfuls of flour, dilute it with half a pint of cold water, add some salt and whole peppers, one clove and grated nutmeg, and half an ounce of butter; set it on the fire and stir well until it boils; then allow it to cool slowly for fifteen minutes; remove it from the fire, and incorporate into it by degrees one pound of fresh butter, and the juice of two lemons. If the sauce should become too thick, add a little more water, then strain it through a tammy. With this sauce a quantity of other sauces may be made, such as caper, egg, oyster, horseradish.

PREMIERE STYLE SOUP.—Have four medium sized onions, four ounces of leeks, half a cabbage, suppressing the core, three-quarters of a pound of potatoes, four ounces of turnips, half a pound of carrots, and four ounces of celery, all minced up very fine, also some minced lettuce. Put one pound of scraped fat pork into a saucepan on the fire, and when hot add the minced onions and leeks ; fry for two minutes, and throw in the other vegetables and and cook them without letting them get brown. Sprinkle over four spoonfuls of flour, let cook and a few minutes after dilute with four quarts of stock ; stir the whole until it boils, then add a bunch of parsley garnished with bay leaf, four ounces of string beans cut lozenge shape, and two ounces of raw ham cut in one-eighth inch squares ; boil again for three-quarters of an hour, and then add a handful of chopped up sorrel, and a little minced chervil ; season with salt and pepper, remove the parsley, season to taste, and pour the soup into a soup tureen over slices of toasted bread or else slices of buttered bread browned in the oven.

FISH SOUP A LA PONSARDIN.—Cut one pound of fillet of bass into slices a quarter of an inch thick, and one inch and a quarter in diameter ; fry these in some butter, and set them under a weight ; when cold pare them. Take the tails from one pound of shrimps, peel them and keep the meat aside. Put into a saucepan one very fresh bass head, also the parings cut from the fillets and the shrimps, add half a pound of stalks or parings of mushrooms, a quarter of a bottleful of white wine, and three quarts of water, also a bunch of parsley, thyme, bay leaf, carrots and minced onions ; boil for thirty minutes, then strain. Make a blond roux with a quarter of a pound of butter, and quarter of a pound of flour ; moisten it with the fish broth, boil, despumate, and thicken it with egg yolks, cream and lobster butter, with Kari ; serve as a garnishing the shrimp tails and the small prepared fillets of bass.

LOBSTER, PROVENCAL STYLE.— Divide into equal pieces two medium sized raw lobster tails, season them with salt and mignonette, and saute them in oil over a very hot fire, turning them round so that they color nicely on both sides. Mince up very finely eight ounces of onions, cutting them first in halves, and suppressing the root and stalk ; put them in with the lobster with salt, pepper, mignonette, a bunch of parsley, garnished with thyme and bay leaf, half a pint of tomato sauce, and four spoonfuls of burnt brandy ; boil a few minutes ; take out the pieces of lobster, strain the sauce through a sieve, and reduce it over a brisk fire with half a bottleful of white wine, despumate the sauce, and when nearly reduced, put back the lobster, season, and serve.

STUFFED CLAMS.—Fry colorless two ounces of finely chopped onions in two ounces of butter, dredge over two spoonfuls of flour, stir well, then add the liquor from ten raw clams, two ounces of chopped mushrooms, and one gill of white wine ; boil up the whole, skim off the foam arising to the top, and reduce to half, seasoning with red pepper and nutmeg. Chop up the raw clams, and set them into the prepared sauce ; place it on a brisk fire and stir steadily, and when the clams are poached add some chopped parsley, and thicken with egg yolks and cream. Lay this preparation aside for further use, but if it is to be used at once, fill up some well rounded buttered clam shells, dust over with bread crumbs, and lay a small pat of butter on top of each ; place them on a baking pan in the oven to heat and color nicely, then arrange them crown-shaped on a folded napkin, garnishing the center with very green parsley branches.

CAPER SAUCE.—Set into a saucepan two ounces of butter, mix it with one and a half ounces of flour ; beat the flour and butter well together with a spoon, so as to obtain a smooth paste ; now moisten it with two gills of water, add a pinch of salt, stir the liquid on the fire until the sauce becomes thick. At the first boil remove it to the side of the range. It should be somewhat more consistent than thin. Incorporate into it gradually two ounces of butter divided into small pats ; the sauce should now be creamy ; remove it and finish by adding some small nonpareil capers, and the juice of a lemon ; then serve.

SWEETBREAD CROQUETTES.—Braise, then set aside to cool, one pound of sweetbreads, cut them into three-sixteenth inch squares, have also three-quarters of a pound of cooked mushrooms cut the same. Put into a sautoir one quart of veloute well seasoned with salt, black and red pepper and nutmeg, and thicken the sauce with four raw egg yolks diluted with half a gill of cream and two ounces of fine butter ; add the sweetbreads and mushrooms, set it on the fire and continue to stir until it boils, then pour this preparation into a vessel to get thoroughly cold. Divide it so as to make it into cork-shaped pieces, which roll in beaten eggs and fry a fine color ; drain ; dress them pyramidically on folded napkins and decorate with fried parsley.

CHESTER CRUSTS.—Cut some slices from a kitchen loaf, not too thin, fry them in butter on one side only in a flat saucepan or frying pan; drain and cover the fried side with a thich layer of Chester cheese, sprinkle over with a pinch of cayenne pepper. Lay the crust again in the pan with more butter and push into a hot oven. When the cheese becomes creamy, the under part of the crusts should be dry, then remove from the oven and serve.

BLUEFISH DEVILED. — Have well cleansed washed and dried bluefish ; split them open on the belly side without separating the parts, dredge over salt and pepper and besprinkle with oil; broil them till half done, then cover over with diluted mustard, strew bread crumbs on top and finish broiling the fish over a slow fire. Serve the following sauce in a sauce boat : Chop up two shallots ; place them in a saucepan with a gill of vinegar, a crushed and chopped clove of garlic, whole black peppers, green peppers, bay leaf, espagnole sauce, and gravy. Let simmer, despumate and strain through a tammy, finishing with a little chopped parsley when serving.

FRICADELLES OF VEAL GARNISHING.—Dip a pound and a half of bread crumbs in some milk, and when well soaked, extract all the liquid; have a pound of pared and well chopped roast veal, also two ounces of finely chopped beef marrow. Put two ounces of chopped up onions in a saucepan to fry in two ounces of butter, but do not let it attain a color, then add the veal, the pressed bread crumbs and the beef marrow, salt, pepper and nutmeg, also a finely chopped lemon peel; reduce and beat in two eggs. After the preparation has cooled off divide it into small parts so as to be able to make flat croquettes, dip them in egg and fry to a good color.

PUREE OF CARROTS A LA CRECY.—Only use the red part of the carrot for this soup; mince up two pounds of red carrots, cutting them with a knife into thin lengthwise slices. Put two ounces of butter into a saucepan on the fire, and when it begins to heat, add to it two ounces of onions, and fry for one instant; then add the red carrots, and continue to fry slowly without letting it attain a color; moisten with three quarts of broth, salt; add a bunch of parsley, celery, and bay leaf, and boil until the carrots are entirely done; then put in half a pound of rice previously blanched, and cooked in consomme; drain, and mash the carrots and rice. Moisten this puree with the broth, and if it be too thick add some white broth to it; strain through a sieve or tammy, and return it to a clean saucepan; heat it to a boiling point, stirring continually and bearing on the bottom of the saucepan with the spoon, to prevent the puree from adhering; let it boil slowly on one side of the saucepan only, for twenty minutes, removing all the scum and fat from the surface as quickly as it appears; season with salt and sugar, and when ready to serve incorporate gradually into it two ounces of fine butter, stirring the soup with a spoon until all the butter melts, and serve at the same time small quarter inch squares of bread crumbs fried in butter. Rice, noodles, and Japanese pearls can also be served as garnishings for Crecy soup.

FISH ESSENCE.—Cut in slices two pounds of bass, porgies or any other bony, and very fresh fish; put them into a saucepan and season with salt, whole peppers and half a pint of white wine. Fry lightly in butter without attaining a color, three ounces of minced onions, three ounces of carrots, a bunch of parsley garnished with two bay leaves and the same of thyme, two cloves and two shallots; add all these to the fish with one quart of water, and cook slowly for forty minutes, then strain through a fine sieve.

FISH GLAZE.—Put into a saucepan six pounds of bass, four of soles, and two of codfish; moisten with fourteen quarts of water and one quart of white wine; boil, skim and season with salt, cloves, whole allspice, two cloves of garlic, half a pound of onions, and a bunch of parsley garnished with two bay leaves and as much thyme. Let simmer for one hour, then strain through a napkin, and reduce to a quarter of its quantity, then set it away in a bowl to get cold; turn it out, and cut off the top, leaving the sediment at the bottom, then put it back on the fire, and reduce to the consistency of a thick syrup.

MARINATED SMELTS.—Wipe the smelts, empty them through the gills, then salt and flour them over; fry in oil, and drain on a grate until cold. Range them in a flat vessel one closely beside the other. Put some vinegar into a frying-pan with a little water and oil, salt, whole peppers, bay leaves, and minced onions; boil the liquid up twice, then remove and when cold pour it over the smelts and leave to macerate for a few hours before using.

BLUEFISH IN PAPERS.—Fry colorless in butter one ounce of shallots and the same quantity of mushrooms and half as many truffles as mushrooms, chopping each one finely and separately; moisten with a half-glaze sauce and some gravy, then reduce this sauce, add to it a little chopped parsley and let partially cool. Oil some pieces of paper cut heart-shaped; pour some of the sauce on one of their sides, lay the fish on top with more sauce over and fold the paper in such a manner that it thoroughly incloses the fish, and is air tight, range the papers on a serving dish, sprinkle over a little oil, and set it into a hot oven, and when they swell and are of a fine color send them to the table at once.

CREAM OF PEAS SOUP WITH MINT.—Parboil two pounds of shelled green peas until partly cooked; then drain and pour them on to fry with half a pound of fresh butter; moisten with white broth and add half a pound of minced white onions. When the peas are entirely cooked drain and pound them, diluting with veloute and the same broth they were cooked in; rub the whole through a tammy and return to the saucepan; put it on the fire and heat without boiling. Just when prepared to serve, thicken with egg yolks, butter and cream, adding a few mint leaves finely chopped and as garnishing some small chicken quenelles made with half chicken quenelle forcemeat, and half cream forcemeat laid through a pocket on a buttered baking tin.

APPLES AND RAISINS.—Pare and cut twelve apples into quarters, and each quarter into four pieces, put them into a pan with four ounces of good fresh butter, two of sugar, over which the zeste of an orange has been grated, and a quarter of a pound of currants well washed; toss up these ingredients over a moderate fire for a few minutes and then let them cool. Make a round under-crust seven inches in diameter, moisten the edge and put on it a band of puff paste three-quarters of an inch high and half an inch thick; put your apples, etc. in this so as to form a sort of dome, cover them with a puff paste, taking care that it does not extend beyond the band, upon which it must be pressed down; wash it over with white of egg, and bake it in a gentle oven for about an hour. When a little cooled, take the whites of two eggs, whipped to a strong froth and mixed with two ounces of powdered sugar, and mask with it your cake, sprinkling it with sifted sugar; then, having drained and dried some currants, mix them with sugar, and stew them over the dome; form a crown of small meringues with the remainder of the white of egg, and place it on the band; cover with sifted sugar, and color the whole of a clear yellow in the oven, and then serve immediately.

APRICOT MARMALADE.—Take some fine apricots, and choose from amongst them those which are of the deepest yellow and the ripest, (they must not be ripe). Peel them, take out the stones, and chop them up; weigh twelve pounds of them and put them into a preserving-pan, with nine pounds of powdered sugar; place your pan over a quick fire, and keep your preparation constantly stirring with a long wooden spoon. To find out when the marmalade is sufficiently done, let a few drops fall into a glass of cold water, and if they do not spread in the water your marmalade is ready to put into pots. Another method of ascertaining when your marmalade is done is by taking some on the end of your finger and thumb, and just rub them together, and if on separating them you find the marmalade forms a thread, it is sufficiently done.

BACON AND EGGS.—Cut a quarter of a pound of streaked bacon into thin slices, and put them into a stewpan over a slow fire, taking care to turn them frequently; when sufficiently done pour the melted fat of the bacon into a dish, break over it seven or eight eggs, add two spoonfuls of gravy, a little salt and pepper, and stew the whole over a slow fire; pass a salamander over it and serve.

CUSTARD, BAKED.—Boil a pint of cream with mace and cinnamon; when cold take four eggs, leaving out two of whites, a little rose and orange-flower water, a little white wine, nutmeg, and sugar to taste; mix them well together and bake them in china cups.

CAKES.—The currants and raisins should be prepared and the flour dried before the fire on a large sheet of white paper,then sifted and weighed. Almonds should be blanched by pouring hot water over them, and, after standing some minutes, taking off the skin, then throwing them into rose or cold water. When not pounded, they should be cut lengthwise into thin bits. Sugar should be roughly pounded, rolled with a bottle upon white paper, and then sifted. All spices, after being well dried at the fire, should be finely pounded and sifted. Lemon and orange-peel must be pared very thin, and pounded with a little sugar. The butter after being weighed should be laid into cold water, or washed in rose water, and if salt, be well washed in several waters. The yolks and whites of eggs should be separately and long beaten, then strained; two whisks should be kept exclusively for that purpose, as the whites especially require to be managed with the greatest care. A horn spoon should be used for mixing those cakes which are not directed to be beaten with the hand. To make cakes light, sal volatile, or smelling salts, may be added immediately before putting them into the oven, allowing, to a sponge cake, made of one pound of flour, one teaspoonful; and two or three to a large plum cake. Cheese cakes, queen cakes, sponge biscuits, and small sponge cakes require a quick oven till they have risen; afterwards the heat should be more moderate. Plum, seed cakes, and all large kinds, must be well soaked, and therefore do not require a brisk oven. To preserve their color a sheet of white paper is put over them, and after they have risen and become firm they are turned round. To ascertain if a large cake be sufficiently done a broad-bladed knife is plunged into the centre of it, and if dry and clean when drawn out, the cake is baked; but if anything adheres to the blade it must instantly be returned to the oven and the door closed. When the oven is too hot it is better to lessen the fire than to open the door.

IRISH STEW.—Take five thick mutton chops, or two pounds off the neck or loins; two pounds of potatoes; peel them, and cut them in halves; six onions, or half a pound of onions; peel and slice them also; first put a layer of potatoes at the bottom of your stewpan, then a couple of chops and some of the onions; then again potatoes, and so on, till the pan is quite full; a small spoonful of white pepper, and about one and a half of salt, and three gills of broth or gravy, and two teaspoonfuls of mushroom catsup; cover all very close in, so as to prevent the steam from getting out, and let them stew for an hour and a half on a very slow fire. A small slice of ham is a great addition to this dish. The cook will be the best judge when it is done, as a great deal depends on the fire you have. Great care should be take not to let it burn, and that it does not cook too fast, by having the fire too strong.

HASHED BEEF.—Cut some of the underdone part of the beef in slices with some of the fat, put it into a small stewpan, with some onion or shallot, (a very little will do), a little water, pepper and salt; boil it till the onion is quite soft, then put some of the gravy of the meat to it and the hash. Do not let it boil; have a small hot dish with sippets of bread ready, and put the hash into it, but first mix a large spoonful of vinegar with it; if shallot vinegar is used there will be no need of the onion or raw shallot. You may add a spoonful of walnut liquor. Observe that it is to boiling hashes that they get hard.

LENTIL SOUP.—One-fourth pound of lentils, one onion, one carrot, one turnip, a small bunch of herbs, celery, salt according to taste and one ounce of butter. Wash and pick the lentils and put on to boil in about one quart of water. Add the vegetables, sliced, and boil gently about an hour. Rub through a sieve, return to pan,add butter, seasoning and a cupful of milk. Bring to a boil and serve.

JULIENNE SOUP.—Cut some carrots, turnips, onions, celery and leeks into thin strips, using a double quantity of carrots and turnips. Dry them and then fry slowly in two ounces of butter until brown. Add two quarts of vegetable stock and simmer until tender. Season with salt and teaspoonful of sugar. Chop some chervil or parsley finely, add to the soup and serve. The addition of green peas is an improvement.

Oyster Patties.—1 pint of small oysters, ½ pint of cream, a large teaspoon flour, salt pepper. Let the cream come to a boil. Mix the flour with a little cold milk, and stir into the boiling cream. Season with salt and pepper. While the cream is cooking let the oysters come to a boil in their own liquor. Skim carefully, and drain off all the liquor. Add the oysters to the cream, and boil up once. Fill the patty shells, and serve. The quantities given are enough for 18 shells.

French Carrots and Peas.—Take a pint of young peas and two bunches of carrots, cut in slices or fancy shapes (stars or clover leaves); cook each vegetable by itself in as little water as will serve the purpose of making them tender. When both are well cooked put them together in a saucepan, add a heaping tablespoonful of butter and half a tablespoonful of flour rubbed together, and if there is not water enough left add enough to make a gravy. Canned instead of fresh peas may be used; drain the water from the peas and stew the carrots in it, then follow the recipe as above.

Tomato Chops.—Measure three-quarters of a cup of tomatoes after the water has been drained off; put in a saucepan over the fire and stir into it a cupful of mashed potatoes, a heaping tablespoonful of butter, with salt and pepper to taste, and half a cup of grated bread-crumbs. Mix thoroughly and add one egg beaten light. Remove from the fire, turn into a deep plate, let it get cold, then form in the shape of chops, dip in egg and roll in cracker or dried bread-crumbs. Fry in boiling butter to a nice brown. Arrange on a platter and serve with tomato sauce, or place around a dish of stewed tomatoes.

Mock Chicken Croquettes.—Two cups of rye bread chopped fine, one cup of chopped English walnuts. Mix them together and chop again with a tablespoonful of butter, an even tablespoonful of grated onion, a scant teaspoonful of ground mace. Melt a heaping tablespoonful of butter and add gradually to it a cupful of rich milk. When this comes to a boil add the other ingredients and salt and pepper to taste. Stir in two well-beaten eggs, remove from the fire and add a tablespoonful of lemon juice. Turn out on a platter to cool, form into cylinders, dip in eggs and bread-crumbs and fry.

Mexican Dish of Rice.—Wash half a cup of rice and drain from the water. Put a heaping tablespoonful of butter in a spider; when hot add a small leek or a white onion, together with the rice, and fry until the rice is a golden brown—do not let it get too dark. Have ready a vegetable stock, pour this over the rice till the spider is nearly full, then cook twenty minutes. When done the rice should be perfectly dry, each grain standing out alone. Turn out on a platter and serve with tomato sauce.

Escalops of Chicken, Financiere.—Lift off the breasts from four very fine chickens; remove the minion fillets, and suppress the skin; cut the breasts crosswise into three-sixteenths of an inch thick slices, pare these lightly to ovals and range them in a sautoir with clarfied butter. Streak the minions with truffles, form them into circles, and place in a buttered sautoir. Saute the prepared escalops on a hot fire, drain off the butter, and add quenelles, mushrooms, truffles, and some financiere sauce. Poach the minion fillets; dress the escalops inside a decorated chicken cream forcemeat border, or else in a croustade, and serve separately a half-glaze sauce with Madeira, or if for white, replace this for some good veloute sauce.

Frapped Cranberries.—While cranberry sauce and cranberry jelly are delicious, when the little round red berries are frapped, nothing could be nicer. It is not a difficult task to prepare them in this fashion, and the way to do it is to boil three pints of canberries ten minutes in an equal quantity of water. When the berries have been strained, the juice of three lemons, the juice of the same number of oranges, and a pint and a half of sugar should be added. This should then be frozen in a stiff mush and served in pretty punch glasses. This mixture should be prepared the day before it is to be eaten and then frozen on the day it is to be served.

Fillet of Beef, a la Macedoine—Trim, lard and prepare a fillet of beef; moisten it with two ladlefuls of good stock, and proceed to braize the fillet in exactly the same manner; when done, glaze and dish it up. Garnish round with groups of carrots, turnips, French beans, asparagus heads and buds of cauliflower—the carrots and turnips to be turned or cut into the shape of small olives or cloves of garlic, the French beans in the shape of diamonds; and observe that each kind of vegetable should be separately prepared and tossed in a little Bechamel or Allemande sauce, previously to being placed around the fillet of beef. Sauce round the fillet with the clarified and reduced braize in which it has been done, glaze the fillet, and send to table.

Potato Border.—Pare, boil, and mash nine good-sized potatoes; add to them two tablespoonfuls of butter, a generous half cupful of boiling milk, one generous tablespoonful of salt, and the yolks of two eggs, well beaten; and beat the mixture until very light. Butter a border-mould thoroughly. Pack the potato in it, and let it stand on the kitchen table for about eight minutes. Beat the whites of the eggs to a froth; add a quarter of a teaspoonful of salt to them, and turn the potato border on a warm platter. Cover the potato with the beaten white of the egg, and put the dish into a moderate oven to brown the egg. Take from the oven, and fill the centre with meat or fish heated.

Terrapin, a la Maryland or Philadelphia.—Pound eight hard egg-yolks with four ounces of butter; then pass through a sieve. Prepare and cook one quart of terrapin, add a pint of cream, let boil for five minutes, then thicken it with the prepared egg yolk and butter, and let simmer for ten minutes, seasoning with salt and white or cayenne pepper; just when serving mix in half a gill of good sherry or Madeira wine.

Terrapin, a la Newburg or Delmonico.—Prepare and cook the terrapin in the ordinary way. For each quart add a half pint of cream, reduce to half, season with salt and cayenne pepper, thicken with five raw egg-yolks diluted with half a pint of cream and two ounces of fresh butter, toss the terrapin while adding the thickening; this must not boil, finishing with half a gill of very good sherry wine or Madeira. The sauce should be thick and served very hot.

Cheese Toast.—Put ½ an oz. of butter in a frying pan; when hot add gradually 4 ozs. of mild Canadian cheese. Whisk it thoroughly until melted. Beat together ½ a pint of cream and 2 eggs; whisk into the cheese, add a little salt, pour over the crisp toast, and serve.

BURNT ALMOND CHARLOTTE.—This is a delicious dish for dessert. It is made of a cupful of blanched almonds, a cupful of sugar, a cupful and a half of milk, half a box of gelatine, half a cupful of cold water, the yolks of two eggs, two quarts of whipped cream, and enough stale sponge cake or lady-fingers to line a two-quart charlotte-mould.

Before any of the other work is done, the gelatine should be soaked in the cold water for about an hour and three-quarters. To blanch the almonds shell them, pour boiling water over them, and after letting them remain in it for a moment throw them into cold water; finally rub them between the hands. After blanching them chop them fine. Put three heaping tablespoonfuls of the sugar into a frying-pan, and when it gets melted and is smoking hot put in the nuts, and stir until they become brown, say about four minutes. Take them from the fire, and spread them on a plate to cool; and when they are cold pound them fine and put them into a double-boiler with the milk, to cook for a quarter of an hour.

Meanwhile line a two-quart charlotte-mould with stale sponge cake or lady-fingers. Beat together the remainder of the sugar and the yolks of the eggs, and at the end of the quarter of an hour just mentioned strain upon them the cooked milk; then put the mixture into the double-boiler and add the soaked gelatine. Stir for four minutes; then set the boiler into a pan of ice-water, and stir until its contents begin to thicken. Add the whipped cream, and continue stirring until the mixture becomes so thick that it will scarcely run. Pour the mixture into the mould and set away to harden. At serving-time turn out on a flat dish.

STEWED APPLES WITH CREAM.—For this dish use three pints of pared and quartered tart apples, the juice of one lemon, about one-fourth of a grated nutmeg, one pint of water, one scant pint of granulated sugar, and two quarts of whipped cream, sweetened with three tablespoonfuls of powdered sugar.

Put the water and sugar in a saucepan and boil for a quarter of an hour; then add the lemon juice, nutmeg and apples, Cover the stew-pan, and set it where its contents will cook slowly for forty minutes; then remove the pan from the fire, and take up the apples, being careful not to break the pieces, and to avoid taking up the syrup. Return the saucepan to the stove, and boil rapidly for five minutes the syrup that remains; then pour it over the apples, and set them away to cool.

At serving-time drain the cream well, and sprinkle the powdered sugar over it, stirring gently in order that the two may get well mixed. Heap the cream upon the cold stewed apple, and serve at once.

LOIN OF YEARLING LAMB, GERMAN STYLE.—Take a loin of yearling lamb, or the point beginning from the top of the leg and extending as far as the first rib on the rack; remove the aitchbone without injuring the minion fillet, pare carefully the fat from the interior, and remove the tough skin from the sirloin, season with pepper, salt and nutmeg. Roll this loin up, tie it firmly and then braise it in a mirepoix stock with a little brandy added. It will take two and a half to three hours to cook; drain, untie and set it under a light weight or under the press, and when cold cut the meat into half heart-shaped slices and dress them in a circle on a baking dish, cover over with an allemande sauce, besprinkle with bread-crumbs and a little grated parmesan cheese, pour butter over and set the dish in a moderate oven. When it has attained a fine color withdraw from the oven and drain off the butter, garnish the centre with minced truffles and mushrooms mixed with some lighter allemande sauce.

LEG OF LAMB WITH PUREE OF ONIONS WITH CREAM.—Cut off the end of the shank bone of a leg of lamb; pare the leg to shape and remove the superfluous fat; roast it on the spit or else in a baking pan in a moderate oven, pouring over some melted fat, and basting it frequently; salt it over fifteen minutes before serving. Dress and trim the handle bone with a paper frill and serve separately a puree of onions with cream prepared as follows: Mince two pounds of white onions, plunge them into salted boiling water and let cook for five minutes, then drain very dry, and place them in a saucepan with four ounces of butter; cook the onions colorless, season and stir in two tablespoonfuls of flour; wet with cream in such a manner as to keep the mixture consistent, then set it into a slack oven, and when the onions have finished cooking rub them through a sieve. Pour the puree back into the saucepan, mix well, heat and serve.

BACON OR HAM SLICES.—Ham, or bacon, may be fried, or broiled on a gridiron over a clear fire, or toasted with a fork; take care to slice it of the same thickness in every part. If you wish it curled, cut it in slices about two inches long (if longer, the outside will be done too much before the inside is done enough); roll it up, and put a little wooden skewer through it; put it in a cheese-toaster or Dutch oven, for eight or ten minutes, turning it as it gets crisp. This is considered the handsomest way of dressing bacon; but we like it best uncurled, because it is crisper, and more equally done. Slices of ham or bacon should not be more than half a quarter of an inch thick, and will eat much more mellow if soaked in hot water for a quarter of an hour, and then dried in a cloth before they are broiled.

ROAST SUCKING PIG.—Roast sixty large chestnuts, remove their husks while yet hot, and after pounding them in a mortar with four ounces of butter, rub the produce through a wire sieve, and put the puree into a stewpan; add thereto a few chives, sweet-basil, parsley, thyme, one bay-leaf well chopped, a little grated nutmeg, pepper and salt, and the yolks of three eggs; mix well together, and use this preparation to fill the paunch of a plump sucking-pig, and roast in the usual manner. Then cut it up and place it upon the dish, garnish with a border of tomatoes, and send to table.

EGG SAUCE.—English Egg Sauce.—Put a pint of veloute in a saucepan with some pepper, nutmeg, the juice of a lemon, and four hard-boiled eggs chopped up over a white cloth, and then added to the sauce with a tablespoonful of chopped parsley. Should the sauce be too thick dilute it with some mushroom broth and white broth.

FILLETS OF FOWLS, A LA MARECHALE.—Trim the fillets of three or four fowls, and with the minion fillets form three or four large ones; make a slight incision down the centre of each fillet, so as to hollow it out a little; this must be done on the rough side. Then chop a truffle, one shalot, and a little parsley very fine, and simmer these for five minutes in a stewpan, with a bit of butter, pepper and salt, nutmeg, and a small piece of glaze, add the yolks of two eggs, and with this preparation fill the hollow made in the fillets, and then mask them over on both sides with a little stiffly-reduced Allemande sauce No. 7; when this has become firmly set upon them by cooling, bread-crumb the fillets twice over; having once after dipped them in beaten eggs, and again after they have been sprinkled over with clarified butter; put them gently into shape with the blade of a knife, and place them upon a dish in the larder. Twenty minutes before sending to table cover the gridiron with a piece of oiled paper, place the fillets upon this, and broil them (on both sides) over a clear coke fire, of a bright-yellow color; when they are done glaze them lightly, and dish them up in a close circle; fill the centre with a white Toulouse ragout, pour some reduced essence of fowls under them, and serve.

Note.—Fillets of fowls, a la Marechale, may also be served with every kind of delicate vegetable garnish; with white or brown Italian sauce; with Marechale, Supreme, Provencale, Perigueux or Crayfish sauce; and also with either of the following essences: Anchovy, truffle, fine herbs, or shalot.

ENDIVE, WITH CREAM.—Pick off all the outer leaves, leaving only the white; trim the roots, and wash the endive in several waters, carefully removing any insects that may be concealed in the inner folds of the leaves. Put a large stewpan half filled with water on a brisk fire, and when it boils throw in the endives, with a handful of salt, and allow them to continue boiling fast until they become quite tender; drain them in a colander, immerse them in plenty of cold water, then squeeze all the moisture from them, and place them on a sieve. Next, take each head of endive separately cut off the root, and again look over the leaves, spreading them on the table with the point of a knife; when this is completed chop them very fine, and pass them through a coarse wire sieve. Then place them in a stewpan with a quarter of a pound of fresh butter, a little grated nutmeg and salt; stir this over the fire for ten minutes, add half a pint of double cream, a gravy-spoonful of Bechamel or Veloute sauce, and a dessert-spoonful of pounded sugar; keep the endives boiling on a stove-fire until sufficiently reduced so as to be able to pile them on a dish when sending to table; garnish around with croutons or fleurons, and serve.

PLAIN SEED CAKE.—One pound of flour, ten ounces of butter, half an ounce of German yeast, four ounces of sugar, four whole eggs and four yolks, a teaspoonful of salt and a gill of cream. Mix the paste as you would for Compiegne cake, excepting that this must be beaten with the hand on the slab until it presents an appearance of elasticity; the sponge should then be added, and after the whole has been well worked once more, the paste must be placed in long, narrow tins, about two inches deep, and of about the same width; preparatory to placing the paste in the moulds, these should be well floured inside (to prevent the paste from sticking), then the paste rolled out to their own length, and about one inch and a half thick, dropped into them, and set in a warm place to rise. When the paste has sufficiently risen it must be gently turned out on a baking-sheet previously spread with butter, then egged all over with a soft paste-brush, and baked of a bright deep-yellow color. When done cut them in slices about a quarter of an inch thick, place them flat on a baking-sheet, and put them again in the oven to acquire a light color on both sides.

ANCHOVY PATTIES.—Make the anchovy force-meat, and add to it four tablespoonfuls of any white sauce. Keep cool until the time for making the patties. Make half the rule for puff paste, and let the paste become thoroughly chilled. When it is firm cut off about two-thirds of it. Roll this to about one-eighth of an inch in thickness. Cut out with a large pattie-cutter as many rounds as possible (there should be about a dozen). Place these rounds on a tin sheet, and put them into the refrigerator. Now put the trimmings and the cold paste together, and roll out and cut as before. Should the trimmings have become very soft, chill them before rolling. Put a teaspoonful of the anchovy force-meat in the centre of each one. Wet the rims with cold water. Now cover with the rounds of paste that were cut out first. Have a second pattie-cutter half an inch smaller in diameter than the first. Press its blunt edge on the centre of the pattie and around the filling of anchovy. This will fasten the two sheets together near the force-meat. Bake in a rather quick oven for eighteen or twenty minutes. These patties are served in a dinner or luncheon as an entree.

SOFT-SHELL CRABS.—If the following directions be followed carefully, it will not be a difficult task to clean soft-shell crabs. The back of the crab is of greenish color, and feels to the touch somewhat like a piece of thin, stiff rubber. At each end it tapers to a very sharp point. Now, having the crab in its natural position, take one of these points between the thumb and forefinger of the left hand, pressing the back at the same time with the second finger, and bend the shell back about half-way, keeping the crab on the plate all the while. There will then be exposed a spongy substance shaped like a scallop shell. Scrape, and, if necessary, cut, this sponge entirely away, and then repeat the operation at the other end point of the back. Next turn the crab over, and when it lies on its back there will be seen a semi-circular piece of soft shell, at once noticeable because of its dark color. This is commonly called the "apron," or "flap." It finishes in a point. Take this point between the finger and thumb, and raise the apron, pulling or cutting it off of the crab. Some of the spongy substance already described will be found here, and should be removed. Wash in cold water, and wipe gently with a soft towel. The crab will then be ready for its seasoning, preparatory to cooking.

OYSTERS.

Adapted as it is to an almost endless variety of culinary processes, and in one form or another suited to every meal, from breakfast to the after-the-theatre supper, and from the simple luncheon to the ceremonious dinner, the oyster is an invaluable adjunct to the household supplies. Not the least among the oyster's advantages are its nutritive qualities. If cooked properly the oyster is easily digested and lends itself readily to the sick diet. But too many housekeepers forget that, like the egg, it is toughened by over cooking and a high degree of heat. Many persons who are mindful of this fact in stews overlook it in such processes as escalloping, devilling, frying, etc., and the bivalve appears in an unattractive and unwholesome, leathery form. However it is to be cooked, the process should result only in curling the gills and plumping the body.

On the Half Shell.—For the half shell as an introductory course the oyster should be thoroughly chilled. If served in the rounding half of the shell its juice will be saved from waste, but convention has prescribed the flat shell for the ceremonious dinner. Small oysters are preferable for this use. The oyster shells may be placed with the small ends toward the centre on a bed of cracked ice at the individual plate, or the ice may be covered with a crisp folded napkin and the shells may be arranged on that. Whether the ice is used or not the shells should be thoroughly chilled. With the raw oysters are served sections of lemon and sandwiches made of thin buttered slices of brown or white bread. The unsalted butter is often used for this purpose, and over it minced olives are sometimes sprinkled lightly. Care always should be taken to remove grit and fragments of shells, which are dangerous. The best way is to drain off the liquor, strain it and save it. Then plunge each oyster into clear, cold water and run the thumb and first finger of the left hand over it to insure its freedom from foreign substances.

Creamed Oysters.—For cream sauces, frying and various other procedures, the oyster is improved by first cooking it slightly in butter and lemon juice. Sometimes, for a buffet luncheon especially, it is desirable that the creamed oyster shall remain stationary on one side of the individual plate in order to make place for sandwiches and other elements of the menu. For this purpose an additional amount of thickening is required for the cream sauce. A satisfactory formula calls for two tablespoonfuls of flour to one tablespoonful of butter, and a cupful of milk and cream mingled in equal proportions. First, melt a level tablespoonful of butter and add a half tablespoonful of lemon juice. Turn into the pan fifteen medium-sized oysters and cook them until the gills curl and the bodies are plump. Remove the oysters, add a tablespoonful of butter to the liquid already in the pan, and when it melts rub in two tablespoonfuls of flour and cook without browning for four minutes. If the mixture becomes too thick to manage add a tablespoonful or two of oyster liquor. Then add the one-half cupful of milk and cook until it thickens. Stir in at the last the half cupful of cream. Add the oysters, scald and serve hot.

If the creamed oysters are to be served in shells of any kind, china or earthen individual ramekins, casseroles or anything substantial, only one tablespoonful of flour will be needed for the mixture described. In either case, the sauce should be seasoned with salt and white pepper or paprika, and, if it is wanted, with mace. The yolks of one or two eggs may be added after the sauce thickens, to either mixture. They give a richer hue and convert the "cream" sauce into a "foulette" sauce. If paper cases are employed the thick sauce is best. Fruit shells may be used by way of variety for creamed oysters. Peppers, green or red, are particularly satisfactory for this use. Cut a slice from the stem end of each and remove the seeds. Take a slice also from the bottom of each so that it will stand firmly. Sprinkle the top with buttered bread crumbs and brown in a quick oven. Send to the table on rounds of buttered toast moistened with hot oyster liquor.

Fried Oysters.—For frying also it is a good idea first to cook the oysters until they plump in the butter and lemon juice. Then roll them in cracker crumbs, dip in the white of egg slightly beaten and mixed with a little water and roll again in the crumbs. Unless the surface of the oyster is thoroughly covered with the crumbs, there will be an unpleasant display of crackling fat, that will leave the stove sprinkled and the oyster itself unsightly. After the oysters receive their second coating it is a good idea to put them in a cold place for an hour or more. When it is time to fry them, cover the bottom of a frying basket, which has been immersed in the fat, with a few of the oysters and plunge them into a kettle of fat, which is emitting a blue smoke. Cook until they are a golden brown, then place in draining paper in the oven and continue until all are ready.

Oysters, a la Villerot.—This is a preparation which requires time and patience, but which repays for the expenditure in deliciousness. It is, in fact, croquettes with a raw oyster in the centre of each. Prepare the oysters as directed for creaming and frying. Make a thick sauce of one tablespoonful of butter, two heaping tablespoonfuls of flour, salt and paprika, or white pepper, and the yolks of two eggs. When it is done and removed from the stove, stir in a cupful of cooked oysters, drained, dried and chopped fine. Pour on to a platter and let it cool. Then cut into sections, place one of the prepared oysters in the centre of each and wrap it securely inside, making a croquette form of the panada. Let them stand on the ice, if they are not firm, until they are readily handled. Then dip in egg, and roll in bread crumbs, giving them a thorough coating, and fry in a wire basket. If, in making a panada for croquettes or other mixtures that are to be handled, the sauce does not prove stiff enough, it may be thickened with finely-ground bread crumbs.

brandy added. It will take two and a

fork; take care to slice it of the same

room broth and white broth.

Oyster Croquettes.—Prepare thirty medium-sized oysters by first plumping them. This may be done by cooking for two minutes or so in their own liquor or in the butter and lard juice suggested above. Drain dry and chop fine. Make a thick sauce of one tablespoonful of butter, two heaping tablespoonfuls of flour, a cupful of oyster liquor, salt, pepper and a dash of chopped parsley. When it is done, and the oysters mix thoroughly, turn on to a platter and place in a cool place. As soon as they are cool, form into croquettes, roll in egg and cracker crumbs. Fry in deep fat. Serve with tartar or tomato sauce.

Whenever a thick sauce is to be made, some trouble may be saved by creaming together the butter and flour, and stirring the mixture into the hot liquid. As a rule, when milk is employed, it is well to cook the flour in the butter, since the starch grains of the flour need thorough cooking and a high degree of heat.

The flavor of milk, on the other hand, is ruined by over-cooking. For this reason the milk is added usually after the flour is done, and is cooked only enough to become thick. With a stiff sauce, however, when the proportion of liquor is much greater than that of the butter, it is impossible to cook the flour perfectly without scorching the lumps, unless liquid is added to the butter. Hence the suggestion to rub butter and flour together.

Tartar sauce is mayonnaise with which chopped olives and gherkins have been mixed. For tomato sauce, thicken a cupful of strained tomato juice with a tablespoonful each of butter and flour and season with salt, paprika and chopped parsley. In place of the last a dash of curry may be used.

Effective Combinations of Vegetables.—With a fillet of beef any of the following-named vegetables may be used as a garnish: Potatoes, a la Parisienne; peas, stuffed onions, stuffed tomatoes, vegetables, a la jardiniere; macedoine of vegetables, mushrooms, stuffed, stewed, or broiled; fried sweet potatoes, and Brussels sprouts.

Beef, veal and lambs' tongues all may be served with a mound of mashed potatoes, or with a puree of spinach, turnip, carrot, cabbage, tomato, or cauliflower, or with artichokes, turnips, stewed carrots, vegetables, a la jardiniere; macedoine of vegetables, boiled rice, Turkish rice, or macaroni.

Chops and cutlets of veal, lamb, or mutton may be arranged around a mound of mashed potatoes, a timbale of potatoes, a mound of thin fried or French fried potatoes, a mound of peas, beans, asparagus, Brussels sprouts, spinach, salsify, or okra; or they may be disposed on a border of mashed potatoes, and another vegetable, like peas, beans, tomatoes or cauliflower, may be heaped in the centre; or, again, there may be a combination of vegetables, as a la jardiniere, or the macedoine; or a sauce may be poured in the centre.

Carrots and peas, singly or together, afford most effective combinations in garnishes, because of their beautiful colors. Cutlets of game require the same kinds of vegetables that would be served with cutlets, of mutton, lamb or veal. The vegetables suitable with cutlets or chops may be served with almost any kind of entree made of cold meat. When the made dishes are in the form of croquettes, timbales, cutlets or quenelles, the vegetables should be served as a puree, or in a simpler sauce or with only a seasoning of salt and butter. Heap the vegetable in the centre of the dish, and arrange the entree around it; or a macedoine, or vegetables, a la jardiniere, may be placed in the centre, and the entree be disposed on the border.

Purees of Vegetables.—When a puree of vegetables is designed for a garnish it must be made so dry that it will not spread over the dish when poured upon it; yet it must be moist enough to be served almost as a sauce.

In making a puree one must pare the vegetable used, if it has any skin, and boil or stew it until tender; then mash it fine, and rub it through a puree sieve; season it, and moisten with stock, or milk, cream, or perhaps some of the water in which it was boiled; and at serving-time make it very hot, and serve it on a warm dish in the form and size desired. The hot entree should be placed upon the puree, and the dish be served at once. A puree of potatoes does not, however, need to be pressed through a sieve. It is spoiled by standing, and should, therefore, be served as soon as made.

Here are receipts for a few purees:

Puree of Cauliflower.—Use a head of cauliflower weighing about two pounds and a half, a cupful of milk or cream, three tablespoonfuls of butter, one tablespoonful of flour, half a teaspoonful of chopped onion, one teaspoonful of sugar, two of salt, and one-third of a teaspoonful of white pepper.

Remove and discard the green leaves of the cauliflower, and wash the remaining part in cold water; then place it, head down, in sufficient cold water to cover it, and add two tablespoonfuls of salt. Soak it for two hours, and at the end of that time put it into a large stew-pan, and add three quarts of boiling water. Cover, and simmer for thirty minutes; then turn into a colander, and drain thoroughly, and afterward turn into a wooden bowl or tray, and pound to a pulp. Finally rub through a puree sieve.

Put the butter and chopped onion into a large frying-pan, and cook slowly for five minutes. Add the cauliflower, salt, pepper, sugar and flour, and cook for five minutes, stirring all the while; then add the stock or cream, and cook for three minutes longer, stirring all the while. At the end of that time spread the puree on the dish, add the entree, and serve.

Other Purees.—Spinach is prepared in almost the same manner as cauliflower. There is this difference: Use only water enough to cover it when it is boiled; or if the bitter flavor of the vegetable be liked, use only a cupful of water to a peck of spinach. Turnips and carrots will require forty minutes' boiling; asparagus, fifteen,—only the green heads being cooked; peas, from twenty to forty minutes,—the time depending upon their age and freshness; beans can be boiled sufficiently in an hour and a quarter if fresh, or in two hours if they be old.

When tomatoes are used for a puree, most of the liquor must be drained from them before they are put on to cook; and to each quart of the pulp there should be added two tablespoonfuls of powdered cracker crumbs, two level tablespoonfuls of flour, two large tablespoonfuls of butter, one tablespoonful of sugar, a quarter of a teaspoonful of pepper, and one teaspoonful of salt. Cook the tomatoes for half an hour; then add

the other ingredients, having the flour and butter mixed together, and cook twenty minutes longer. Finally rub the puree through a sieve.

Puree of Chestnuts.—To garnish a dish that will serve for twelve persons, use fifty Spanish chestnuts, one tablespoonful of butter, one teaspoonful of salt, one-fourth of a teaspoonful of pepper, half a pint of wine stock, one gill of cream.

Shell, blanch and boil the chestnuts in water sufficient to cover them, for half an hour. Drain off the water, and put the nuts in the mortar. Pound them to a powder, and add the butter, the seasoning, and the stock, a little at a time. Continue pounding for ten minutes longer; then rub through a puree sieve. Put the strained mixture in a stew-pan, and cook slowly for one hour, stirring frequently. Then beat in the cream, and cook for five minutes longer. This puree is served with cutlets of turkey and game.

Puree, a la Bretonne.—Make a Breton sauce. Pour it in the centre of a warm platter, and in the centre of this sauce heap a pint and a half of boiled Lima beans, seasoned with salt and butter. Arrange cutlets or chops of mutton or pork around this, and serve very hot. Or the garnish may be arranged in a vegetable dish, and served with a roast of mutton.

To preserve the fresh green color of vegetables like peas, beans, etc., the lid of the saucepan should never be put on while they are cooking, as this will ruin their color; and never leave vegetables to stand in water after they are cooked.

Lambs' Trotters, a la Chantilly.—Prepare the feet the same as for poulette, placing them in a saucepan with a spoonful of chopped onions and shallots; moisten with two gills of white wine, and reduce to half, adding two gills of veloute sauce, a garnished bouquet, and a few fresh mushroom peelings; boil and reduce the sauce without ceasing to stir, incorporating slowly in it a few spoonfuls of mushroom broth, and when it is well reduced and succulent, strain and add to it the lambs' trotters; let them simmer in the sauce for twelve minutes over a very slow fire; at the last moment thicken the sauce with two raw egg-yolks diluted in cream. Take the stew from the fire and finish it with a few pieces of butter, a pinch of chopped parsley and lemon-juice. Dress the feet on a hot dish, strain the sauce over, and surround with a string of small stuffed mushrooms, or should they be too large cut them in two.

Vol-au-Vent of Oysters, a la Maintenon.—Set into a saucepan some fresh butter and lemon juice, place it over a hot fire, and add to it some fine raw oysters; after poaching and draining them into pieces return to the saucepan and season with nutmeg, pepper and salt, and then add some pike quenelles; also some cut-up truffles and mushrooms; add a little veloute sauce, and thicken it just when ready to serve with raw egg-yolks diluted with a little cream and fine butter. Fill the small vol-au-vent crusts with this, keeping all very warm, put on the cover and serve on a folded napkin.

Nantes Tea Cakes.—Arrange about one pound of flour in a circle on the table; in the centre lay half a pound of sugar, half a pound of butter, three eggs and four ounces of candied orange peel and citron, chopped very finely; stir well to have a firm and smooth paste, roll it out with a rolling-pin to a quarter of an inch in thickness and cut this into rounds an inch and a half in diameter; pinch the edges with a pastry pinch and lay them at once on a buttered and floured baking sheet; garnish the centres with a preparation made with an equal quantity of chopped almonds and sugar combined with a little egg-white; let rest for an instant in a cool place, then bake in a medium oven.

Oyster Brochettes.—Poach lightly some large oysters in their own liquor, dry them on a cloth, pare and lay them in a deep plate, season and mix them with some fine herbs cooked with truffles and a pinch of sweet peppers; cover the oysters with oil, and roll them in this seasoning. Run them one by one on small skewers, alternating each with slices of small mushrooms; brush them over with melted butter, roll them in bread-crumbs and broil them for six or seven minutes, turning them frequently, then dress them at once.

A laundryman of Paris has discovered a method of cleansing fine linen and other fragile textures without using soap or other chemicals. Instead of these he uses boiled potatoes, which he rubs into the goods and then rinses out. It is said that this method will make soiled linen, silk or cotton much whiter and purer than washing in the ordinary way.

Hotel Waffles.—Three pounds of flour, three pints of milk or water, one pint of yeast, five ounces of sugar or syrup, eight ounces of melted lard or butter, one tablespoonful of salt, ten or twelve eggs. If for supper make up a sponge at noon, plain, with flour, water and yeast. At four o'clock add the enriching ingredients, beat up well, and let rise again till six, and then bake.

Roasted Fresh Pork.—Take three pounds of fresh loin of pork; season two hours before needed with two good pinches of salt and one good pinch of pepper, well distributed. Put it into a roasting-pan with half a cupful of water, place it in the oven, and let roast for fully one and a half hours, being careful to baste it frequently with its own gravy. Remove it to a hot dish, skim the fat from the gravy, strain the lean part over the roast, and serve.

Steamed Salmon.—For eight persons steam four pounds of the middle cut. Garnish with boiled cauliflower. For sauce use two tablespoonfuls each of butter, flour and water; cook, strain on two beaten egg yolks, then add one teaspoonful each of vinegar, horseradish, chopped pickles and parsley.

brandy added. It will take two and a fork; take care to slice it of the same

room broth and white broth.

From the east room of the Criterion, two excellent methods have been secured, one a novelty in the way of cooking bananas, which M. Le Fevre, the manager, an enthusiast on the subject of bananas, does not believe to be sufficiently appreciated. This dish, served for two shillings, is made from pieces of bread in slices about half an inch in thickness. These are baked or toasted lightly in the oven; after having been sprinkled with sugar, arrange them in the form of a crown upon a round dish, placing them in the middle; but with some pieces of pineapple in the centre. Take some bananas, not too ripe, but perfectly sound and good throw them into cold water with their skins on and let them boil. After boiling for two minutes take them out, peel and arrange them on the dish around the croutons. Sprinkle the pineapple and the bananas with apricot sauce flavored with Kirsch, and serve very hot, after having ornamented the dish with fruits.

Another dish served at the same dinner was the "Supremes de soles aux delices," cooked in this way: Arrange your fileted soles on a buttered dish, sprinkle them with white wine, and cook them for ten minutes. Then drain the filets and arrange them on an oval dish. Boil down the liquor rapidly with a little good veloute sauce and a piece of crayfish butter. When your sauce is ready throw into it the tails of the crayfish, and cover the filets of sole with it. Round the edge of the dish place quenelles of crayfish decorated with truffles.

At Romano's, the manager on being appealed to for advice as to a potage, suggests a soup—"Creme Pink 'Un"—named after the light-hearted journal that practically made the Romano's fortune—a combination of rice with a bisque soup softened to the asperity of the crayfish. The "Pink 'Un" potage, served for two shillings, is made in this way after the recipe from Romano's chef, who at first said that the soup was what he called "un secret du maison."

Put in a saucepan two ounces of butter and two teaspoonfuls of olive oil. Cut a carrot and an onion into small pieces and let them cook gently for five minutes. Then take twenty-four live crayfish, a pound of prawns and six fresh tomatoes. Put these in altogether, and add half a bottle of Chablis, and after having seasoned with salt and cayenne pepper, put the lid on the saucepan and let the decoction boil for twenty minutes. Have ready a pound of pearl barley that has been cooked for three hours in ordinary stock. Pound in a mortar crayfish and prawns with the barley; dilute with a pint and three-quarters of stock, and pass through a fine sieve. This done, put the soup back to warm again, without letting it boil. Add then a little Cognac, in which you have steeped a bunch of thyme, two laurel leaves and a ltttle bunch of parsley tarragon. Finish your soup by adding six ounces of fresh butter, and serve with sippets of fried bread.

From Pagani's, in Great Portland street, comes another recipe for the filets of sole, which seems to be the important dish of the English dinner. Pagani's is an upper Bohemian resort affected by artists, actors and musicians of note, and in proof of this one of the walls of an upper room is scrawled with the signatures of famous people. Mascagni has scribbled the first bars of one of the airs from "Cavalleria Rusticana." Denz has written the opening bars of "Funiculi, Funicula." Lamoureux has written a tiny hymn of praise to the cook; Phil May has dashed off some caricatures; Mario has drawn a picture, while among others the signatures are seen of Julia Neilson, Ysaye, Paderewski, Pucchini, Calve, Melba, Patti, Tosti and De Lucia.

The recipes for filets sole Pagani is given by M. Meshini, the partner of Pagani. The sole is first of all fileted, and with the bones, some mussels and a little white wine a fish stock is made in which the filets of the sole are cooked. The cook takes this stock, and by adding some well-chopped fresh mushrooms, makes with that what he calls a reduction; to this he adds some veloute, a little cream, fresh butter, some lemon juice, pepper and salt, and cooks the whole together till well mixed, then passes it through a sieve. With this sauce is made. The cooked filets of sole and eight or ten mussels are then placed ready on a silver dish and the sauce poured over them. The top is well sprinkled with Parmesan cheese, and after allowing them to brown slightly for a minute or two they are ready for the table.

CURRIED OYSTERS.—Lay out a solid quart of oysters, half a pint of cream, two table-spoonfuls of butter, one generous table-spoonful of flour, one tea-spoonful of curry powder, half a tea-spoonful of chopped onion and some salt and pepper. Put the oysters into a stewpan and heat them to the boiling point, being careful that they do not get scorched. Skim carefully and turn into a large strainer or colander. When they have been well drained put them away in a bowl or anything else that is convenient, where they will keep warm without cooking any more. Put the butter and onion into a fryingpan and cook slowly for ten minutes. Mix the flour and curry powder and stir into the butter. Continue the stirring until the mixture is smooth and frothy, then draw the fryingpan to a cooler part of the stove and gradually add half a pint of the liquor which was drained from the oysters. When this boils up add the cream and some salt and pepper. Boil up once more and strain. Put the oysters into the sauce and serve immediately with a plate of crisp toast.

STURGEON.—Sturgeon is abundant in the market from April to September and is therefore cheap. This fish is very highly valued in European countries, but from various causes it does not hold the same place in the estimation of the people of the United States. It is a shark-like fish, with strong fins, but no scales. The fat is yellow, the flesh a pale red and the flavor a little like meat. The flank is thought to resemble pork, while the muscular flesh of the back is thought to taste like veal. When sturgeon forms a part of a meal less meat will be required than if a lighter kind of fish were used. A piece from a fish of medium size will be found more delicate and tender than a cut from a large sturgeon.

BAKED CRABS.—After cleaning the crabs and seasoning them with salt and pepper dip them in melted butter and sprinkle thickly with dry bread crumbs. Put them into a dripping-pan and set them into an intensely hot oven for five minutes. Serve immediately with mustard cream sauce.

BEEF THE BEST MEAT FOR STOCK.—Of the various kinds of meat used in soup making beef is the most valuable, and, generally speaking, the cheapest. All the tough and coarse parts can be used. Those parts containing a good deal of gelatine are especially desirable if the stock is to be kept for several days, because the stock, upon cooling, becomes a rather solid mass, through which the air will not pass freely and therefore fermentation is not likely to ensue. The soup, too, will have the deceptive appearance of being much richer than that made with clear, lean meat. And many people enjoy a gelatinous soup when one rich, but clear, would seem to them to be light. Every part of the beef contains some gelatine, and if the meat be cooked for several hours in water which is kept at 200 degrees, or even a little higher temperature, the gelatine will be dissolved, and if there be a pound of meat to each pint of water the stock will jelly on cooling. But should the clear meat and water be kept at about 170 degrees during the cooking the stock will remain liquid when cold and very little trace of gelatine will be found in it. This point always should be remembered when making bouillon to be served cold, as the soup should be rich and ice cold and yet perfectly clear, like water. The parts of beef used for soup are: For bouillon or consomme, the round, shoulder, flank or brisket; for a clear beef soup, the neck, cheek, leg, shin and any scraggy, rough part, besides the bones. The cheek, leg and shin will all give a soup rich in gelatine. A shin or leg of beef will be found to be an economical piece for making stock Butchers seldom break these parts into small enough pieces. The bones of a leg should be broken into eight or ten pieces and these should be washed in cold water. Be very careful that the part which was separated from the hoof is perfectly sweet and clean. When the cheek and neck are used they should be washed. The round should not be washed, but should be wiped well with a wet towel.

Family Cookbook. ... it will take two and a fork; take care to slice it of the same ... room broth and white broth.

"Timbale de filets de sole," as prepared at the Savoy, is typical of the good

For each quart add a cupful of sugar and half a cupful of water. Cover the dish with a large plate, and bake slowly for two hours. Rhubarb may be put into a stew-pan with sugar and water, and cooked in fifteen minutes, if the water is boiling all the time; but the sauce will be green and the rhubarb

briskly with the whisk; when the sauce is firm add one teaspoonful of melted meat-gaze, beat lightly for two seconds longer, then strain through an ordinary clean kitchen towel, neatly arrange the sauce on a hot dish to be sent to the table; and dress over it any article required to be served.

Culinary Department.

VEGETABLE SALADS.—A salad can be made of almost any kind of cooked vegetables, but certain combinations are desirable. Peas, string and shell beans, asparagus, cauliflower, and young carrots all combine well, and potatoes, carrots, turnips, beets, parsnips, and cauliflower make another combination. Any two of the cooked vegetables may be used together. When a variety is used the dish is called 'Salade Macedoine."

If possible, when combining vegetables, have those which are of delicate flavor form the body of the salad, using a small proportion of those with strong flavor. Remember that beets are sweet, and use them sparingly.

A vegetable salad may be made a thing of beauty or an indistinct mixture or uninviting dish. Each vegetable should be boiled and cut up separately, and all should be seasoned with salt and pepper. Use any kind of salad dressing; the French dressing, however, is especially fit. Sprinkle the prepared vegetables in thin layers in a salad bowl, and sprinkle each layer with the dressing; continuing the work until all the materials have been used. Let the dish stand an hour or more in the ice-chest.

For each quart of the vegetables use three large tablespoonfuls of oil, one tablespoonful of vinegar, half a teaspoonful of salt, one-quarter of a teaspoonful of pepper, and a teaspoonful of onion juice. Mix this dressing thoroughly before using. The amount which can be made with the ingredients mentioned above flavors the salad delicately; and if the dish be desired moist and highly seasoned, the quantity of dressing should be doubled.

RHUBARB SAUCE.—Rhubarb may be made into a good sauce in spring and early summer. It should be fresh and tender when used. Pare it, cut it in pieces about an inch long; then wash it, and put it into an earthen baking-dish.

carefully. Put the meat and water into a large stew-pan. Heat slowly to the boiling-point, skimming carefully and frequently in the first half-hour. Boil gently for eight hours; then strain through a fine sieve, and set away to cool. When co'd, skim off the fat, and put the jelly into a stew-pan with the seasonings. Beat the whites of the eggs rather light, and add to them half a cupful of cold water. Beat well, and add to the contents of the stew-pan. Place the stew-pan on the fire, and stir the mixture frequently until it gets warm. Keep the pan on the hot part of the stove until the contents begin to bubble; then draw it back immediately to a place where the jelly will keep heated to the boiling-point for half an hour. When this time has passed, strain the jelly through a napkin, and pour into tumblers. Cool, cover, and set away in a cold place. It may be given to the patient cold, or be heated and served like soup. Heat a tumbler of this jelly; add to it one tablespoonful of lemon juice, one gill of port, and a generous half-gill of sugar; cool this liquid in little moulds, and you have port wine jelly, which is very nutritious. Any other kind of wine may be used, or, for a change, use fruit juice instead of wine.

SAUCE BEARNAISE.—Chop very fine two medium-sized, sound, well-peeled shallots; place them in a small saucepan on the hot range, with two tablespoonfuls of either tarragon or chervil vinegar, and five whole crushed peppers. Reduce until nearly dry, then put away to cool. Mingle with it six fresh raw egg yolks, sharply stirring meanwhile, then gradually add one and a half ounce of good fresh butter; seasoning with half a tablespoonful of salt, half a teaspoonful of grated nutmeg, and twelve finely-chopped sound tarragon leaves. Have a much wider pan on the fire with boiling water, place the small one containing the ingredients into the other, and see that the boiling water reaches up to half its height; thoroughly heat up, beating

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CURRIED OYSTERS —Lay out a solid quart of oysters, half a pint of cream, two table-spoonfuls of butter, one generous table-spoonful of flour, one tea-spoonful of curry powder, half a tea-spoonful of chopped onion and some salt and pep
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William T. De Friest & Co., bottlers of Lemp's St. Louis beers, say business with them is excellent all along the line.

That prince of good fellows, William V. Zimmer, steward of the Russell House, Detroit, Mich., has a host of friends and acquaintances in Boston. Some of his profession here have learned a few valuable points from his style of menus sent me.

Room Clerk Melville A. Hill, of The Savoy, says that hotel is now doing a very good business. The traffic, he says, is daily upon the increase.

MURDOCH.

GOOD GRAVY.

Prepared and Served by
EZRA KENDALL.

(*Continued.*)

I was going to ask : — Have you ever been down to West Baden Springs, Indiana ? Down to that Liver Laundry ?

If so, are you a member of th' lodge ? Th' lodge of Lazy Livers ?

You know th' sign — first th' left on your back, your right hand on your head, then both hands on your liver.

That's the signal of distress--

Backache, headache and stomachache —After that you are for Baden.

Did you ever ride down there over th' Groanon Road ?

Some call it th' Monon, but I call it the Groan-on.

Because, in th' parlor car, where I was a man came in with th' toothache — he had a ticket to Monon, and he wanted a seat to groan-on.

The Monon Groan-on-Road runs in conjunction with another junction.

I say Con-junction, because you wait two hours for a close connection, and thats a "con."

Then you take the other train, and th' rest of th' way you think you are riding horseback, it's such a level road.

Th' man in front of me had a saddle on th' seat.

He had everything on but spurs, I think.

Orleans Junction ! that's th' name I had to set up nights to celebrate my birthdays.

At Orleans Junction, you know, they have one of those little combination lunch counters and bar rooms—where you can go in and tantalize your appetite—or just stand around and disgust your hunger, while you wait.

We all rushed in.

They poured us out something to drink.

I had mine in th' match safe, I remember. It s an awful thing when you have to drink out of th' match safe, isn't it ?

Th' man next to me was drinking out of a lamp chimney, with his hand on the bottom of it.

I think he had a wick in his, for he was chewing on something in it longer than his tongue.

I handed the man behind th' counter a dollar.

He said: "What did you have ?"

I said: "I don't know. I never had it before; I'll tell you that."

"And," I said: "If I get rid of it where I'm going, I am satisfied, too."

I said: "To tell you th' truth, it tasted to me like granulated leather."

He said: "Anything else ?"

I said: "Yes, but I can't think of th' name of it now."

He said: "No, no; I mean, is there anything else you want here ?"

"Oh," I said: "I don't know just yet. While you are making my change I'll look around."

He said: "I wish you would."

I said: "Would what ?"

He said: "Look around. I am ashamed to take the money when you are looking at me."

We could hardly get anything to eat in th' place.

Th' porter of th' sleeping car came to th' door of the little restaurant, and spoke to a gentleman at th' end of th' counter.

He said: "Say, Mister, your wife would like to know if you want your dog to eat here ?"

BEEF THE BEST MEAT FOR STOCK.—Of the various kinds of meat used in soup making beef is the most valuable, and, generally speaking, the cheapest. All the tough and coarse parts can be

"Timbale de filets de sole," as prepared at the Savoy, is typical of the good

For each quart add a cupful of sugar and half a cupful of water. Cover the dish with a large plate, and bake slowly for two hours. Rhubarb may be put into a stew-pan with sugar and water, and cooked in fifteen minutes, if the water is boiling all the time; but the sauce will be green and the rhubarb broken, whereas by the first method a rich-colored sauce may be obtained, and the pieces of rhubarb kept whole.

CHOP SUEY.—Chop suey, the national Chinese dish, is growing in popularity in this country. Over sixty Chinese and some American restaurants in New York serve it. The "base," so to speak, is of pork and chicken livers and gizzards. Celery, mushrooms, green peas, chopped string beans, asparagus tips are placed in a frying-pan with the meat and covered with a gravy of peanut oil, heavily spiced. The cost varies from 10 to 35 cents a plate, the latter usually containing imported French mushrooms.

CHARLOTTE CUSHMAN'S JELLY.—Use a shin of beef weighing seven pounds (have the butcher break into small pieces), four calves' feet, one gallon of water, one tablespoonful of salt, twenty pepper-corns, three cloves, a stick of cinnamon, and the whites of two eggs. Wash the calves' feet and shin of beef

briskly with the whisk; when the sauce is firm add one teaspoonful of melted meat-gaze, beat lightly for two seconds longer, then strain through an ordinary clean kitchen towel, neatly arrange the sauce on a hot dish to be sent to the table; and dress over it any article required to be served.

VEAL, STEWED A LA SOLFERINO.—Reduce three pounds of pieces of veal cut from the breast or shoulder, in one ounce of butter, with six small onions. When cooked for ten minutes, add two tablespoonfuls of flour. Moisten with one quart of white broth, and one gill of tomato sauce, seasoning with one heaped tablespoonful of salt and one teaspoonful of pepper. Stir well together until it reaches the boiling-point; then add two carrots, and two turnips cut out with a vegetable-scoop, and a bouquet. Cook again for forty minutes, and serve.

RIZ AU LAIT D'AMANDES A L'AIROLO.—Into one pint of boiling water in a saucepan drop four ounces of well-cleaned rice. After removing it from the stove add immediately half a gill of pure Swiss kirschwasser, mixing it in well with a spatula for five minutes. Pour into a china or glass bowl; cool for one hour at least; then place it in the ice-box until ready to serve.

mushrooms, foie grass well stewed down, and a half liquid glazed with just a suspicion of Madeira, and a gravy made from truffles.

The author of "Dinners and Diners" says that he considers Bortsch soup the best in the world. It is made from a good stock, nearly filling the saucepan with it. Blanch a piece of brisket of beef, add this with a duckling that has been roasted for a few minutes. When all this is cooked cut some slices off the duck and cut them up into little squares of less than a quarter of an inch, cutting up the lean part of the beef in the same way. Pass the sauce through a linen strainer. Have ready some julienne made with vegetables, with plenty of cabbages. Serve the soup after adding the vegetables, the pieces of beef and duck, and also the juice of a beet root, so as to give the soup a red color, and a pinch of freshly ground pepper. Serve cream separately, to be added as desired.

These typical English cooking methods show the high esteem in which the English hold sole and crayfish, also their fondness for the use of the shallot in cooking, which little vegetable, the chefs, like the famous cook of the Nancy Bell, never forget.

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Did they ever call that out on you ?

Whenever they do, get your money back. There's nothing to it.

Everyone makes a change at Orleans Junction—Excepting those in th' sleeping car. They make no change. Th' porter makes it.

All others change at th' Junction.

And by the appearance of a man, you can't tell whether he is going to, or returning from, West Baden.

I spoke to one man who looked far enough gone to be going somewhere.

I said: "Bound for Baden ?"

He said "No, home."

And he didn't look like a "has-been," to me, either.

I said: Didn't you like it there ?"

He said: "Yes, indeed ! I'm just going home until I get well enough to go back again."

One man told me that th' first time he went there it made him feel ten years younger.

And his wife said that he had been going back now until he was getting childish.

Th' first time that I visited West Baden it added ten years to my life.

And I was only there a week.

Just think of adding ten years to one's life in a week.

Croquette making is another story, but have you ever tried macaroni croquettes? Cook two cupfuls of macaroni in boiling salted water until soft. Drain and cut, using a board, into quarter-inch lengths. Mix with one cupful of highly seasoned thick tomato sauce and spread on a plate to cool. When cold and stiffened, manipulate lightly into croquette form, roll in fine crumbs, then in beaten egg, always adding three tablespoonfuls of cold water to each egg, and then in crumbs again. Place in a frying basket and brown lightly at 390° F.

on your back, your right hand on your head, then both hands on your liver.

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He had everything on but spurs, I think.

Orleans Junction ! that's th' name

Th' man said: "Yes, bring him in."

Then th' gentleman spoke to the man next to him.

He said: "I hope you don't object, sir ?"

Th' man said: "Certainly not. If there is enough to go around I'll take a little myself."

When th' porter brought the dog in, th' dog started to bark at a piece of sausage.

It would have made no difference to me, only, I happened to be eating th' sausage.

Of course, I had to change it then for something else.

Something that a dog wouldn't recognize.

To be continued.

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"Timbale de filets de sole," as prepared at the Savoy, is typical of the good cooking for which this restaurant is famous. First a crust for the timbale is made, glazed inside and kept hot. Get ready a little garnish of good macaroni, cooked until it is soft; add Bechamel sauce, grated parmesan cheese, butter and a pinch of red pepper. Take eight filets of medium size sole, tender and very white. Pat them out lightly, salt them, and just cover them with a thin layer of fish stuffing made with truffles. Roll the filets in the shape of little barrels, and put a band of buttered paper about each. Arrange them in a saucepan or a shallow pan, take care that it is of such a size that the filets are packed quite closely together. Moisten them with a good strong stock made with white wine; then let all the liquid boil away. Put a cover on the saucepan and let it simmer, but not boil, for twelve or fifteen minutes. Put in another saucepan eighteen medium-sized crayfish, half a glass of white wine, salt and pepper; cover the saucepan and cook the crayfish from ten to twelve minutes on a brisk fire. Then take the flesh of the tails, put it in a saucepan with two truffles, cut in slices, and a piece of butter and keep warm. With the shells of the crayfish prepare a crayfish butter. Boil down a few teaspoonfuls of good Bechamel with cream, pass through a sieve, add the crayfish butter and keep warm. Just before serving put the macaroni at the bottom of the prepared crust; arrange the filets of sole on it with a garnish of truffles and tails of the crayfish. Pour over it all the sauee already prepared with the crayfish butter. Cover the timbale with the top crust and serve hot

Prince's Hall, in Piccadilly, is famous for its "Poularde Georges Sand." Dismember a large fowl very carefully. Stew it in white stock with a chopped onion, a good pinch of paprika and two glasses of white wine for about forty minutes. Take out the fowl and pass the stock through the sieve. Flavor with crayfish butter and garnish with tails of crayfish, large truffles, olives and croutons of French puff-paste. Serve very hot.

At Verry's, where King Edward goes frequently to dine, the manager was asked for an idea of the dishes the house is most famous for. He said that the house has always tried to wean its patrons from the cut from the joint and to induce them to eat small and light dinners. The "entremet" ices were one of the delights that Verry's prides itselt on, and the manager recited a long list of creams and omelettes. He gave a recipe for "Timbale Lucullus," composed of cocks combs, cocks' kidneys, truffles, cut in slices, chicken quenelles made with truffles, mushrooms, foie grass well stewed down, and a half liquid glazed with just a suspicion of Madeira, and a gravy made from truffles.

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At the Cecil, the curry call for attention. The writer says: "Then came the dish of the evening, a tender spring chicken for the foundation of the curry and all the accessories. Bombay duck, that crumpled in our fingers to dust, paprika cakes, thinner than a sheet of note paper, and chutneys galore to add to the savory mess. It was a genuine Indian curry, and the curry cook, his hands joined in an attitude of polite deference, stood and anxiously watched the first mouthful. I myself think these Malay curries are the best in the world; those wonderful preparations of prawns, fish, fowl, meat or vegetable with one great curry as the foundation, swimming in the delicious semi-liquid, which has always the taste of a fresh cocoanut, with half a dozen subsidiary curries, and then a host of sambals, little dishes of ota-ota (which is fish-brains pounded to a cream), fresh cocoanut and chili beans, shredded ham, Bombay duck and a hundred or more other relishes.

QUAKER PUDDING.—The materials required are: a quart of milk, six eggs, two tablespoonfuls of butter, one quart of stale bread cut in very thin slices, half a cupful of dried currants, one pint of stoned raisins, half a teaspoonful of salt, three teaspoonfuls of sugar and one-fourth of a nutmeg, grated. Measure the bread after it has been cut and pack it rather solidly in a quart measure. Butter a three-quart mold very thoroughly, and, after sprinkling the bottom and sides with the currants, lay the bread in the mould in layers, sprinkling raisins over each layer. Beat together the eggs, sugar, salt and nutmeg, then add the milk. Pour this mixture over that in the mould, set away in a cold place for three hours and at the end of that time set the pudding in a steamer and cook it for an hour and a quarter. At serving time turn out on a flat dish and serve with a vanilla or rich wine sauce. This pudding can be made with four eggs and the currants may be omitted.

COLDSLAW.—Chose a firm white cabbage and cut the heart into shreds with a sharp knife. Make for the cabbage a dressing as follows: Half cup of vinegar, one cup of milk, a tablespoonful of sugar and one of butter, two eggs, a half teaspoonful of salt and a saltspoonful of white pepper. Heat the vinegar and milk in separate vessels. Add butter, sugar, pepper and salt to the vinegar as soon as it is hot. Let it boil up once, pour upon the cabbage and set this aside to cool. To the hot milk add the two beaten eggs, and when it begins to thicken pour this, too, upon the cabbage. Stir all well and put at once in a cool place. Serve it ice cold.

BRAIZED RIBS OF BEEF A LA PIEMONTAISE.—Trim and daube with ham and truffles three small ribs of fresh beef and prepare them for braizing with the trimmings, three carrots, three onions, two heads of celery, a garnished fagot of parsley, six cloves, two blades of mace and two cloves of garlic; moisten with a bottle of sherry and a ladleful of broth; set the beef to boil very gently on a slow fire, with live embers on the lid of the pan, for about four hours, taking care to baste it frequently with its own liquor; when the beef is done drain, trim and glaze and keep it in the hot closet for a few minutes; during this time strain off the liquor in which the beef has been braized, divest it of every particle of fat, clarify it and then add one-half to a pound of Naples macaroni, previously boiled in water with a little salt and butter, for about ten minutes, and then drained on a sieve, cut into three inch lengths and put into a stewpan with a pinch of mignonette pepper, then stew the macaroni for a quarter of an hour longer, by which time it will be done; add a tablespoonful of tomato paste, two pats of fresh butter and six ounces of fresh grated Parmesan cheese; toss the whole well together over the fire and place the ribs of beef on their dish, surround them with the macaroni thus prepared, glaze the beef afresh, pour into a sauceboat the remaining half of the clarified braize reduced nearly to the consistency of half glaze and send to table.

Small Ribs of Beef a la Mode — Prepare the ribs of beef for braizing according to the foregoing instruction, moisten with half a bottle of sherry or Madeira and two wine glassfuls of brandy, then set the pan containing the ribs of beef on the stove fire to simmer for a quarter of an hour, after which add two ladlefuls of good consomme, cover the whole with a buttered paper and the lid, and set the pan again on the fire to continue gently simmering for three or four hours, according to the weight or size of the piece of beef. When done drain and trim it, place it in a sautapan with a little of its own liquor, put it in the oven to dry for a minute or two previously to glazing it, unless indeed it has already been glazed during the latter part of the braizing, which is the better method, frequent basting with its own liquor imparting additional flavor; when glazed dish the ribs of beef and garnish them round with groups of glazed carrots, turnips and onions; sauce round with the essence in which the beef has been braized, clarified and boiled down to the consistency of half-glaze for the purpose and send to table.

Saddle of Lamb a la Milanaise.—Prepare and braize a saddle of lamb as directed above; when glazed dish it up and garnish it round with macaroni prepared as follows: Boil one pound of Naples macaroni in two quarts of boiling water, a pat of butter, a little salt and minionette pepper; when done drain it on a sieve and afterwards on a clean napkin, cut it into pieces two inches long and put this into a stewpan with two pats of butter, six ounces of Parmesan cheese, a small piece of glaze, a ragout spoonful of good white sauce, minionette pepper and a little salt; toss the whole well together over a stove fire until quite hot and then use it to place round the remove, as also some truffles and tongue cut into small circular scollops; these are to be warmed in a tablespoonful of half glaze and placed round the remove in alternate groups with the macaroni; glaze the saddle of lamb before serving and send to table with it a sauceboat containing some of the clarified and reduced broth in which the lamb has been braized, to be handed round with the remove.

Boiled Sturgeon.—Have a middle cut of sturgeon, weighing about four pounds. Wash it in salted water and then put it in a new basin of salted water, one tablespoonful of salt to two quarts of water, to soak for twenty minutes. Into the fish kettle put one onion, six cloves, one large slice of carrot, three sprigs of parsley, three bay leaves, four quarts of boiling water, four tablespoonfuls of vinegar and two of salt. Let this simmer for half an hour. Now take the sturgeon from the salted water and roll the flanks inside. Pin a broad band of cotton cloth around the piece of fish to keep the flanks in place. Put the fish into the kettle and cook gently for one hour; at the end of that time take it from the water and drain well. Take off the band of cloth and slip the fish on a warm dish. Serve with any good fish sauce, like lobster, anchovy, egg, parsley or oyster. A pint of wine is sometimes added to the water in which the sturgeon is boiled.

Soup of Fillets of Soles a la Bagration.—Fillet three large soles and place the fillets lengthwise in a sautapan with about two ounces of clarified butter, season with a little pepper and salt and some lemon juice, cover them with a round of buttered paper and set them in the oven or on a stove fire for about ten minutes, when they will be done. Take the fillets up and set them in press between two dishes, and, when cold, with a round tin cutter stamp them out into small scallops and place them in a small stewpan in the larder until wanted. Make some quenelle of the fillets of one large sole, color it with some lobster coral and mould it with two teaspoons into very small quenelles, which, when poached, place with the scollops of soles; to these add about three blanched mussels; mix with these ingredients about two quarts of the same kind of soup sauce as used for oysters, and when about to serve it at table place the scallops of soles, the mussels and the quenelles (first warmed in a small quantity of the soup) into the tureen and then mix in with the soup a tablespoonful of chopped and blanched parsley and pour it on to the scollops.

PATE-CHAUD OF SNIPES A LA BORDELAISE.—Bone eight snipes, and, with the trail and one pound of fat livers, make some forcemeat for gratin and with part of this fill the snipes, truss them the same way as for quails and braize them accordingly. When the pie is baked drain off carefully all the grease; between each snipe place a large white cock's comb, on the breast of each put a small fillet of fowl, decorated with red tongue, and afterwards turned round in a circle with a round ball of black truffle in the centre; these fillets must be placed in a small sautapan between thin layers of fat bacon and set in the oven for about three minutes; garnish the edge of the pie with a close border of scollops of red tongue cut in the form of large cock's combs, in the centre put a large truffle, bearing a double comb, and a border of these round its base; sauce the pie carefully with a rich Bordelaise mixed with some reduced extract of snipes, made from the bones, and serve.

CHICKENS A LA REINE.—Truss two small spring chickens for boiling, rub them over with lemon juice and wrap them up separately is a sheet of thickly-buttered paper, then place the chickens in a stewpan, with a garnished faggot of parsley, a carrot and an onion stuck with two cloves, moisten with some of the surface of the boiling stockpot in sufficient quantity to nearly cover the chickens; set them to boil gently for about forty minutes, when they will be done. When about to send to table drain the chickens upon a napkin, and, after having removed the paper and string, dish them up side by side and cover them with supreme sauce, garnish the dish with four groups of very small quenelles of fowl and serve,

RICE LEMON PIE.—Cupful of sugar, yolks of three eggs, one tablespoonful of butter, three tablespoonfuls of sweet milk, two tablespoonfuls of boiled rice, mashed fine, grated rind and juice of one lemon. Beat all together, pour into a lined pan and bake. When done spread with meringue of whites and sugar.

FISH CHOWDER AND RICE.—Prepare fresh fish by cleaning and cutting into slices about an inch thick. Place in the bottom of a steam kettle six thin slices of salt pork, over these place three thinly-sliced Irish potatoes, now a layer of the fish sprinkled over with salt, pepper and a little minced onion. Over these a layer of cold boiled rice. Then thin slices of bread, salt and pepper and bits of butter. Repeat these alternate layers of pork, potatoes, fish, rice, bread and seasoning. Add a pint of hot water, put a tight-fitting lid on the kettle and simmer gently for half an hour. Remove the lid, add two cups of hot cream or milk and serve. It may be served without the milk, and is better liked by some that way.

HAM CAKES.—There will be required for these cakes four potatoes of medium size, one cupful of fine-chopped ham (the dry bits that cling to the bones will answer), three tablespoonfuls of butter, and one-fourth of a teaspoonful of pepper. Peel and boil the potatoes, and when they are cooked mash them until fine and light. Add the ham, pepper, and one table-spoonful of the butter. Mix well, and shape into thin cakes about an inch and a half in diameter. Put the remaining butter on the stove in a frying-pan, and as soon as it gets hot, put the cakes into the pan. Brown on both sides and serve on a warm dish.

MUTTON PIE A L'ANGLAISE.—Procure a neck of mutton, remove the scrag and the spine bone, shorten the ribs to about three inches and use these trimmings to make some stock or gravy for the pie. Next cut the mutton into neat chops, pare off the superfluous fat, season them with pepper and salt and place them in the dish in circular order, one resting upon another in the same way as cutlets are dished up; fill the centre with small new potatoes or old ones turned into round balls; boil the mutton stock down to the quantity required to nearly fill up the dish, season with pepper and salt, cover with puff paste, bake the pie an hour and a half and send to table.

PUREE OF SPINACH.—In making this soup there will be used half a peck of spinach, a quart of stock, a pint of milk, half a pint of cream, three tablespoonfuls of butter, the same quantity of flour, a teaspoonful of sugar and some salt and pepper. Wash the spinach until there is no sand visible and put it into a stewpan without water. Cover closely and simmer for half an hour. Take up, chop very fine and pound to a paste, then rub through a puree sieve. Put the butter and flour into a stewpan and stir until the mixture is smooth and frothy, then add the spinach, sugar, salt and pepper and stir for ten minutes. Gradually add the stock and when the mixture begins to boil add the hot milk and cream. Boil up once and remove and rub through a fine sieve. Return to the fire and when the puree begins to boil again serve with fried or toasted bread.

KITCHEN WEIGHTS AND MEASURES.

Four even teaspoonfuls of liquid equal to one even tablespoonful.

Three even teaspoonfuls of dry material equal to one even tablespoonful.

Sixteen tablespoonfuls of liquid equal to one cupful.

Two cupfuls equal one pint.

Four cupfuls equal one quart.

Four cupfuls of flour equal one quart or one pound.

Two cupfuls of solid butter equal one pound.

Two cupfuls of granulated sugar equal one pound.

Two and one-half cupfuls of powdered sugar equal one pound.

One pint of milk or water equals one pound.

Skim milk is heavier than whole milk, and cream is lighter than either, while pure milk is three per cent. heavier than water.

The following table of proportions is also valuable. Use :

One teaspoonful of soda to one cupful of molasses.

One teaspoonful of soda to one pint of sour milk.

One-half cupful of yeast or one-quarter cake compressed to one pint of liquid.

One teaspoonful of extract to one loaf of plain cake.

One teaspoonful of salt to two quarts of flour.

One teaspoonful of salt to one quart of soup.

One scant cupful of liquid to two full cupfuls of flour for bread.

One scant cupful of liquid to two full cupfuls of flour for muffins.

One scant cupful of liquid to one full cupful of flour for batters.

BAKED RICE.—Wash a cup of rice well, add to it a cup of strained broth, two cups of boiling water and a half teaspoonful of salt. Put into a kettle and cook slowly until it has taken up all the water and is soft. Pour into it a large cupful of hot milk in which has been beaten two raw eggs, two tablespoonfuls of grated cheese and a tablespoonful of butter. Stir well and add a heaping cupful of minced meat and ham. Put into a mould, cover and bake one hour. To remove from mould dip first in hot and then in cold water and invert on platter.

VERMICELLI PUDDING.—Boil a quarter of a pound of vermicelli with a little cinnamon, in a quart of milk; in the meantime mix a quarter of a pound of melted butter with a pint of cream and the yolks of four eggs; pour in the vermicelli when quite soft; add a little flour and beef marrow, and powdered sugar to the taste; beat all up for half an hour, tie in a floured cloth and boil it.

CROQUETS OF SWEETBREADS.—Mince some cold sweetbreads which have been dressed and boil them in a sauce veloute, when quite cold form them into balls or into rolls about two inches long, fry and serve them with fried parsley in the middle, or make the croquet meat into a rissole. Roll out a piece of thin puff paste, enclose the meat in it, brush it over with a beaten egg and strew over it grated bread; fry it a light brown.

Lobster Patties.—1 pint of lobster, cut into dice; ½ pint of white sauce, a speck of cayenne, ⅛ of a teaspoon of mustard. Heat all together. Fill into shells and serve.

Fresh Salmon Fried.—Cut the slices ¾ of an inch thick, dredge them with flour, or dip them in egg and crumbs; fry a light brown. This mode answers for all fish cut into steaks. Season well with salt and pepper.

TENDERLOIN, WITH TRUFFLES.—Slice the meat into thin small pieces. Let brown one small onion and one tablespoonful of butter in the saucepan, add the sliced meat and let fry for five minutes; for the sauce put one-fourth pound can of truffles and one cupful of Madeira if desired; add to this one tablespoonful of rice flour and one tablespoonful of boiled rice. Let brown and pour over the steak.

EGGS WITH TOMATOES. — Poach as many eggs as are needed, put them on a hot platter, cover with hot tomato sauce, sprinkle over grated cheese and put in the oven until cheese is melted; serve very hot.

STEAMED BERRY PUDDING.—To furnish enough pudding for six or eight persons, one requires a pint of milk, a pint and a half of flour, a pint and a half of blueberries or blackberries, half a teaspoonful of salt, two level teaspoonfuls of baking powder, and an egg. Mix the salt and baking powder with the flour, and rub through a sieve. Add the milk, the egg, well beaten, and then the berries. Pour the batter into a buttered tin mould or basin—one that will hold more than two quarts—and steam for two hours. Serve with hard sauce or any rich liquid sauce.

NICOISE SAUCE FOR ASPARAGUS SALAD.—Boil three eggs hard and rub the yolks through a fine sieve. Rub it to a smooth cream with two raw egg yolks, salt, pepper and a tablespoonful of prepared mustard; stir it with a wooden salad spoon and mix in slowly half a pint of salad oil and just enough vinegar to make it sufficiently acid to suit the taste. If the dressing is too thick dilute it with a little water.

SALAD A LA DUMAS.—Cut into small cubes some cooked red beets, potatoes, pickled cucumbers and raw tomatoes. Rub the hard-boiled yolks of four eggs through a sieve into a bowl and mix in gradually and carefully oil and vinegar enough to make the dressing like cream; season with salt, pepper and a tablespoonful of anchovy paste ; add this to the prepared vegetables; toss lightly and turn into the salad bowl; ornament with sliced eggs, beets cut into fancy shapes, gherkins, stuffed olives and the heart of a lettuce head placed in the centre.

BERRY DESSERTS.

With the coming of strawberries a wide variety of toothsome desserts are opened up to the diner. For this first of all fruits lends itself readily to simple "fixin's" and alone, unadorned, is sufficient to please the palate of the veriest epicure.

Strawberries are relished alike by old and young, and some of the most dainty and palatable dishes placed upon the table are made from this delicious and wholesome fruit.

The berries are astonishingly sweet, early on the whole, and they give promise of being cheaper than usual when they shall arrive in plenty. Shortcake is a byword, but shortcake is seldom made properly. Rightly constructed this delicacy is of two separate sorts, the genuine sponge cake variety and the real shortcake, a biscuit paste made with baking powder and not raised. These biscuit layers are then split and the berries placed between and on top, the whole being afterward covered with a rich cream. For the other sort of shortcake the sponge cake is baked in round tins, and each layer is surmounted with whipped cream and well-sugared berries laid closely together.

Strawberry Bavarian cream, strawberry cream tarts and strawberry syllabub are other pleasing variations of a dainty sort. In making the second of these, stew the berries and mix with corn starch, adding whipped cream when this mixture is put into the pastry. For syllabub put the berries into the oven and strain out the juice to add to whipped cream.

Berry sauces for puddings are to be highly recommended. They are made in this wise : Put a pint of strawberries into the oven with a little sugar. The heat draws the juice out and this juice is to be whipped and stirred into a hard butter and sugar sauce.

THAT it is not generally known that wringing out a cloth in hot water, and wiping the furniture before putting on furniture cream, will result in a very high polish, and will not finger-mark.

THAT to keep the hair in good condition take ½ oz. of camphor (finely powdered), moisten with two tablespoonfuls of gin. Put this into a pint bottle and fill with water. Apply with a sponge to the roots of the hair twice every week. Brush the hair at least once daily, using a brush with rather soft, long bristles. The above will promote the growth of the hair, besides keeping it clean, soft and glossy.

ments of puff paste, cut a quarter of an inch square; they should be cooked in a very slack oven, and when done served separately.

LOBSTER, A LA GAMBETTA.—Cut four pounds of raw lobster tails into transversal pieces three-eighths of an inch thick. Fry in four ounces of butter, two ounces of leeks, the same quantity of onions, the same of carrots, and the same of celery, a branch of parsley, thyme and bay leaf, add the remaining part of the lobsters, and moisten with half a bottleful of white wine and a quart of fish stock, and reduce all together, pass through a tammy into a saucepan previously rubbed with a little garlic. Saute the slices of lobster tails in some clarified butter over a brisk fire, add a teaspoonful of shallots, salt and red pepper, then moisten with white wine; reduce quickly and pour in the reduced veloute and a little tomato sauce; thicken with four egg-yolks, croquettes of rice

terrine, adding about six egg-yolks and proper seasoning; pass this through a sieve, and then mix in four tablespoonfuls of chopped truffles, a little melted glaze and a dash of cayenne and nutmeg. With this preparation cover both surfaces of each fillet, range them on a lightly buttered baking sheet and let get cold on ice; detach from the sheet, heating it underneath, then roll each separate one in bread-crumbs, dip in beaten egg, roll once more in the crumbs, and smooth the breading with the blade of a knife. Plunge a few chops at a time into hot frying fat to brown nicely, then drain and insert a small favor frill. Dress them in a circle on a forcemeat ring poached in a plain border mold, hollowed on the top; in the centre of the ring range minced fresh mushrooms thickened with well-reduced bechamel sauce.

turned round

in the shapes and size of half a crown piece, and simmered in a little butter. Send up some of the sauce to table in a boat, and serve while warm.

ROAST FILLET OF VEAL, A LA JARDINIERE.—Prepare the fillet of veal, dish it up, and garnish it round with groups of turned carrots and turnips, small heads of cauliflower, French beans, cut into diamonds, green peas and asparagus heads; sauce with half glaze, or a well-finished Espagnole sauce, and send to table.

SUPREME OF FILLETS OF FOWLS, A LA PARISIENNE.—Trim eight or ten large fillets of fowls, and decorate them with black truffles in the following manner: First, spread the bottom of a sautapan large enough to contain the fillets, with fresh butter; then place the fillets therein, all curved in the same direction, with the smooth side uppermost. Next, rub each fillet over slightly with a paste-

upon a napkin, and dish them up in a close circle, placing a fillet of red tongue between each of the large fillets; next place the minion fillet in a close border on the top of the inner edge of these, fill the centre with a ragout, a la Parisienne, pour some of the sauce round the base of the entree, without in any way masking the decoration of the fillets, and serve.

CALF'S HEAD, A LA FINANCIERE.—Bone a calf's head, blanch it in boiling water for about ten minutes on the fire, then put into cold water for ten minutes; drain it upon a napkin, trim off all the rough parts, and cut it into large scallops, leaving the tongue and ears whole, as usual; the brain should be taken out of the head, and boiled separately. The pieces of calf's head after being first rubbed over with lemon juice

VOL'AU'VENT OF COD, A LA CREME.—Crimped cod is best for this purpose, although plain cod may be used, but in either case the fish must be dressed in boiling water, with plenty of salt thrown in at the same time. A few minutes, in both instances, will suffice to boil this kind of fish, especially if it be crimped. If it be allowed to remain in the water after it is done it becomes soft and tasteless. When the cod is boiled drain it upon a napkin, and as soon as all the water has been absorbed, put the flakes and the sounds carefully, without breaking them up, into a stewpan, containing enough rich cream Bechamel for the entree, to this add two ounces of grated fresh Parmesan cheese and the juice of a lemon; toss the whole together over the fire with care, so as to avoid breaking the pieces; when it is quite hot garnish the vol'au'vent, and serve.

RICE, A LA FLORENTINE.—Prepare a thin puree of rice, and moisten it with consomme of fowls; finish by adding two ounces of grated Parmesan cheese, a leason of six yolks or eggs, half a pint of cream, a pat of butter, and a little minionette pepper; then pour the soup thus prepared into the soup-tureen, and send to table with two plates of very small croquettes of rice, which are to be handed around with the soup. The croquettes here alluded to are thus made: Wash and blanch half a pound of Carolina rice, and boil it in a little broth with two ounces of fresh butter, and a pinch of minionette pepper, and a little salt; when done add two ounces of grated Parmesan cheese and four yolks of eggs; work the whole on the stove fire for five minutes, spread it on a plate, and when this paste is sufficiently cold mould it into very small round small balls. Just before dinner-time, dip these in some beaten egg, and roll them in flour; then quantity of carmine, thereby giving to the cake merely a tinge of color similar to that displayed by the ripe peach. These cakes may be dished up with whipped cream in the centre of the dish.

PUREE OF CAPON, A LA JUSSIENNE.—Prepare a delicate quenelle forcemeat; put a pound of this into a buttered mold urnished with a socket, and let poach by

should be placed in a braizing pan with half a bottle of Sherry or Madeira, two ladlesful of good stock, carrot, onion, celery, garnished fagot of parsley, etc.; four cloves, two blades of mace and a few peppercorns; cover with a thickly buttered oval piece of strong white paper, and put on the lid; then set it to braize gently for about two hours, with live embers on the lid. Twenty minutes before dinner time drain the pieces of calf's head on to a napkin, dish them up in the form of a wreath, round the base of a fried croustade (previously stuck in the centre of the dish with a little flour and white of egg mixed together), at each end place the ears, on the croustade place the tongue (separated down the centre, and rather spread out), and the brains laid thereon; around these should be stuck in the croustade six or eight ornamental skewers, each furnished with a double cock's-comb, a large mushroom, a truffle, and a crayfish; pour round the whole a rich Financiere ragout, and send to table.

MEAT GLAZE, CLEAR.—Have a stock-pot sufficiently large to contain four pounds of knuckle of veal, eight pounds of shoulder of veal, six pounds of shin or leg of beef, and add to these sixteen quarts of water and a very little salt; boil, skim, and garnish with a pound and a half of onions, one of them containing four cloves, two pounds of carrots cut in quarters, a bunch of eight medium-sized leeks, with a few branches of celery, and a bouquet made of two ounces of parsley leaves, three bay leaves and as much thyme; bring to a boil, skim as fast as the fat and white particles rise to the surface, and boil in this manner for eight hours, then strain it through a sieve, and reduce down to two quarts. This glaze should be very clear; suppress the bottom, and use it in sauces, or else add it to the Spanish sauce.

CORNED BEEF HASH, AMERICAN STYLE.—Put in a large frying-pan one ounce of butter; when hot add four ounces of potatoes and six ounces of corned beef, both cut in three-sixteenths of an inch squares. Season with pepper and nutmeg, and fry, slowly inclining the pan so that the hash assumes the shape of an omelet. When a fine color drain off the butter, and turn it on to a long dish the same as an omelet.

RICE BORDER.—Wash a cupful of rice in three waters. Put it in a stew-pan with three cupfuls of white stock. Cook for half an hour. At the end of that time add one level tablespoonful of salt and two tablespoonfuls of butter, and set back where the mixture will cook slowly for twenty minutes. Beat the yolks of four eggs with three tablespoonfuls of cream or milk; stir these into the rice. Butter a border-mould thoroughly; pack the rice into it. Let it stand for eight or ten minutes in a warm (not hot) place, and turn it out on a warm platter. The centre may be filled with any preparation of meat warmed in a sauce. This makes a very elegant and savory dish.

GARNISHING OF HARD-BOILED EGGS, BASKET-SHAPED.—Cut off straight the ends of the hard-boiled eggs and across through the centre; take out the yolks from the upper parts, and fill them to a pointed shape with a salpicon of vegetables cut in small squares, and combined with a little mayonnaise, or simply fill them with jelly.

FRANGIPANI TARTS.—Peel two ounces of shelled almonds; put them in a mortar, and pound them thoroughly with three ounces of powdered sugar, adding one whole raw egg. When a fine paste, mix in two ounces of melted fresh butter, half a spoonful of ground cinnamon, six drops of orange-flower water, one or more eggs, and half a gill of rum. Stir well together for ten minutes with the powder. Have ready six tart-molds, lined as for peach tarts; then fill them with the above preparation; lay them on a baking-sheet, put them in a moderate oven for thirty-five minutes; when done put them to cool for twenty minutes; then glaze the surface with a glace a l'eau and rum. Dress on a hot dessert-dish, with a folded napkin, and send to table.

COQUILLES OF SWEETBREADS, A LA DREUX.—Cut four blanched sweetbreads into small slices, and stew them in a saucepan with half an ounce of good butter, half a glassful of white wine, and three tablespoonfuls of mushroom liquor. Reduce them for ten minutes, then add a gill of veloute sauce, six minced mushrooms, and two truffles cut the same. Season with half a tablespoonful of salt, a scant teaspoonful of pepper, and half a teaspoonful of nutmeg, and finish by adding two tablespoonfuls of good cream or half an ounce of good butter. Fill six table-shells with this; sprinkle them with fresh bread-crumbs; pour a few drops of clarfied butter over them, and put them in the baking oven. Brown slightly for six minutes longer, and serve on a hot dish with a folded napkin.

CARP, A LA CHAMBORD.—Choose, if possible (this fish is held in high esteem on the Continent), a carp weighing six pounds, and after scalding, drawing and thoroughly cleansing the fish, stuff it with some quenelle forcemeat of whiting. Then lay the carp on a buttered sheet of paper, placed upon the drainer of an oval fish-kettle, cover the entire fish with a coating of forcemeat of whitings about one and one-half inch thick, keeping the head clear, and with some "contises" fillets of soles, form thereon a decoration resembling scales, but larger; in the angles of these place the tail of a crayfish, trimmed for the purpose; cover the whole with thin layers of fat bacon, moisten with a white wine mirepoix, and set it to braize gently on a moderate fire, carefully preventing it from boiling fast, as that would tend to displace the fillets, etc. with which the carp has been decorated. If the fish is of large size it will require about an hour to braize it; when done drain it from its braize, remove the layers of fat bacon, etc, and place it on a large silver dish; garnish round the extremity of the inner edge of the dish with alternate groups of small quenelles of whitings, a la Perigueux, button-mushrooms, white mussels, and crayfish tails; sauce round the carp without covering any part of it, with some Allemande incorporated with part of the liquor in which the fish has been braized, a pat of anchovy butter, and some lemon juice; glaze the head of the carp, and after ornamenting each end of the dish with a group of large crayfish, send to table.

PLAIN SEED CAKE.—One quartern of dough, six eggs, eight ounces of sugar, eight ounces of butter, half on ounce of caraway-seeds, and a teaspoonful of salt. Spread the dough out on the pastry-slab, then add the whole of the above ingredients, work them well together with the hands, so as thoroughly to incorporate them with the dough; the eggs should be added two at a time. When the paste is ready put it into a plain mould (previously spread with butter), and set it to rise in a warm place. As soon as the fermentation has taken place in a satisfactory manner the cake should be immediately put into the oven and baked of a light color. When done serve it cold for luncheon, or otherwise.

HERRINGS, FRESH, PAUPIETTES WITH MILTS.—Suppress the skin, head and thin tail parts of the herrings; open them to remove the main back bone, then remove the two fillets and pare them oblong; cover the side the skin was taken from with a layer of fish quenelle forcemeat, with cooked fine herbs, and roll them into corkshaped pieces; range these in buttered tin rings any size that may be convenient, having them the shape of a bung; set them on a dish, pour over a little butter and court bouillon, and cook in a moderate oven for fifteen or twenty minutes. When done dress them in the centre of a dish and surround them with small cases of milts prepared as follows: Fry a shallot in butter with chopped parsley and fresh mushrooms likewise chopped, season with salt, pepper and lemon juice; let get cold, then mix in with these the same quantity of fish forcemeat. Cover the bottom and sides of some previously oiled paper cases stiffened in the oven, fill the centre with herring milts and cover with the remainder of the preparation; on each one place a channeled mushroom head, and then cook in a slow oven; cover the paupiettes with crawfish butter sauce, and serve with a sauce-boat of the same.

LEMON SAUCE.—

Grated rind 1-2 lemon.
Juice 1 lemon.
1-2 cupful sugar.
1 cupful boiling water.
1 1-2 level tablespoonful cornstarch.
1 tablespoonful butter.

Mix the sugar and cornstarch thoroughly, pour the boiling water over them and cook, stirring until clear. Add the rest of the ingredients. As soon as the butter melts the sauce is ready to serve.

NECK OF VEAL, A LA ROYALE.—Trim and braize a neck of veal, and afterward let it get partially cool in its own braize; drain it on an ear hen dish, and mask it entirely with a coating of thick and well-seasoned Allemande sauce; as soon as the sauce has become set upon the neck of veal bread-crumb it with egg and bread-crumbs, in which introduce a fourth part of grated Parmesan cheese; place it on a buttered baking-dish, three-quarters of an hour before dinner, and put it in the oven to bake. When done dish it up, garnish round with a Toulouse ragout, surround the whole with a border of quenelles, decorated with truffles and large crayfish; place a heart sweet-bread (decorated with pieces of the tip of a tongue, cut into the shape of large hob-nails, and inserted in circular rows in the sweet-breads, previously to their being simmered in a little white braize), at each end of the dish, glaze the crayfish lightly, and send to table.

BLACK GAME, A LA ITALIENNE.—Truss the birds as for boiling, put them into an oval stewpan with garnished faggot of parsley, two carrots, two heads of celery, two onions, each stuck with three cloves, a blade of mace, twenty peppercorns and two cloves of garlic; moisten them with a gill of brandy and a large ladleful of good stock; place a buttered paper on the top, put the lid on, set them to braize on a very slow fire, with some live embers on the lid. If the birds are young an hour and a quarter will suffice to braize them; but if old they will require longer time. When the birds are done drain, glaze and dish them up, garnish with macaroni finished with the liquor from the birds, freed from every particle of grease, and boiled down with the macaroni; to this add six ounces of grated Parmesan cheese, a spoonful of tomato sauce and four ounces of fresh butter; pour some brown Italian sauce over the birds and round their base, and the dish is then ready to be sent to table.

CUCUMBERS, A LA POULETTE.—Cut cucumbers into scollops about an inch in diameter, put them into a basin with a tablespoonful of salt, and twice that proportion of vinegar, and allow them to steep in this for several hours. Then pour off all the moisture from the cucumbers, and put them into a stewpan with two ounces of fresh butter, a little grated nutmeg and a dessert-spoonful of pounded sugar, and set them to simmer very quietly over a slow fire until they become quite tender; this will require about half an hour. The butter must then be poured off, and a gravy-spoonful of Veloute sauce added; simmer the cucumbers over the fire for a few minutes, finish by incorporating with them a leason of four yolks of eggs, mixed with half a gill of cream, a spoonful of chopped and parboiled parsley and the juice of half a lemon; dish them up with fleurons, and serve.

STURGEON, A LA INDIENNE.—Braize the sturgeon in some wine mirepoix, take about a pint of the liquor, reduce and mix it in some Indian curry sauce prepared for the purpose, add a pat of anchovy butter and some lemon-juice, sauce the sturgeon, and garnish it round with a border of rice croustades, filled with curried prawns or shrimps; ornament it with four atelets—each garnished with a large crayfish, a fillet of sole, and a fine smelt, fried; the smelt here alluded to must be trussed previously to its being fried, and the point of a skewer run through its tail and eyes, and again through the centre of the body, also through the fillet of sole, and the large crayfish. Send up, as usual in such cases, some of the sauce in a boat.

ONION-AND-LETTUCE SALAD.—Two heads of lettuce and a small Spanish onion must be taken, as well as six tablespoonfuls of olive oil, three of vinegar, half a teaspoonful of salt, and one-eighth of a teaspoonful of pepper. After mixing the salt and pepper with the oil, add the vinegar, and stir very thoroughly. Strip off and put aside the green leaves of lettuce; and after washing the heart leaves in cold water, drop them into a pan of ice water, to make them crisp. Peel the onion (it is well to peel it under water), and with a sharp knife cut it into shavings. Shake the lettuce in a colander until it is free of water. Put the lettuce and onion into a salad bowl in alternate layers, sprinkling a little of the dressing upon each layer. Serve the salad as soon as possible after it is made; or, to put it in another way, do not make it so early that it will stand a long time before being eaten. The green leaves of lettuce, which were put away at the outset, may be boiled and hashed like spinach, and served as a cooked vegetable.

SALT CODFISH CROQUETTES. — Pick into shreds one cupful of salt codfish; peel and cut in very small pieces two cupfuls of potatoes; put the potatoes and codfish in a saucepan with boiling water enough to cover; cook until potatoes are tender; pour off the water, mash the fish and potatoes smooth, add salt and pepper to season, yolks of two eggs beaten a little and one teaspoonful of chopped parsley; if too stiff add a very little milk and spread on a platter; when cold divide the mixture into as many portions as are to be served; shape and roll them in the whites of the eggs beaten, then in dried bread crumbs, in smoking hot fat; when a good brown lift them to brown paper to drain, arrange on a hot platter, garnish with fried bacon and parsley.

VOL-AU-VENT OF TURKEY.—For a large val-au-vent use a generous pint and a half of cooked turkey, cut into cubes, one pint of cream, one tablespoonful of flour, one teaspoonful and a half of salt, half a teaspoonful of white pepper and one teaspoonful of lemon juice. Season the turkey with the pepper and one teaspoonful of salt. Mix the flour with four tablespoonfuls of the cream. Put the rest of the cream on the fire in a stewpan and when it boils stir in the mixed flour and cream. Cook for one minute, stirring all the while. Now add the salt and onion juice and lastly the turkey. Simmer five minutes; fill the vol au-vent.

RHUBARB PUDDING.—Line a buttered basin with a good suet crust; wash, wipe and cut up four stalks of rhubarb into small pieces; put this in the crust in layers with sugar and a few dried currants sprinkled in between. Cover with a crust, pinch the edges together and tie up in a floured cloth. Put into a saucepan with boiling water and boil constantly for two and one-half hours. When done turn out on a dish and serve with hard sauce.

ALMOND SHINGLES.—Three cups of white sugar, one cup of butter, one cup of cold water, one small teaspoonful of soda, salt, flour enough to roll out nicely. One pound of almonds, blanched and chopped; roll one-half the nuts in flour and mix in the dough. Roll very thin and cut in three-inch squares with a cake cutter or jagging iron. Sprinkle the rest of the almonds over the top, and bake in a hot oven. These are excellent and will keep for a long time in a dry place.

FORCEMEAT FOR STUFFINGS.—Farcé is a French culinary expression, derived from the Latin farsum, for a mixture of minced or pounded meat, fat, bread and spice, or, the bread being omitted, for sausage meat only (farcimen, sausage), or for farinaceous egg-bound preparations, to be used for stuffing birds to be boiled or roasted, or filling raised pies, or the hollows of hard-boiled eggs after removal of the yolks, or for serving as material for gratiny. The English forcemeat is derived from the French viande farcee, but for forcemeat balls the French use the expression boulettes de hachis. Forcemeat is prepared of different qualities, according to the application for which it is intended. Thus, for filling raised pies entirely or in part, it is not made of such select material, and not reduced to such fineness as for the production of quenelles, which require the greatest comminution; on the other hand stuffings and gratins permit of a greater admixture of egg and panade than quenelles, and the more savory the pie is to be the more its contents must be confined to fleshy and fatty ingredients. The name of quenelles is confined to small forcemeat balls given with soups or ragouts. We believe the word not to be very current in French kitchens. In Germany its equivalent is kneffs, which seems derived from the Greek kresma. The varieties of forcemeat are many and those most commonly prepared are made of veal for balls, of veal and pork mixed, of veal or fowl with calf's liver or (variation) fowl's liver; forcemeat for cold pasties is mainly composed of veal and pork, well flavored and spiced; if fowl's flesh, such as quails, snipes, larks, plovers and dottrel, are obtainable their fillets form good material for quenelles. Several varieties of farce deserve the special attention of connoisseurs, such as that of liver and ham for raised pies. In ordinary culinary works the selection of a light colored calf's liver is prescribed. But no healthy liver is naturally light colored, and those which appear to be so in trade are made pale by the butchers by immersion in water. However, this process affects only a thin outer layer of the liver tissue; to effec-

tually blanch a liver—i. e., to wash out the blood contained in it—it is necessary to tie it to a water tap inserted into the opening of the portal vein and let the water run through it for some time. This treatment also removes the last traces of bitterness. If this be not feasible the liver may be sliced and laid in water or may be scraped and the pulp washed in a cloth. But the process is unnecessary except where the color of the quenelles is to be pale and not dark. Gratins require a farce with much fat, and are, therefore, best made with livers of geese or with scraped calf's liver mixed with much bacon fat. Godiveau is a kind of farce used for garnishing the interior of hot pates, val au vents, etc.; it may be made of veal, with beef suet, parsley and spices, or of flesh of fowl, or of game with truffles, or of mushrooms, or of fish, turbot, eel, carp—all with panada. Godiveaus are generally preferred to be made with a particular binding material called creme patissiere, which is analogous to the cooked batter above alluded to; it consists of eggs, flour and milk, is heated to boiling, cooled in water and then mixed with the minced meat. In Eaton's Dictionary it is stated that at many tables, where everything else is well done, it is common to find very bad stuffing. This is as true now as it was as far back as 1822.—The Spirit of Cookery.

VEAL CAKE.—Take some nice thin slices of veal, and season them with salt, pepper and nutmeg, grated; have ready some hard-boiled eggs, sliced, and put a layer of these at the bottom of a basin or pan, then a layer of veal, then some slices of ham, over this strew marjoram, thyme, parsley, shred fine; bread crumbs and lemon peel, chopped small; then a layer of eggs, veal, ham, etc., and so continue till the pan is filled; pour some good gravy over the whole, cover the pan with coarse brown paper, tie it closely over, and set it to bake in a slow oven; an hour will be sufficient to bake it; when cool, turn it out upon a dish, and serve; garnish with parsley.

TROUT AU GRATIN. — Parboil the trout sufficiently to remove the skin, and when trimmed, place them on a buttered sauta-pan; season with pepper and salt, sprinkle over them a good spoonful of chopped parsley, three times that quantity of chopped mushrooms, and two chopped shalots; add a small ladleful of finished brown sauce, and two or three glasses of sherry. Half an hour more or less before sending to table, according to the size of the fish, put the trout thus prepared into the oven to bake, taking care to baste it every five minutes; when done, put the trout on a dish, reduce the sauce, if necessary, incorporate in it a pat of anchovy butter, add the juice of half a lemon, and pour the sauce over the trout; then shake some baked bread-crumbs bruised fine, over the whole, replace the fish in the oven for five minutes, and then send them to the table after placing around them a border of lobster croquelles.

SPAGHETTI SOUP.—Put into the soup pot two quarts of chicken stock, a whole onion, two cloves, twelve pepper-corns, a bit of cinnamon, three stalks of celery, a slice of carrot, a slice of turnip, and a bay leaf. Cover closely, and cook slowly for an hour. Season to suit your taste with salt and pepper, and strain through a napkin. Return to the soup pot and add a cupful of spaghetti, broken into short pieces. Cover the kettle and set it where the soup will hardly bubble for an hour. This mode of cooking will insure a fine mellow flavor of the spaghetti, without breaking it, or clouding the soup.

VEGETABLE STEW.—Pick and wash very clean as much spinach as will make a dish; mince finely three small onions, pick and chop two handfuls of parsley; put all into a saucepan, with rather more than half a pint of gravy, a bit of butter dusted with flour, a little salt and pepper. Cover the pan closely, stir it now and then, and when the spinach is tender mash smooth; serve it with slices of broiled ham, or with sausages.

SOFT CARAMELS.—One quart of brown sugar, half a pint of milk, one-third of a cupful of butter, and half a cake of chocolate. Boil nine minutes, then remove from fire and stir steadily for about five minutes, but not long enough so that you cannot pour them into the pan. Mark into squares. These will be rich and crumbly and delicious.

BUTTER SCOTCH.—Two cupfuls of light-brown sugar, one cupful of butter, one tablespoonful of vinegar, and one of water. Mix all together and boil twenty minutes, add one-fourth teaspoonful of baking soda, drop a little in water—if it is crisp, it is ready to take off. If not, cook longer; when done, pour into a flat buttered tin.

BAKED CHICKEN HALIBUT.—The fish should weigh about five pounds. After cutting off the fins wash it in cold water and then dredge lightly with salt and pepper. Make a dressing of a cupful of cracker crumbs, a heaping tablespoonful of butter, a teaspoonful of chopped green parsley, half a tablespoonful of salt, a quarter of a teaspoonful of pepper, a teaspoonful of onion juice (obtained by peeling and grating an onion) and three-quarters of a cupful of cold water. Mix together all the dry ingredients and then add the water. Stuff the halibut with this dressing and sew up the opening. Have a sheet of tin that will fit loosely into a large baking-pan. Butter it well and lay the fish upon it. Spread soft butter over the fish and cover it with a large sheet of buttered paper. After pouring about a cupful of hot water into the pan place it in the oven for an hour, basting the halibut four times during the cooking with a mixture of a quarter of a cupful of butter, a tablespoonful of salt and half a cupful of hot water. When the hour has passed remove the buttered paper, and, after slipping a large fork under the sheet of tin, lift the fish from the pan on the tin. Slide it carefully off upon a platter and pour Hollandaise or Bechamel yellow sauce around it. Garnish with parsley and lemons.

MACEDOINE SALAD.—This is easily made, only a can of mixed vegetables, six tablespoonfuls of olive oil, two of vinegar, a teaspoonful of salt and one-fourth of a teaspoonful of pepper being used. Turn the vegetables from the can into a strainer, and, after pouring cold water over them, put them into a salad bowl. Mix the oil, vinegar, salt and pepper and add to the vegetables, mixing all very thoroughly. Or, instead of the can of vegetables, use a gill each of carrot, turnip, Lima beans, green peas and cauliflower. All except the peas should be cut into small, pretty shapes.

CLEAR BROWN SAUCE.—Use a tablespoonful of beef extract, one tablespoonful and a half of arrowroot, one cupful and a half of water, a clove, a bay leaf, a small slice of onion, a thin slice of carrot about the size of a quarter of a dollar, a teaspoonful of butter and salt and pepper to suit the taste. Mix the arrowroot with half a cupful of boiling water and boil for five minutes, then add all the other ingredients except the butter, and, after cooking gently for ten minutes, add the butter. Boil up once and strain. In this sauce consomme may be substituted for the beef extract and water.

BISCUITS, SAVOY.—Whip twelve eggs to a snow; beat the yolks with a pound and a quarter of powdered sugar, mix them together, with three-quarters of a pound of flour and the grated rind of a lemon, into a paste, rub your mould with melted butter, and bake it.

COFFEE GRANITE.—Put half a cupful of fine ground coffee into a biggin and pour upon it, a little at a time, a cupful of boiling water. When this has passed through the filter pour it back and filter it again. After the second time set the coffee back to cool. Put a pint of sugar and a pint of boiling water into a stew-pan and boil the mixture rapidly for twenty-five minutes, add the coffee to it and set the liquid away to cool. When it has become cold add three pints of cream and pour into the can of an ice cream freezer. Pack with fine ice and five pints of salt. When the dish has stood for half an hour open the can and scrape the frozen mixture from the sides, mixing it with the soft part. Continue to do this at intervals of a quarter of an hour until the mixture becomes thick and icy. About an hour and a half will be needed for the freezing. Remember that no beating is required, as the dish should not be smooth or creamy. Serve in sorbet glasses in the middle of a luncheon or dinner.

MARSHMALLOWS.—Three ounces of gum-arabic, half a pint of hot water, half a pint of powdered sugar, the white of one egg, flavoring. Dissolve the gum-arabic in the water; strain and add the sugar. Boil ten minutes, or until the syrup has the consistency of honey, stirring all the time. Add the egg beaten stiff, and, as soon as thoroughly mixed, remove from the fire, add flavoring to taste—orange flower or rose is generally used. Pour the paste into a pan dusted with cornstarch. The paste should be spread an inch thick. Cut into squares when cold, and roll in powdered sugar.

LEMON MINTS.—Sift a quantity of confectioners' sugar in a bowl, and work into it lemon juice until all the sugar is absorbed, then add water, a very little at a time, until a smooth stiff paste is formed. A bit of the lemon peel may be grated into it. Roll into balls and flatten, placing them in the oven a moment to harden.

DEVILED DUCK, WET.—Use a pint and a half of cold roast duck, free of skin, bone and fat and cut into handsome pieces, the boiled liver of one duck, one tablespoonful of dry mustard, one-tenth of a teaspoonful of cayenne, one generous teaspoonful of salt two tablespoonfuls of lemon juice, one generous tablespoonful of oil or butter, a slight grating of nutmeg, half a gill of water and one gill of Madeira. Mash the liver to a paste in a saucepan. Add the salt, pepper, mustard and lemon juice to this, mix well and gradually add the water, then add the Madeira and the duck. Grate the nutmeg over this, place the saucepan on the fire and stir until the contents are hot, which will be in about six minutes. Add the butter and stir a moment longer, then turn into a hot dish and serve instantly. Serve a plate of hot buttered toast with it. To get this dish in perfection it should be cooked on the table in a chafing dish. In this case prepare the devil in the chafing dish instead of the saucepan. Light the lamp after all the guests are seated and the dish will be done to a turn by the time the toast has been passed. Whether the dish is cooked on the stove or in the chafing dish the heat must be moderate; intense heat would spoil it.

CORN OMELET.—Separate the whites and yolks of six eggs. Best the yolks light with four tablespoonfuls of cream, a teaspoonful of salt and a little pepper. Whip the whites to a stiff froth. Chop four tablespoonfuls of canned corn drained from the liquor and stir it into the yolks. Turn in the frothed whites and mix them in very lightly. Have an omelet pan ready, melt in it a tablespoonful of butter, pour in the omelet and cook carefully, loosening it from the bottom from time to time with an omelet knife. When set fold it in two and slip to a hot platter. Eat at once, as it falls quickly.

BROWN BETTIES.—Two cupfuls of brown sugar, half a cupful of milk, boil about four minutes, stirring constantly; when almost done stir in three quarters of a cupful of chopped blanched almonds; remove from the fire, and stir till it grains and looks sugary, then pour into a well-oiled tin half an inch deep.

BISCUIT TORTONI.—Use a generous gallon of whipped and drained cream, one cupful of powdered sugar, one of water, the yolks of five eggs, half a cupful of dried and powdered macaroons, two tablespoonfuls of blanched and chopped almonds, four tablespoonfuls of sherry, two of candied cherries and one-eighth of a teaspoonful of almond extract. Boil the sugar and water together for twenty minutes. Beat the yolks of the eggs well and stir them into the hot syrup. Place the basin which contains the syrup and eggs in another of boiling water and cook for five minutes, beating all the while. When done set away to cool. Put the powdered macaroons into a chopping tray with the chopped almonds, add the cherries and chop until the cherries are very fine; if chopped alone they would become sticky and cling together. Add the wine and almond extract to the cold egg preparation, stir this mixture gently into the whipped cream and sprinkle in the chopped fruit and macaroons. Have a gallon mould or freezer packed in salt and ice, turn the preparation into it, cover and add more salt and ice and place a piece of carpet or blanket over the tub; set away for from four to six hours; serve with an iced sauce. Use about five pints of salt in packing and ice enough to pack very solidly. The mould may be lined with Roman punch or sherbet. In that case no sauce will be required.

ROASTED CHEESE.—This is excellent for the cheese course in a dinner and is also a good dish for either luncheon or supper. It is made of half a dozen slices of bread, a quarter of a pound of cheese, two tablespoonfuls of butter, the yolks of two eggs, one teaspoonful of dry mustard, one-fifth of a teaspoonful of cayenne and half a teaspoonful of salt. Break the cheese into bits. Put it into a mortar with the other ingredients (except the bread) and pound all to a smooth paste. Toast the bread, and, after spreading it with this mixture, lay it in a pan and put into a hot oven for four minutes. Serve at once.

RHUBARB JELLY.—Take eight pounds of nice ripe rhubarb of the red variety, wash and cut into convenient lengths; put into a stone jar or deep baking dish with the thin shavings of the yellow rind of three lemons. Cover the vessel and place in a moderate oven and let the rhubarb cook tender. Strain the juice from the fruit, add the strained juice of three lemons. Boil for half an hour, then strain through a jelly bag and measure. To each cupful of juice allow one and one-fourth cupfuls of granulated sugar, heated in the oven. Stir until the sugar is dissolved, then let it boil until it will jell when dropped on a saucer; skim carefully while boiling. When done pour into glasses, filling them almost to overflowing, as jelly shrinks in cooling. When cold cover with paraffin paper and keep in a dry, cool, dark place.

DANDELION SALAD.—Pick over and wash the leaves thoroughly and soak in cold water for an hour; drain perfectly free from moisture; put into a salad bowl with some finely chopped green onions, and, when ready to serve, sprinkle with salt, pepper, oil and vinegar and toss lightly to mix well.

CHICKEN OR VEAL HUNGROISE.—A new epicurian dish in America. A high-class caterer sends this prize recipe: Disjoint one chicken, wash, salt, pepper and roll in flour. Fry slowly in good butter. When brown remove to saucepan, with more butter. Cover and add ladle of chicken broth and let simmer on slow fire; chop fine two onions and a fagot of parsley; fry in hot butter in same pan that was used for the chicken. When very brown add one pint of sour cream (or sour fresh cream with juice of one lemon) and boil for five minutes; season to taste; stir in half a teaspoonful of paprika, stir and pass all ingredients through a Chinese strainer into the saucepan of chicken, simmer five minutes and serve hot. [This is a dish that will make a reputation for any hotel, club or restaurant].

CHICKEN A LA MARENGO.—Singe and cut up two chickens. Put a quarter of a pound of sliced fat salt pork into a frying pan and fry until crisp and brown, then remove it and put in the pieces of chicken, first rolling them in flour. Fry brown on all sides, then transfer to a deep stewpan. Put two tablespoonfuls of chopped onion into the frying pan and when it has become browned add two tablespoonfuls of butter and four heaping tablespoonfuls of flour. When the sauce gets brown add a quart of chicken stock or any other good stock and simmer for five minutes. Season with salt and pepper, and, after adding a cupful of strained tomato and satisfying yourself that there is seasoning enough, strain the sauce upon the chicken. Cover and simmer for twenty minutes, then add a can of mushrooms and cook ten minutes.

POTATOES AU GRATIN.—Put two tablespoonfuls of butter in the frying pan, when melted add two tablespoonfuls of flour, stir until smooth, then add one cupful of thin cream and one cupful of stock; when boiling remove from the fire; add the yolks of two eggs and three tablespoonfuls of grated cheese; salt and cayenne to season; put a layer of this sauce in a baking dish, then a layer of sliced cold boiled potatoes, then more sauce and continue until the potatoes and sauce are used; spread buttered crumbs over the top and brown in the oven; the amount of sauce will require four potatoes.

BUTTERMILK GRIDDLE CAKES.—Beat one egg, add one pint of buttermilk and one-half teaspoonful of salt, dissolve one level teaspoonful of soda in a very little boiling water; put three cupfuls of flour in a bowl and pour the liquid over it, beating the mass thoroughly; have the griddle hot and bake in thin cakes.

COOL DRINKS.—For an odd warm-weather drink boil together one pound of sugar and one quart of water for five minutes, then add the grated rinds of two lemons and four oranges and boil the mixture ten minutes longer. Strain through a linen cloth and add to it one quart of cold water. Extract the juice from the lemons and oranges and add it to the mixture, with one quarter of a pint of candied cherries divided into halves, two dozen of Malaga grapes cut in halves, two Tangerine oranges skinned and cut into bits, two or three slices of pineapple and a good-sized banana, also sliced. To the whole add one bottle of good claret and a quarter of a pint of Maraschino. Serve ice cold and from a punch bowl.

Chocolate, when carefully made and served, is delicious as well as wholesome. Put one ounce of unsweetened chocolate into a saucepan and pour on it gradually one pint of boiling water, stirring all the time. Put the saucepan on the fire and stir until the chocolate is all dissolved, then add a pint of granulated sugar and stir until it begins to boil. Cook for three minutes longer, without stirring, then strain and cool. Add one tablespoonful of vanilla extract, bottle and store in a cool place. When needed put two tablespoonfuls of crushed ice in a tumbler, add two tablespoonfuls of the chocolate syrup, three tablespoonfuls of whipped cream, one gill of milk and half a gill of carbonic or Apollinaris water. Stir thoroughly before drinking.

A simple, wholesome drink that can be given children can be mada with good currant jelly as the main flavoring. For the foundation boil two pounds of sugar and a quart of water together for five minutes. Skim thoroughly, then add the juice of two lemons and one large orange. Strain carefully and finally stir in a full pint of the best currant jelly. Continue stirring until the jelly is entirely dissolved, then place on ice until very cold. At the moment of serving add a bountiful supply of chipped ice and one quart of Apollinaris water.

MARMALADE PUDDING.—Cream four ounces of butter, half a cupful, add to it half a cupful of powdered sugar and one cupful of flour; beat three eggs; add them to the first mixture and beat in two tablespoonfuls of orange marmalade; pour into a buttered pudding dish and bake twenty minutes; serve with orange sauce.

TEST OF THE AGE OF EGGS.—There is a sure and simple test of age in eggs. Dissolve six ounces of common kitchen salt in a large glassful of water. Drop in eggs one at a time. An egg one day old will sink to the bottom; if older it does not reach the bottom; if three days old it sinks only just below the surface; if five days old and over it floats; the older it is the more it protrudes from the water.

RHUBARB CREAM.—Take two pounds of green rhubarb which has been peeled and cut into small pieces, put into a saucepan with three cups of water and cook until it is soft enough to mash into a pulp; strain through a fine sieve and measure; to every pound of fruit add a pound of sugar and stir over the fire until the sugar is dissolved, then boil for twenty minutes. Put an ounce of gelatine to soak in a cupful of cold cream and when soft dissolve over hot water. Let it cool and when the rhubarb syrup is cool add the cream and juice of one lemon, stirring constantly, and turn into a glass or earthen mould and place in a cold place to set for at least two hours; serve with whipped cream or a compote of figs, prunes or oranges.

VELVET SHORTCAKE.—Add one teaspoonful of salt to one quart of flour, dissolve one teaspoonful of soda is one tablespoonful of boiling water, add this to two and one-quarter cups of sour cream, then add this to the flour; toss on a floured board; roll lightly to one-half inch thick and the size of a breakfast plate; put on a hot griddle; when brown on the under side turn and brown the other; split, butter and serve hot.

IN ironing handkerchiefs it is useful to remember that the middle should be ironed first; to iron the edges first causes the middle to swell out like a balloon, and makes it difficult to iron satisfactorily. Test the iron carefully before using it; a piece of rag should be at hand for this purpose.

SCOLLOPS OF HARE.—Cut the fillets of three hares into scallops, flatten them slightly with the handle of a knife dipped in water, trim them neatly and place them in a saucepan with clarified butter, season with pepper and salt and fry them on both sides over a brisk fire for about five minutes; pour off the butter, add some fine herbs sauce and half a bottle of mushrooms; simmer the scollops over the fire for two minutes, pile them in the centre of the dish, pour the sauce over them, garnish with croquettes made with the hindquarters and serve.

FOWL BOILED WITH RICE.—Stew a fowl in some well-skimmed clear mutton broth and seasoned with onion, mace, pepper and salt. About half an hour before it is ready put in a quarter of a pint of rice, well washed and soaked. Simmer till tender, then strain it from the broth and put the rice on a sieve before the fire. Keep the fowl hot, lay it in the middle of a dish and the rice without the broth. The less liquor the fowl is done with the better. Serve with gravy or parsley and butter for sauce.

WILD FOWL.—The flavor of wild fowl is preserved better by not stuffing them; put into each pepper, salt and a bit of butter. Wild fowl do not require so much dressing as tame; they should be done of a fine color and nicely frothed. A rich brown gravy should be served in the dish, and when the breast is cut into slices, before it is taken from the bone, it will be much improved by a squeeze of lemon, some salt and pepper. If you wish to take off the fishy smell which these birds frequently have put an onion, salt and hot water into the dripping pan, and for the first ten minutes baste them with this, then remove the pan and keep constantly basting with batter.

Mushrooms on Toast.—Peel 1 quart of mushrooms and cut off a little of the root end. Melt 1 oz. of butter in the frying pan and fry in it ½ pound of raw minced steak; add 2 saltspoons of salt, a pinch of cayenne and a gill of hot water; fry until the juices are extracted from the meat; tilt the pan and squeeze the meat with the back of the spoon until there is nothing left but dry meat, then remove it; add the mushrooms to the liquid and if there is not enough of it, add more butter; toss them about a moment and pour out on hot toast.

SHORT BREAD.—For two pounds of sifted flour allow one pound of butter, salt or fresh, a quarter of a pound of candied orange and lemon peel, of pounded loaf sugar, blanched sweet almonds and carraway comfits; cut the lemon, the orange and almonds into small, thin bits and mix them with a pound and a half of the flour, a few of the caraway comfits and the sugar; melt the butter and when cool pour it clear from the sediment into the flour, at the same time mixing it quickly. With the hands form it into a large round of nearly an inch thick, using the remainder of the flour to make it up with; cut it into four and with the finger and thumb pinch each bit neatly all round the edge, prick them with a fork and strew the rest of the carraway comfits over the top. Put the pieces upon white paper dusted with flour and then upon tins. Bake them in a moderate oven.

EGGS, A LA BONNE FEMME.—Slice two large, sound onions, and fry them in two ounces of butter, in a saucepan, stirring frequently, so that they do not burn; when done dredge in a good pinch of flour, moistening with half a pint of cream or milk, and season with a pinch of salt, half a pinch of pepper, and a saltspoonful of nutmeg. Break six eggs, froth the whites, mix the yolks with the onions, and afterward the beaten whites, stirring well. Lay two pieces of white paper on the bottom of a baking-tin, butter them thoroughly, lay the eggs on top, and set it in the oven for about fifteen minutes. When done turn them on a hot dish, remove the papers, add a tablespoonful of Espagnole sauce to the eggs, and serve.

SAUCE VELOUTE.—Is white sauce, but not cream sauce, which latter is called Bechamel. The word veloute means velvety or smooth. To make the sa[illegible] take some chicken or veal broth boiled down strong enough to be jelly when cold, but without cooling it strain through a napkin and use it to make butter sauce thinner than is usually made; and after that let it slowly boil and the butter (that the roux was made with) will rise to the top. Skim it off and you have a bright veloute that is not greasy and can be used as a stock sauce for white dishes and for fish. This is one of the main stock sauces in systematic cookery, but in point of fact is not so necessary as brown sauce, and, therefore, is not made in every place.

BAKED FILLETS OF HALIBUT, CREAM SAUCE.—Have three pounds of fresh halibut cut into thin slices. Remove the skin from the slices, and then cut them into narrow strips. Cut a large onion into thin slices, and spread over the fish. Now sprinkle with the juice of half a lemon, and season slightly with salt and pepper. Cover the dish closely and let it stand for an hour; then remove the onion. Have a cupful of butter washed free of salt. Put half of this quantity into a frying-pan, and when it has become hot put in enough fish to cover the bottom of the pan. Cook for three minues on one side, and then turn and cook for as many minutes on the other, being careful when turning not to break the pieces. Take up the fish and place it a gratin dish or a stone-china platter, arranging it neatly on the sides of the dish, and leaving an open space in the centre. When all the fish has been fried cover it with a sauce made as follows: Rub together in a small saucepan four tablespoonfuls of butter and three of flour. Add to this mixture a slice of onion, a slice of carrot, a slight grating of nutmeg, a bay leaf, a sprig of parsley, and one cupful and a half of white stock (water in which a fowl has been boiled will do.) Simmer gently for thirty minutes; then add a cupful of cream, and salt and pepper to suit the taste. Boil up once and strain.

Of course, when the sauce is poured over the fish some of it will flow into the centre of the dish; but that is not an objection. Place the dish of fish and sauce in the oven for twelve minutes.

Boil a quart of potato balls in clear water for twelve minutes; then drain off the water, and season the balls with salt, pepper and butter. When the fish is taken from the oven pour the balls into the centre of the dish, and sprinkle a tablespoonful of chopped parsley over them. Garnish the sides of the dish with sprigs of parsley. Serve at once.

CHICKEN FORCE-MEAT BALLS.—Chop very fine half the breast of a large tender chicken, and pound to a smooth paste; then rub it through a coarse sieve. There should be a generous third of a cupful of the meat after it passed through the sieve. Put a quarter of a cupful of cream into a small saucepan with one-eighth of a cupful of stale bread crumbs and a tiny bit of mace, and cook until the mixture will form a smooth paste when stirred. It will take about ten minutes. Remove the mace, and add a tablespoonful of butter, one-eighth of a teaspoonful of salt, a very little pepper, the meat, and the white of an egg, beaten to a stiff froth. Mix well and set away to cool. When cold form into balls the size of Delaware grapes. Have ready a pan containing a quart of boiling water, slightly salted. Drop in the balls, and place the pan where the water will keep hot without boiling. Cook the balls in this way for five minutes. Turn them into a strainer, as soon as they are well drained, add them to the soup.

MACARONI WITH BROWN SAUCE.—Anybody fond of macaroni will find this to be an excellent mode of cooking it. Of macaroni only a quarter of a pound is required; and the other materials for the dish are: A pint of white stock, half a pint of cream or milk, half a can of mushrooms or a quarter of a pound of fresh ones, a slice of carrot, a slice of onion, three tablespoonfuls of butter, two generous tablespoonfuls of flour, three teaspoonfuls of salt, and one-eighth of a teaspoonful of pepper.

After breaking the macaroni into small pieces (about three inches long) wash it and put into a stewpan with two quarts of boiling water and two teaspoonfuls of salt. Let it boil for half an hour, and meanwhile make a sauce. Put the butter and flour into a small stewpan and beat to a cream; then add the onion, carrot, pepper, remaining salt and stock, and heat slowly. When the sauce begins to boil set it back where it will only simmer for about twenty minutes. Pour the water from the macaroni, and in its place put the salt and mushrooms. Cook for five minutes longer.

SWEETBREAD TIMBALES.—Make the white chicken forcemeat. Make a filling with one large sweetbread or a pair of small ones—there should be a half pint when it is cut into dice—three tablespoonfuls of chopped mushrooms, a scant half-pint of cream, one tablespoonful of flour, one teaspoonful of butter, half a teaspoonful of salt, one-eighth of a teaspoonful of pepper, and one-fourth of a teaspoonful of onion juice.

Clean the sweetbreads, and then boil them in slightly salted water for twenty minutes. Take them from the boiling water and put them into a bowl of cold water for ten minutes. When they are perfectly cold cut them into dice. Add the chopped mushrooms to them. Mix four tablespoonfuls of the cream with the flour. Put the balance of the cream into a small sacepan on the stove. When the cream boils add the flour, pouring in slowly and stirring from the bottom all the time. When this boils add the sweetbreads, mushrooms and seasoning. Simmer for five minutes; then add the butter, and take from the fire. Docorate six moulds with truffles, and then line with the forcemeat, the same as for chicken timbales. Nearly fill the moulds with sweetbread preparation. Cover with a forcemeat, and cook as for chicken timbales Serve with supreme or Bechamel sauce.

This may be made in one large mould; in which case use a pint-and-a half charlotte mould. Use the same amount of forcemeat, but three times as much filling. Serve while warm.

ASPIC OF CHICKEN.—Use half the rule for the aspic jelly, a pint and a half of tender cooked chicken, free of fat, skin and bone, and cut into dice, three slices of red part of a carrot, cooked, and three of cooked beet, the white of one hard-boiled egg, one teaspoonful of salt, and one-third of a teaspoonful of pepper. Prepare the mould as for foie-gras, but decorate it with the carrot, beet and white of the egg. When the layer of jelly, which completely covers the vegetables, is hard, season the chicken with the salt and pepper, and arrange it on top of the jelly, being careful to leave a space of about one-third of an inch between the sides of the mould and the meat. With a spoon sprinkle about a gill of liquid jelly over the meat, and let it stand about half an hour to harden. At the end of that time pour the remainder of the jelly into the space between the sides of the mould and the meat. Let this stand several hours. At serving-time turn on a flat dish, the same

as the aspic de foie-gras. Fill the centre with a pint and a half of crisp celery, finely shaved, and mixed with three gills of mayonnaise. Be careful not to let a drop fall upon the aspic. Garnish the border with delicate sprays of white celery leaves. Lay a star or leaf of red beet on each spray. This decoration gives the needed bit of color; but care must be taken that the whole arrangement is so light and delicate that it gives an appearance of lightness rather than weight to the dish. Aspic of turkey, grouse or duck may be prepared in the same manner as chicken.

Scallops Fried in Butter.—Make a batter of a pint of flour, two eggs, one tablespoonful of salad oil (or a tablespoonful of butter, if you have no oil), one teaspoonful of salt, and nearly half a pint of milk. Beat the eggs until light, and, after adding the milk to them, pour the mixture upon the flour. Beat vigorously for two or three minutes; then add the salt and oil. Drain a quart of scallops, and season with salt and pepper. Drop them immediately into the batter, and then drop spoonfuls of scallops and batter into boiling fat. Cook for three minutes. Drain and serve.

Braised Lambs' Tongues.—Put six lambs' tongues in a stewpan, and, after covering with boiling water, simmer gently for two hours. Take them up at the end of that time, and, throwing them into cold water, skin them. Put three tablespoonfuls of butter into a frying-pan, and when it gets hot add two tablespoonfuls of flour. Stir the mixture until it becomes dark brown; then add a pint and a half of the water in which the meat was boiled. Boil up once, and season with salt and pepper and a tablespoonful of lemon juice. Put the tongues into a deep pan, and pour the sauce over them. Add a bay leaf, a clove, a stalk of celery, half a small onion, and a sprig of parsley. Cover the pan, and put it into a very moderate oven. Cook slowly for one hour. At serving-time arrange the tongues at the base of a casserole of potatoes. Strain the sauce and pour it over them, and serve immediately.

Chestnut Ice-cream.—Use two and one-half quarts of cream, a cupful of sugar, the juice and rind of an orange, a cupful of water, a gill of wine, thirty French chestnuts. Shell and blanch the chestnuts, cover them with boiling water, and cook for half an hour. Drain off the water, pound the chestnuts in a mortar, and then rub them through a puree-sieve. Put the sugar, grated orange rind and water in a stew-pan, and place on the fire. Boil for twenty minutes; add the chestnut puree, and cook for five minutes longer. Take from the fire, and add the orange juice and wine. When cold, add the cream, and freeze. The wine and orange may be omitted.

Hominy Muffins.—For twelve muffins use one cupful of warm boiled hominy, one cupful of milk, one cupful and a half of flour, one generous teaspoonful of baking powder, half a teaspoonful of salt, one tablespoonful of butter, one teaspoonful of sugar and two eggs. Mix all the dry ingredients, and rub them through a sieve. Beat the butter into the hominy, and gradually beat in the milk. Beat the eggs till very light. Add the hominy and milk to the dry ingredients, and beat well; then add the well-beaten eggs. Pour the batter into buttered muffin-pans, and bake in a rather hot oven for half an hour. Cold hominy may be used, but in that case great care should be taken to break it up with a fork and then beat in a very little milk at a time. In this case the butter must be melted before it is added.

Rice Porridge.—Wash one tablespoonful of rice, and put it into a stewpan with a scant pint and a half of water. Boil for fifteen minutes. Mix four tablespoonfuls of milk with one of flour. Add this and a half a pint of milk to the rice, and cook for twenty minutes longer. Season with salt—about a level teaspoonful.

Braised Sweetbreads.—After cleaning the sweetbreads, drop them into a saucepan containing boiling water sufficient to cover them, and boil for ten minutes. Take them from the water, lay them in a shallow dish, and season with salt and pepper. Make a sauce as follows, the quantities being sufficient for half a dozen sweetbreads: Dissolve a teaspoonful of beef extract in a cupful of warm water. Put a tablespoonful and a half of butter into a small frying-pan with one teaspoonful of chopped carrot, and a bay leaf. Cook slowly for five minutes; then add one heaping teaspoonful of flour, and stir until brown. Draw the frying-pan back to a cooler part of the stove, and gradually add the dissolved beef extract. Season with salt and pepper, and simmer for three minutes. Strain this sauce over the sweetbreads, and cook them slowly in the oven for an hour, basting frequently with the sauce in the pan. At serving-time place the sweetbreads on a warm platter, and pour a clear brown sauce around them.

Pork Chops.—Have the chops cut thin. Put them in a stew-pan, and cover with boiling water. Simmer for half an hour; then remove from the water, and dredge lightly with salt, pepper and flour. Broil over a clear fire for ten minutes. Prepared in this way, the pork will be well cooked and tender.

Whirled Eggs.—Those persons who have never tried whirled eggs will find the following recipe worth experimenting with: Take six eggs, one quart of boiling water, some thin slices of buttered toast, pepper and salt to taste, a tablespoonful of butter. Put the water, slightly salted, over the fire, and keep it at a fast boil. Stir with a wooden spoon or ladle in one direction until it whirls rapidly. Break the eggs, one at a time, into a cup, and drop each carefully into the centre or vortex of the boiling whirlpool, which must be kept in rapid motion until the egg is a soft, round ball. Take it out carefully with a perforated spoon, and put it on a slice of buttered toast laid upon a hot dish. Put a bit of butter on the top, set the dish in the oven to keep it warm, and proceed in the same way with each egg, having one at a time in the saucepan. When all are done dust lightly with salt and pepper, and send up hot.

Remoulade Sauce.—Chop up very fine twelve capers, one shallot, three small vinegar pickles, and add one-half a tablespoonful of chives, with one tablespoonful of parsley. Place them in a bowl with a whole raw egg, a teaspoonful of ground English mustard, half a pinch of salt, and half a pinch of pepper. Incorporate well together, adding four tablespoonfuls of oil and four of vinegar, but keep the sauce sufficiently liquid. Serve when required.

pint of Espagnole sauce, adding four sliced mushrooms, twelve small godiveau quenelles, and three chicken livers, blanched and cut into pieces. Cook for five minutes longer, and serve.

TIMBALE OF FOIE-GRAS LAGARDERE.—Butter lightly six timbale molds; decorate the inside according to taste with pieces of truffle and smoked beef-tongue; fill them half full with cream forcemeat, leaving an empty space in the centre, filling this in with a reduced salpicon. Cover the salpicon with a very little pate-de-foie-gras, and finish filling with the cream forcemeat. Put the molds in a sautoire holding hot water to half their height; boil gently, and then place them

CONNETABLE GARNISHING.—Prepare sixteen minion fillets of chicken well freed of all sinews and skin; streak eight of them with tongue and dress them in a circle, shaping them around a three-quarter inch column cutter, put them on small square pieces of buttered paper; fill the interiors of each with chicken quenelle forcemeat laid through a pocket, and on top of the forcemeat set small half-inch balls of truffles. The other eight minion fillets are to be also laid in a circle on squares of buttered paper, the interior with the same forcemeat as the others, but on the top of each set a stoned olive filling stuffed with anchovies; place them all on a buttered baking pan, cover over with a buttered paper, moisten with mushroom essence and poach in a slack oven. Have sixteen small game quenelles made with a teaspoon and laid in a buttered sautoire; after decorating them with pistachio nuts, and poached in boiling salted water. Sixteen escalops of ducks' liver, covered on both sides with a Villeroi sauce containing mushrooms and raw fine herbs; let these get cold, then dip them in beaten egg and bread-crumbs, and fry them to a fine golden color. Garinsh and remove with the quenelles, minions and Villeroi ducks' livers. Serve a financiere sauce separately.

VEAL CUTLETS, A LA MARECHALE.—Pare nicely six veal cutlets; season them with a tablespoonful of salt and a teaspoonful of pepper. Cook in a sautoire with two ounces of butter for five minutes on each side. Moisten with half a

them on to a napkin, in order to absorb the butter that may remain about them; then dish them up in the form of a wreath, and sauce them in the centre with some Dutch sauce—with the addition of an infusion of horseradish in French vinegar—some shrimps, oysters, muscles, prawns, crayfish, or merely some chopped and blanched parsley, according to taste or convenience.

GRISKIN, OR SPARE-RIB OF PORK, A LA SOUBISE.—Trim a griskin of pork, and lard it closely, then put it in a deep dish with sliced onion and carrot, parsley, a gill of salad oil, some slices of peeled lemon, and a little mignionette pepper; allow the griskin to steep in this for several hours, or a whole day, if pos-

thereon a layer of macaroni, then a layer of grated Parmesan cheese, after which place a layer of crayfish tails; repeat the layer of grated cheese, and place on that a layer of small quenelles; and thus proceed until the several articles prepared for the purpose are disposed of. Then add a pint of strong consomme, and cover the top with grated cheese; melt a small pat of fresh butter over the fire, and sprinkle it on the top of the whole preparation; then set the tureen lining thus filled to gratinate in the oven, which will require about half an hour. Lastly, place the lining on a dish to be served from the side-table, while the bright clear consomme is to be sent up in another tureen. In helping the soup at table, first put a small ladleful of the preparation of macaroni, etc., on a soup plate, and add to it a ladleful of the consomme.

FILLETS OF WHITINGS, A LA MARECHALE.—Trim the fillets of any number of whitings; cut each in two, trim the pieces neatly, and place them separately on a large earthen dish. Then mask each fillet with a thin coating of reduced Allemande sauce, first seasoning the fillets with pepper and salt; when the sauce has stiffened on them, dip each fillet in some very fine bread-crumbs, afterward in beaten eggs, and then in bread-crumbs again; smooth and shape the fillets with the blade of a knife, and as each is finished off, place it with care in a sautapan containing some clarified butter. Twenty minutes before dinner set the fillets on a brisk stove-fire to fry; as soon as they have acquired a light color on the under side, turn them carefully over with a knife, and when the fillets are nicely colored on both sides remove

LEA

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Men's Furn'g. K 3½
Boots & Shoes. J 3½
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..... Jeweler. K 4
.. Res't & Gro.
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Photographer. M
.....Gro. G 3
..... Plumber. M
..... Tins. M
.....Livery. K 3½
.Shoes & Gro. G 3

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three quarters of an hour."

....Gro., &c. H 3½
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.....Tavern. G 3
... Butchers. M 4

as the aspic de foie-gras. Fill the centre with a pint and a half of crisp celery, finely shaved, and mixed with three gills of mayonnaise. Be careful not to let a drop fall upon the aspic. Garnish the border with delicate sprays of white celery leaves. Lay a star or leaf of red beet on each spray. This decoration gives the needed bit of color; but care must be taken that the whole arrangement is so light and delicate that it gives an appearance of lightness rather than weight to the dish. Aspic of turkey, grouse or duck may be prepared in the same manner as chicken.

SCALLOPS FRIED IN BUTTER.—Make a batter of a pint of flour, two eggs, one tablespoonful of salad oil (o spoonful of butter, if you hav one teaspoonful of salt, and n a pint of milk. Beat the e light, and, after adding the mill pour the mixture upon the flou vigorously for two or three min add the salt and oil. Drain scallops, and season with sal per. Drop them immediatel batter, and then drop spoonfu lops and batter into boiling fa for three minutes. Drain and

BRAISED LAMBS' TONGUES. lambs' tongues in a stewpan, covering with boiling water gently for two hours. Take t the end of that time, and, thro into cold water, skin them. tablespoonfuls of butter into pan, and when it gets hot add spoonfuls of flour. Stir th until it becomes dark brown; pint and a half of the water the meat was boiled. Boil up season with salt and pepper an spoonful of lemon juice. tongues into a deep pan, and sauce over them. Add a b clove, a stalk of celery, ha onion, and a sprig of parsle the pan, and put it into a very oven. Cook slowly for one serving-time arrange the tong base of a casserole of potatoe the sauce and pour it over serve immediately.

CHESTNUT ICE-CREAM.—Use two and one-half quarts of cream, a cupful of sugar, the juice and rind of an orange, a cupful of water, a gill of wine, thirty French chestnuts. Shell and blanch the chestnuts, cover them with boiling water, and cook for half an hour. Drain off the water, pound the chestnuts in a mortar, and then rub them through a puree-sieve. Put the sugar, grated orange rind and water in a stew-pan, and place on the fire. Boil for twenty minutes; add the chestnut puree, and cook for five minutes longer. Take from the fire, and add the orange juice and wine. When cold, add the cream, and freeze. The wine and orange may be omitted

half of butter into a small fry with one teaspoonful of choppe and a bay leaf. Cook slowly minutes; then add one heaping t ful of flour, and stir until brown the frying-pan back to a coole the stove, and gradually add the ed beef extract. Season with pepper, and simmer for three Strain this sauce over the swe and cook them slowly in the an hour, basting frequently with in the pan. At serving-time sweetbreads on a warm platter, a clear brown sauce around the

PORK CHOPS.—Have the c thin. Put them in a stew-pan

Golden Chips—Slice pumpkin pulp into strips ½ inch thick. Weigh and take equal weight of sugar, adding ½ cup lemon juice to each 2 pounds sugar. Place pumpkin and sugar in preserving kettle in alternate layers. Pour lemon juice over whole and let stand 24 hours. Add 1 cup water for each 3 pounds sugar and shredded lemon peel and 1 ounce of ginger root for each pound of fruit. Cook until slices are tender, pack in earthen jar, boil down syrup, pour over boiling hot and seal.

(*Continued.*)

When we arrived at West Baden th' doctor met us at th' train.

They have a doctor there, who meets every train.

As soon as you get off you tell th' doctor what you've got, and he tells you where to go.

One man told th' doctor he had three dollars, and th' doctor told him to go home.

I arrived there Christmas morning, bright and early.

At th' station, an old gentleman, a little deaf, he used to keep a boarding-house, he recognized me.

He said: "Glad to see you, how's your wife?"

I said: "Peritonitis."

He said: "I wish you th' same."

He thought I said "Merry Christmas."

But they wish you th' same there, any way, no matter what it is.

I said: "Do you remember th' time I was here with meningitis?"

He said: "We have had so many men cheat us here, I can't remember."

He said: "I want to tell you that that young lady you kissed good-bye

I said: "Is there anything for Penny?"

He said: "Penny, Penny; let me see, what box would it be in?"

I said: "Look in th' cash box, and if you don't find it there, look in th' ice box."

And he handed me a letter from the ice box that was so damp it had postage due on it.

To be continued.

Rice Bread.

One cup lukewarm water, milk, or a mixture of the two.
One cup uncooked rice.
One and one-fourth teaspoons salt.
One tablespoon sugar.
Butter (if used), one tablespoon or less.
One-half cake compressed yeast.
Two cups wheat flour.

Steam the rice with one-half of the liquid until it is soft. This is done better in a double boiler, for the liquid is so small in amount that the rice does not become soft readily and the presence of the steam helps. Put the sugar, salt and fat (if used), into the mixing bowl and pour over them the remaining liquid one-half cupful). When the mixture has become lukewarm add the yeast and one-half cupful of flour. Allow this sponge to rise until very light. Add the boiled rice, which should have been cooled until lukewarm, and the rest of the flour. This dough is so thick that some pressure is required to work in the last portions of the flour. Allow the dough to rise until it has doubled its bulk, form into a loaf, place in a pan of standard size, allow to rise until it nearly reaches the top of the pan and bake

Quick Nut Bread—Three-quarters cup sugar, 1 teaspoon salt, 2 cups white flour, 2 cups graham flour, 4 teaspoons baking powder, 1 egg, 2 cups milk and 1 cup nuts, cut fine.

Mix dry ingredients, add egg and milk and bake in moderate oven for 45 minutes, at 375 degrees F. Remove from pan as soon as taken from oven.

Butterscotch Rolls—ROLL MIXTURE—Four cups flour, 6 teaspoons (level) baking powder, 1 teaspoon salt, 2 tablespoons shortening and 1 cup milk.

pint of Espagnole sauce, adding four sliced mushrooms, twelve small godiveau quenelles, and three chicken livers, blanched and cut into pieces. Cook for five minutes longer, and serve.

TIMBALE OF FOIE-GRAS LAGARDERE.—Butter lightly six timbale molds; decorate the inside according to taste with pieces of truffle and smoked beef-tongue; fill them half full with cream forcemeat, leaving an empty space in the centre, filling this in with a reduced salpicon. Cover the salpicon with a very little pate-de-foie-gras, and finish filling with the cream forcemeat. Put the molds in a sautoire holding hot water to half their height; boil gently, and then place them in a slow oven for ten minutes. Unmold on a hot dish, and with half a pint of hot sauce Perigueux separately. Place on top of each timbale a small, round croquette of foie-gras, then serve.

ITALIAN CHEESE.—Mix with nearly half a pound of pounded loaf sugar, the juice of three lemons, two tablespoonfuls of white wine and a quart of cream; beat it with a whisk till quite thick, which may be in half an hour; put a bit of muslin into a hair sieve, and pour in the cream. In twelve hours turn it out, and garnish it with flowers. It may be put into a tin shape, with holes in it.

MACARONI SOUP, A LA MEDICIS.—Boil ten ounces of Naples macaroni, and cut it into inch lengths; at the same time trim the tails of thirty crayfish, and the same number of quenelles of fowl, colored with crayfish butter; place these in the silver lining of a soup-tureen according to the following directions: Butter the bottom of the lining and spread them on to a napkin, in order to absorb the butter that may remain about them; then dish them up in the form of a wreath, and sauce them in the centre with some Dutch sauce—with the addition of an infusion of horseradish in French vinegar—some shrimps, oysters, muscles, prawns, crayfish, or merely some chopped and blanched parsley, according to taste or convenience.

GRISKIN, OR SPARE-RIB OF PORK, A LA SOUBISE.—Trim a griskin of pork, and lard it closely, then put it in a deep dish with sliced onion and carrot, parsley, a gill of salad oil, some slices of peeled lemon, and a little mignionette pepper; allow the griskin to steep in this for several hours, or a whole day, if possible. When about to dress the griskin, twist it round, run a stout iron skewer through and fasten it upon the spit tightly with string; cover the larding with buttered paper, and roast it before the fire for about an hour; as soon as a kind of vapor arises, and it sputters toward the fire, it is time to take it up. When the griskin is placed upon its dish pour some Soubise sauce round it, garnish it with a border of potatoes fried in clarified butter, glaze the griskin, and serve at once.

BREAD PUDDING.—Soak one pint of stale bread in one quart of cold milk for two hours. At the end of that time mash the bread fine. Beat together three tablespoonfuls of sugar, one teaspoonful of salt and two eggs. Stir this into the bread and milk. Pour the mixture into an earthen pudding-dish, and bake in a slow oven for three-quarters of an hour. Serve with a vanilla sauce.

"Too many people just burn meat" says Chef Leony Dero "They cook it too much and all the best part of it in the pan. your lamb or mutton or beef rare if you would get the best and still save.

"To cook your meat use a hot fire for not too long a time. take it out and leave it on to the stove for from half an hou an hour. This permits the juice go through it, and while it leav rare it takes away the unco taste that some people imagine it Big hotels do this, and we thus as many as eight portions on a containing thirty to forty servi

"Again women should study Some kinds take so much more to cook than others. Flesh of g fed cattle is redder but is tou and needs longer cooking. Corn steers are whiter and need less

"If a woman wants to have a cate looking stew or boiled meat should do as we do in hotels.

her meat in cold water over n pour it off and put it on in fresh water. This draws off the which would come to the surface be removed anyway, but this me makes the meat almost as del as chicken.

"Many women do not know that meat that is not moistened in water can be cooked in half the time. Try 'smothering' tough cuts by rubbing in lard or fat and putting in covered frying pan to slowly cook for about three quarters of an hour."

LEA

Saw Mill. J 3½
Hotel. M 4
G. S. K 3½
Hotel. M
ferin Co.—3 E
, 6 M.—Δ Colling-
—Pop. 50
G. S.
Blacksmith. M 4
Builder. L 4
Parry Sound Dist.
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Saw Mills. K 3½
N, Elgin Co —5 D
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Blacksmith. L 4
Gro., &c. M
Grain, &c. G 3½
Cheese. K 4
W. G. S. K 4
Shoes. M
Carriages. M 4
Saw Mill. K 3½
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Pop. 1,910
Shoes. M
Gro.
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Hotel. L 4
Physician. 4
Agent Implts. M
Ins. Agent, &c. M
Gro. K 3½
Men's Furn'g. K 3½
Boots & Shoes. J 3½
Baker. M
Jeweler. K 4
Res't & Gro.
D. G. L
Photographer. M
Gro. G 3
Plumber. M
Tins. M
Livery. K 3½
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Robinson Bros. Gro., &c. H 3½
Robinson L. H. Sewing M. Agent.
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Russell Ivan J Foundry.
Ruth Louis J Hardware. L
Ryall W. H Tavern. G 3
Rymal & Smith Butchers. M 4

Hubbard W. J Tinsmith. M
Kennedy W. C Furniture. M 4
Lamb Wm G. S. E 2½
Price Philo Hotel. M
Taylor James Blacksmith. M 4

LAVANT, Lanark Co.—2 I
On K. & P. R.—Tel., G. N. W.—Ex., Dom.
—Δ Perth—Pop. 100
Bolton Mrs. William Gro. M
Burnham Wm Saw Mill. M

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when you went away is here again."

I said: "For that?"

He said: "You remember th' young lady—she came down here to th' station with her mother, and when you kissed her good-bye, she said it broke her heart—and her mother had to hold her back."

I said: "It's a good thing her mother held her back, or it might have broken that, too."

He said: "She is looking for a husband, and hopes to find one that is well-to-do."

I said: "She will probably find one here that is well enough to do, but the thing is, to do him."

On th' way up town we stopped in the post-office.

Did you ever stop in that West Baden post-office?

They used to have it in th' dry-goods store, and put all th' letters in th' show case.

Then all you had to do was to go in and look for yourself.

Now they have regular letter-boxes, but no numbers on th' boxes, just th' names of the people.

I noticed three names: Ash, Wood and Coal.

I said to th' postmaster:

"Don't you get mixed between th' groceries and th' letters."

He said: "Sometimes."

He said: "Just last night th' boy put two letters in th' 'Ash' box that should have been in th' 'Wood' box."

I said: "There's a letter in th' 'Ash' box now that looks as though it had been in th' 'Coal' box.

I arrived there Christmas morning, bright and early.

At th' station, an old gentleman, a little deaf, he used to keep a boarding-house, he recognized me.

He said: "Glad to see you, how's your wife?"

I said: "Peritonitis."

He said: "I wish you th' same."

He thought I said "Merry Christmas."

But they wish you th' same there, any way, no matter what it is.

I said: "Do you remember th' time I was here with meningitis?"

He said: "We have had so many men cheat us here, I can't remember."

He said: "I want to tell you that that young lady you kissed good-bye

PUDDING, CAKES AND BRITTLE

Here are some of my raisin recipes:

Raisin Rice Pudding—Boil rice until tender, take 1½ cups cooked rice, 1 quart milk, 3 eggs beaten light, 4 tablespoons sugar, 1 teaspoon vanilla, 1 cup raisins. Put in dish, grate a little nutmeg on top, and bake until brown.

Splendid Raisin Cake—One-quarter cup butter or lard, 1 cup sugar, ½ cup milk, 2½ teaspoons baking powder, 2 eggs, ½ teaspoon vanilla, 1¾ cups flour, 1¼ cups raisins. Cream butter, add sugar gradually, add beaten eggs and milk. Add the flour with baking powder, vanilla and raisins. Bake in layer tins 20 to 30 minutes. Filling—Whip 1½ cups heavy cream until stiff, add ½ teaspoon vanilla, 2 teaspoons powdered sugar, 3½ cups chopped raisins.

Raisin Brittle—One-quarter cup raisins, ¼ cup figs, ¼ cup nuts, ¼ cup cocoanut. Grease tin plates and scatter nuts and fruit over them, then boil until good and brittle 2 cups sugar, 1 teaspoon butter, ¼ cup vinegar, ½ cup water. Pour over plates containing fruit and when cool break into pieces. (Fine.)

Light Raisin Cake—One cup butter, 2 cups sugar, 3 eggs, 1 cup milk, 1 cup raisins, 4 cups flour, 4 teaspoons baking powder. Make 2 loaves. Just 27.

Whole Wheat or Graham Bread.

One and one-half cups lukewarm milk.

Three tablespoons brown sugar.

One and one-fourth teaspoons salt.

Three cups whole wheat or graham flour.

One-half yeast cake.

Scald the milk, together with the sugar and salt. When lukewarm, add the yeast mixing it first with a little of the milk. Add the flour, beat well and let it double its volume. Beat it thoroughly, put into a pan and let it rise. In a pan of standard size it should come nearly to the top.

The above recipe may be used in preparing bread from home-ground meal. There are many homes, particularly in the country, where the housewife can obtain unground wheat at moderat cost. If ground in the ordinary coffee mill, such wheat makes a coarse bread, not very light in texture, but of such good flavor that it may well be used occasionally to give variety to the diet. It is useful, too, in places where good bran cannot be obtained easily and where coarse breads are desired as a means of preventing constipation. In making such bread with a view to economy the housekeeper should compute what it will cost her per loaf, including labor and fuel, as compared with other breads she makes. Skim milk instead of whole milk can be used; homemade yeast, either liquid or dry cakes, is a possibility; and some might like the bread with less sugar or unsweetened. Another recipe which has been worked out follows:

When the mixture has become lukewarm add the yeast and one-half cupful of flour. Allow this sponge to rise until very light. Add the boiled rice, which should have been cooled until lukewarm, and the rest of the flour. This dough is so thick that some pressure is required to work in the last portions of the flour. Allow the dough to rise until it has doubled its bulk, form into a loaf, place in a pan of standard size, allow to rise until it nearly reaches the top of the pan and bake.

Quick Nut Bread—Three-quarters cup sugar, 1 teaspoon salt, 2 cups white flour, 2 cups graham flour, 4 teaspoons baking powder, 1 egg, 2 cups milk and 1 cup nuts, cut fine. Mix dry ingredients, add egg and milk and bake in moderate oven for 45 minutes, at 375 degrees F. Remove from pan as soon as taken from oven.

Butterscotch Rolls—ROLL MIXTURE—Four cups flour, 6 teaspoons (level) baking powder, 1 teaspoon salt, 2 tablespoons shortening and 1 cup milk.

Our November Scrap-Book.

Sprinkle unslacked lime in the cellar to absorb all dampness and kill disease germs.

A raw egg, taken immediately, will carry down a fishbone that cannot be got up from the throat.

The white of an egg beaten with loaf sugar and lemon, relieves hoarseness. Take a teaspoonful once every hour.

If a little flour is rubbed over a cake before icing, it will prevent the frosting from spreading and running off the sides.

To clean copper kettles with little labor, use buttermilk and wash all copper utensils with it. Once a week will keep them bright and clean.

Toilet and Wardrobe.

A writer in *Harper's Bazar* says that French women have such beautiful hair because they take care of the roots. They wear the hair much looser than American women do; they separate it every day about the roots, to let the air enter; they brush it moderately, but not too much, as excessive brushing weakens the roots; they never use a fine-toothed comb on the scalp; and in warm weather they wash the scalp with something that contains diluted alcohol, whisky or cologne, to counteract perspiration, which rots the hair.

The very best thing to stop hair from falling is the old-fashioned remedy of beef's marrow rubbed well into the roots of the hair. It is exactly like the natural oil secreted by the hair, and thus supplies the needed elements for its growth. Frequent washing is injurious, and the use of curling irons to be always condemned, as they dry up the substance and vitality of the hair.

Smallpox.—The old time-honored remedy consists of two ounces cream of tartar, one ounce epsom-salts, one lemon sliced, one quart boiling water. Sweeten to taste and drink cold. Dose for an adult, small wine-glassful three times a day or its equivalent morning and evening. The physicians have a new facial plaster to prevent pitting. This remedy has been practiced in cases of epidemic and modern science has probably produced nothing better.

If people would remember that flour will extinguish blazing gasoline, the knowledge would be inestimable. One day our gasoline stove was blazing, and wet cloths were used without effect, when I remembered that flour would extinguish the blaze. A handful almost did and another snuffed it out completely. It would be a good idea to paste this up so that in an emergency it may save both life and property.

FRENCH CHEF TELLS HOW TO COOK MEATS

"Too many people just burn meat" says Chef Leony Derou... "They cook it too much and leave all the best part of it in the pan. Let your lamb or muttoa or beef be rare if you would get the best of it and still save.

"To cook your meat use a good hot fire for not too long a time. Then take it out and leave it on top of the stove for from half an hour to an hour. This permits the juice to go through it, and while it leaves it rare it takes away the uncooked taste that some people imagine it has. Big hotels do this, and we thus save as many as eight portions on a roast containing thirty to forty servings.

"Again women should study meat. Some kinds take so much more time to cook than others. Flesh of grass-fed cattle is redder but is tougher, and needs longer cooking. Corn fed steers are whiter and need less.

"If a woman wants to have a delicate looking stew or boiled meat, she should do as we do in hotels. Soak her meat in cold water over night, pour it off and put it on in fresh cold water. This draws off the blood which would come to the surface and be removed anyway, but this method makes the meat almost as delicate as chicken.

"Many women do not know that meat that is not moistened in water can be cooked in half the time. Try 'smothering' tough cuts by rubbing in lard or fat and putting in covered frying pan to slowly cook for about three quarters of an hour."

Dixon Alex.....Weaver. L 3½
✚ Fraser Duncan.....Tailor. G 3
◆ Frazer James R.....Jeweler. M 4
Gauthier F.....Butcher. M
Z Harkness A.....Physician. K 3½
◆ Henderson W.....Watches. H 3
Ↄ Henderson Wm., sr... Furn. & Und. K 3½
▲ Lermour R. & Co.....D. G., &c. (See Cornwall)
◉ Maxwell Archibald.....Shoes. K 3½
┐ McArthur Archibald & Son.....Saw Mill. E 2½ (Also Monckland.)
▲ McCrimmon Mrs. Donald..Millinery. M 4
⊏ McDonald A. B.....Hotel. J 3½
✱ McDonnell & Darragh.....G. S.
T McDougall R. J. & Son.....Gro. H 3½
■ McGillis Neil.....Tins, Gro., &c. K 4
Z McLaren Alex.....Physician. K 3½
S McLean Hugh.....Carriagemkr. K 3½
McLeod W. D.....Cheese. (See Kirk Hill.)
✚ McNaughton Donald..Tailor & G. S. G 3
✱ McPherson D. F. & W.....G. S.
McPherson D. M.....Cheese. D+ 1½
⊏ McPherson James.....Hotel. K 3½
Munro M.....Veterinary Surgeon. L 4
‖ Nicholson William.....Baker. M
Ross Kenneth.....Sewing Machines. L 4
■ Sauriol Adelard....H'ware, Tins, &c. L 4
S Scott W. J.....Carriages. L 4
V Stafford Wm., Estate of..Machinist. K 3½
| Stickler Alex., sr.....Coal & Ice. L 4
S Sutherland Daniel.....Carriages. M
▬ Vallance W.....Harness. L 3½
✚ White E. C.....Tailor. L 4

LANCELOT, Muskoka Dist.

✱ Heddell John.....G. S. M
✱ Hogan John.....G. S. M
✱ Thompson Wm.....G. S. M

LANES, Huron Co.—4 D

X, Tel., Ex., △ Lucknow, 7 M.—Pop. 25
✱ Scott Joseph D.....G. S. K 3½

LANG, Peterboro' Co.—3 G

X, Tel., Ex., Keene 1 M.—△ Peterboro'.

Bowie Jam...
S Hastie W...

■ Hubbard W. J.....Tinsmith. M
Ↄ Kennedy W. C.....Furniture. M 4
✱ Lamb Wm.....G. S. E 2½
⊏ Price Philo.....Hotel. M
S Taylor James.....Blacksmith. M 4

S McLaughlin D...
Z Meikle W. F...
■ Merrill H. S...
S Mitchell Joshua...
S Moore W. P...
T Moxley Robert...
✱ Mulvaugh H. ...
✱ Redmond G. O...
Z Shaw J. M...
● Shields John...
‖ Shields Josep...
⊏ Stewart C., E...
> Webster J. A...
✱ Webster N. W...

LANS...

X, Ex., △ To...

▬ Bestard Robe...
Boucock & S...
Brooks Wm...
✱ Brown B. R...
S Summers Geo...
⊏ Thompson Ja...
S Wise Fred...

LA P...

LAR...

X, △, Ex., T...

LAROCQUE'...

X, Ex., △ Per...

⊏ Larocque O...

LA SE...

On G. T. R. an...
Ex., Can.—...
⊏ Foley Luke...
✱ Groomes John...
┐ McKnight Jan...
(S...

LASKI...

4

LAVANT, Lanark Co.—2 I

On K. & P. R.—Tel., G. N. W.—Ex., Dom. —△ Perth—Pop. 100
T Bolton Mrs. William.....Gro. M
┐ Burnham Wm.....Saw Mill. M

LEA...

....Saw Mill. J 3½
.....Hotel. M 4
.....G. S. K 3½
.....Hotel. M

...ferin Co.—3 E

..., 6 M.—△ Colling-...—Pop. 50
.....G. S.
..Blacksmith. M 4
.....Builder. L 4

Parry Sound Dist.

10 M.—△, Hunts-...—Pop. 25
...Saw Mills. K 3½

...N, Elgin Co —5 D

...N. W.—Ex., △ St. ...M.—Pop. 100
....Blacksmith. L 4
..... Gro., &c. M
.....Grain, &c. G 3½
.....Cheese. K 4
...h W..... G. S. K 4
.....Shoes. M
..... Carriages. M 4
.....Saw Mill. K 3½
.....Hotel. K 3½

...tario Co.—3 G

...., Blackwater, 3 M.— ...M.—△ Port Perry, 10
.....Gro. M
.....Grist Mill. G 3

Huron Co.—4 D

...M.—Tel., Walton, ...p. 50
..... G. S. M
.....Hotel. M
..Blacksmith. M

Essex Co.—5 C

...ch M. C. R., and L. ...Ex., Am.—△—Tel., ...R.—Water connec- ...—Pop. 1,910
.....Shoes. M
.....Gro.
...Grist Mill.
.. Ins. Agent. M
.....Nursery. M
.....D. G., &c.
...ana.....Gro. M 4
.....Hotel. L 4
.... Physician. 4
..Agent Implts. M
...ns. Agent, &c. M
.....Gro. K 3½
..Men's Furn'g. K 3½
..Boots & Shoes. J 3½
.....Baker. M
..... Jeweler. K 4
.. Res't & Gro.
.....D. G. L
..Photographer. M
.....Gro. G 3
..... Plumber. M
..... Tins. M
.....Livery. K 3½
..Shoes & Gro. G 3

Robinson Bros.....Gro., &c. H 3½
Robinson L. H...Sewing M. Agent.
Robson Thomas.....Fish. M
V Russell Ivan J.....Foundry.
■ Ruth Louis J.....Hardware. L
⊏ Ryall W. H.....Tavern. G 3
Rymal & Smith.....Butchers. M 4

PUREE OF SORREL.—Pick and wash the sorrel in several waters; drain off the water, and place the sorrel in a large stewpan on the fire, stirring it the whole time with a wooden spoon; as soon as the sorrel is melted, and has boiled a few minutes, turn it out on a large hair-sieve, there to remain until the water runs off. Next, cut two large onions into thin slices, place these in a stewpan with two ounces of fresh butter, and put them to fry of a light color on the stove-fire; after which add a good tablespoonful of flour, some grated nutmeg, a teaspoonful of sugar, some minionette pepper, and salt; moisten with a gravy-spoonful of sauce, either white or brown, then add the sorrel, prepared as above directed, and reduce the puree over a brisk fire, stirring it the whole time with a wooden spoon; when the sorrel is sufficiently reduced rub it instantly through a tammy, and place it in a small stewpan. Previously to using the puree make it hot; add a pat of butter and a piece of glaze. Serve on a napkin.

ESSENCE OF ASPIC-JELLY.—Put the following ingredients into a small stewpan: A few branches of green tarragon, a little chervil, a handful of chives, a bay-leaf and a sprig of thyme, minionette pepper, a blade of mace, and a little chopped raw lean of ham; moisten with a ladleful of good consomme; set the essence to boil gently by the side of the fire for about ten minutes. Next, take it off the stove, proceed to clarify by mixing with it half the white of an egg mixed up with a spoonful of water; add a spoonful of tarragon-vinegar, and place it on the fire to boil, whipping it with a wire whisk the while; as soon as it boils up remove it on the side, to continue boiling gently in order to set the egg; then strain it through a napkin, and use it for braized fowls or chickens, a la Estragon, or a l'Ivoire.

SCALLOPS OF COD, A LA BECHAMEL.—Cut and trim some crimped cod into neat scollops; simmer them in a sauta-pan with a little fresh butter and salt; when done drain them on a napkin, and afterward toss them gently in a stewpan with some good cream Bechamel sauce; dish them up, pyramidally, in the entree dish, and garnish round with a border of potato croquettes. To save time, or indeed as a variety, these scollops may also be prepared in the following manner: Boil the slices, or piece of cod, drain it, and then break it gently into large flakes, which toss in some Bechamel sauce; dish up and garnish as directed above.

ROAST GRISKIN OF PORK.—The piece called griskin is that part of the pig which is cut from the side of a bacon-hog, being the lean from the neck and loin; this should be lightly sprinkled with salt the day before dressing it for table; it must then have a long iron skewer passed through it lengthwise, and tied on to a spit. About an hour and a quarter before dinner put it to roast, and when the griskin has been down an hour shake some flour over it with a dredger, and afterward sprinkle some chopped sage and onions upon it. When the pork is done dish it up, pour some brown gravy under it, and send to table with two sauce-boats containing apple and onion sauce, the latter to be prepared as follows: Chop a dozen sage-leaves and four onions, and after having boiled them two minutes in water, drain, and put them in a stewpan with a pat of butter, pepper and salt; set these to simmer on a very slow fire for ten minutes, and then add half a pint of good brown gravy, boil the whole together for five minutes, and serve.

SNIPE (ENGLISH), A LA WALESKI.—Bone the backs of twelve snipe. Put into a basin three ounces of bread-crumbs, half a pound of unmelted butter, two chopped and blanched shallots, some chopped mushrooms, finely cut up chives, salt, pepper, nutmeg and brandy; stuff the birds with this dressing and lay them in buttered bottomless oval molds the same size as themselves, then cook in a brisk oven. Prepare some foundation paste, croustades, the same shape and size as the snipe, and when baked and emptied fill them with delicate game cream forcemeat; poach in a slack oven and dress in a circle on a hot dish; lay a snipe on every croustade, glaze over and fasten on one end a well cleaned head, the eyes formed of forcemeat and a round of truffles; cover with brown Madeira sauce and game glaze.

AQUITAINE GARNISHING.—Have one pound of escaloped duck livers sauted in butter; half a pound of small button mushrooms cooked with butter, lemon juice and salt water; a quarter of a pound of small whole truffles, cooked in Madeira wine; half a pound of pressed beef palate cut cock's-comb shape, and warmed in meat glaze and butter. Infuse a stick of Ceylon cinnamon for ten minutes in a gill of Madeira wine; strain this through a napkin into a quart of reduced Espagnole sauce. Dress the garnishing in clusters, pour over half the sauce and serve the remainder in a separate sauce-boat. This garnishing can be used for entrees; if this be the case, mix the ingredients composing it together in a sautoire with the sauce, and dress them.

SWEET POTATO CROQUETTES.—For eight croquettes use enough boiled sweet potatoes to make a pint when mashed, half a cupful of hot milk, two generous tablespoonfuls of butter, one teaspoonful of salt, two eggs, and some crumbs for breading. When the potatoes have been mashed smooth and light beat into them the hot milk and then the salt and butter. Next beat one egg until light, and beat this into the mixture, which should now be shaped into croquettes. Beat the second egg in a soup-plate. Cover the croquettes with this egg, and roll them in the bread crumbs. Fry in fat till they turn a rich brown. Serve at once. These are nice to serve with game.

If the croquettes be preferred flavored or sweetened, add to the mixture two tablespoonfuls of sugar, a slight grating of nutmeg, and one tablespoonful of lemon juice. The simpler mode is, however, the better, if they are to be an accompaniment of meat or game. When served with a sauce, as an entree, the flavoring and sweetening should be used.

FILLET OF STEAK, A LA CHATEAUBRIAND.—Have the steaks cut from the best part of the tenderloin and about an inch and a quarter thick. Rub them with a slice of onion, season with salt and pepper, and brush melted butter or olive oil over them. Broil over clear coal fire for ten minutes. Arrange them on a hot dish, and pour Chateaubriand sauce over them. Garnish with potato balls saute. For ten persons use five or six slices of tenderloin, one pint of sauce, and a pint and a half of potato balls. This makes a good breakfast.

CRIMPED SLICES OF COD, IN MATELOTTE, NORMANDE.—Place some thin slices of cod on a silver dish, previously spread with butter; season them with a little pepper and salt, and sprinkle some chopped parsley over them; moisten with two glasses of French white wine and some oyster liquor; cover with a buttered paper, and half an hour before dinner put them in the oven to bake, taking care to baste them occasionally. When the fish is done pour the liquor there may be in the dish into a ragout prepared for the purpose, in the usual manner, and wipe the edges of the dish with a wet napkin; sauce the slices of cod over with the ragout, and garnish around with a border of fried smelts and large crayfish; place some glazed oval croutons around the inner circle, and send to table.

FRIED SOFT-SHELLED CRABS.—Procure six good-sized, live, soft-shelled crabs, cleanse and wash them well, oil them slightly, and season with a pinch of salt and half a pinch of pepper. Put them on the broiler and broil for five minutes on each side. Have six pieces of toast ready, lay a crab on top of each slightly glaze them with a little maitre d'hotel, and serve.

PHEASANTS, A LA DAUPHINOISE.—Truss the pheasants as for boiling, braize them in a wine mirepoix, and when done take them up, draw the strings, and allow them to get partially cold; then cover them entirely with some reduced Allemande sauce in which has been mixed half the mirepoix the pheasants have been brazed in (this previously to its being boiled for the purpose adding it to the sauce, must be freed of all the grease, etc.) This coating of sauce should be allowed to cool, and then must be bread-crumbed over with grated Parmesan cheese mixed with the bread crumbs with equal proportions. The pheasants must now be placed in a deep sauta-pan or pie-dish, peviously well-buttered, and the remaining half of the braize added to moisten the bottom of the pan. Three-quarters of an hour before dinner-time sprinkle the pheasants with a clarified butter, and set them in the oven to be baked of a very light fawn color, frequently basting them with clarified butter while baking. When done dish them up side by side, garnish around with a border of quenelles of polenta, pour a brown Italian sauce under them, and serve.

The quenelles of polenta should be thus made: Put into a small stewpan six ounces of butter, half a pint of water, a little mignoinette pepper, and salt; set these on the fire to boil, and then mix in with them six ounces of polenta (a preparation of Indian corn); stir this again over the fire until it becomes a smooth compact paste, and then work in with it two whole eggs and two yelks, and two ounces of grated Parmesan cheese. Shape this composition into quenelles with two tablespoons in the usual manner, and poach them in hot water, and they are ready to serve.

FILLETS OF HARE LARDED, WITH POIVRADE SAUCE.—If the hares used for this purpose are full grown, three will suffice; they must be filleted, and each fillet split into halves; these should be trimmed and larded, and placed in a curve at the bottom of a sauta-pan lined with thin layers of fat bacon. Moisten with some mirepoix, place a round of buttered paper upon the fillets, and set them in the oven to simmer for twenty minutes, frequently basting them with their own liquor; when they are nearly done remove the paper, dry the larding and glaze it; drain the fillets upon a napkin, trim and dish them up in a close circle, pour some Poivrade, tomato or Italian sauce under them, and serve. These fillets may also be garnished in the same way as directed for fillets of rabbits.

HARE, ROASTED, STUFFED.—Procure two fine hares, cut them in half, that is, separating the fore-quarters from the hind-quarters. Bone the saddles down to the legs, but not the legs; place them on a deep earthen dish, pour in a wine-glassful of white wine, adding one medium sized, sound sliced lemon, one peeled and sliced onion, one sprig of thyme; seasoning with a pinch and a half of salt, a pinch of pepper, and two cloves. Roast the saddles well in the seasoning, and put aside to steep for at least twelve hours.

Stuffing.—Place in a saucepan on the hot range half a good-sized, sound, chopped onion with a tablespoonful of butter; cook for one minute, then add two ounces of sausage-meat, six chopped mushrooms, a teaspoonful of chopped parsley, season with half a pinch of salt and a third of a pinch of pepper. Cook all together for six minutes. Let cool until needed.

Peel four fine, sound apples, cut each into six equal parts, remove the cores; place them in a pan on the fire with a glassful of white wine or good cider. Boil for four minutes, then place this with the above forcemeat, and mix all well together.

Take the marinated hares, stuff the saddles (which were boned) with the above stuffing evenly, give a nice round shape, and tie so as to hold them firm; arrange a piece of larding pork over each saddle, then lay them in a roasting-pan, with one carrot and one onion cut into slices and placed at the bottom of the pan; pour one pint of white broth right over the hares. Place in the hot oven, and roast for forty-five minutes, taking care to baste frequently with its own gravy. Remove from the oven, untie, dress on a hot dish, strain the gravy over the saddles, nicely decorate the dish with heart-shaped croutons, and serve.

SAUSAGE GARNISHING.—Large broiled sausages one and a quarter inches in diameter are served as a garnishing, after removing their skins and cutting them across into quarter inch thick slices.

For Chipolata garnishing use small thin sausages an inch and a half long, sauted and served with Maderia wine.

For Lubeck garnishing fry them in the pan with some chicken fat and use with a thick gravy.

Strasburg smoked sausages are small smoked ones poached for a few minutes in boiling water and served without any sauce whatever.

SABAYOU PUDDING.—Beat the yolks of six eggs, add gradually three-fourths of a cupful of powdered sugar, set the dish over hot water and beat while adding slowly one cupful of cream. Raise the dish occasionally from the water lest the mixture cook too fast. Cook only till the custard thickens. Then add the juice of a small lemon and beat over ice water until thick and cold; then fold in another cupful of whipped cream. Have ready two cupfuls of crumbled macaroons, sprinkle with minced candied cherries and fill a melon mould with alternate layers of the sabayou mixture and the macaroons. Pack in ice for two hours and serve with an iced custard sauce.

BOILED EGGS.—One ought never to boil eggs. When they are boiled for three minutes they are called "soft boiled," but the fact is that they are not actually soft boiled. A part of the white has been made hard and indigestible, and the rest of the white and the whole yolk have hardly been made hot. An egg properly cooked is not boiled; it is simply coddled. This is the way to cook eggs: Put six into a vessel that will hold two quarts. Fill this vessel with boiling water, and, after covering closely, let it stand in a warm place for ten minutes—the hearth is a good place. By this mode the eggs will be cooked equally well in every part, and the white will be soft and digestible. If one desires them better done, let them stand in the hot water ten, or even twenty, minutes longer; but do not place them on the range. Serve folded in a napkin.

BOILED TURKEY.—Singe, draw, and wash a turkey weighing about nine or ten pounds, and stuff with a dressing made by chopping a quart of small oysters, rather coarse, and adding to them a quart of grated bread crumbs, two level tablespoonfuls of salt, half a teaspoonful of pepper, a grain of cayenne, a quarter of a cupful of butter, and two eggs, beaten slightly. Fill the breast of the bird with some of this dressing, and put the remainder into the body. Sew up and truss. Dip a large piece of cotton cloth into cold water, and after wringing it well, dredge it thickly with flour. Pin the turkey in this cloth, and plunge it into boiling water. Boil rapidly for fifteen minutes, and then set back where it will just simmer for three hours. Serve with oyster sauce.

BUTTER SPONGE CAKE.—This is one of the best and most useful cakes. Take one cup of sugar, eight ounces; one-half cup of butter, four ounces; four eggs, use five if they are cheap; one-half cup of milk, one large teaspoonful of baking powder, three cups of flour. Beat the sugar and eggs together a few minutes, melt the butter and beat it in, add the milk, then the powder and flour, and beat up thoroughly. Good to bake in a shallow tin and frost over with No. 3 or for layer cakes or with currants and raisins mixed in. About two pounds; costs ten cents a pound.

VACHERIN CAKE WITH CREAM.—Cut three or four rounds of white paper seven inches in diameter; on the edges of these push through a socket pocket some meringue, to form a ring an inch wide and of the same height; smooth the surfaces of the meringue on both top and sides with the blade of a knife, bestrew with fine sugar and stand each one on a board dampened with water; dry the meringue in a slack oven without letting attain color. After these rings have been removed invert them on baking sheets and replace them in the oven for ten minutes to dry the meringue that has remained soft, then stand for twenty-four hours in a warm closet. Arrange these rings on top of each other on a layer of frolle paste cut exactly the same dimensions, and cover each one with meringue made of cooked sugar, to fasten them together; mask the entire inside with a thin layer of the same meringue; smooth it quickly and dry for two hours in a warm closet. After the meringue is quite cold cover it superficially with a brush dipped in reduced apricot marmalade, not having it too thick; dry this in the air; then decorate the upper ring with a chain of small rings a quarter of an inch thick made of lady finger paste, also to be covered with the marmalade. Fill the centre of these small rings with quince jelly or currant jelly. Slip the cake on a folded napkin and at the last moment cover with whipped cream flavored with vanilla.

DROPPED BISCUIT.—For six people use one quart of flour, one pint of milk, one teaspoonful of sugar, one of salt, three of baking powder, and two tablespoonfuls of butter. Mix all the dry ingredients together, and rub them through a sieve Put the butter and a gill of the milk in a basin, and heat enough to melt the butter; then add the remainder of the milk, and turn all the liquid on the dry ingredients. Beat quickly with a spoon. Drop tablespoonfuls of the dough in buttered pans, and bake in a very hot oven. They should cook in eight or ten minutes. Serve hot. If cream be plentiful omit the butter and use a gill of cream instead. In that case use only three gills of milk instead of a pint.

BAKED OATMEAL.—Opinions vary as to the manner in which oatmeal should be cooked. In Scotland and Ireland, where oatmeal is a staple article of diet, the method of cooking what is there termed porridge, and what we call mush, is generally the same. This is not the case in America. In the old countries the meal always is sprinkled gradually into the boiling water; the mush being stirred continually. Then it is cooked for an hour or more, being placed where it will boil gently all the time, and being stirred frequently. The people of Scotland and Ireland keep smooth iron pots for the special purpose of cooking oatmeal. These pots usually have feet, diminishing the danger of burning. This kind of pot is in common use in the South, where hominy is cooked in much the same way that oatmeal is cooked in Scotland. Hominy is as important in the South as oatmeal is in Scotland.

By cooking oatmeal in the manner described one obtains a sweetness and richness not found in oatmeal that has been cooked in a double-boiler. But the necessary stirring breaks the grains, and the dish may be properly called mush. Now, if the grains be desired to remain whole, there should be no stirring after the first ten minutes' boiling. In baking oatmeal you may get every grain well cooked, but whole.

Put three pints of boiling water and a half tablespoonful of salt into a stew-pan, and place the pan on the fire. Gradually stir into the water one cupful of coarse oatmeal Let it boil for five minutes, stirring frequently; then turn it into a deep earthern bowl, and cover with a plate. Set the bowl in a pan. Now pour into the pan enough boiling water to come almost to the top of the bowl, place in a moderately hot oven, and bake for two or three hours. Take the mush from the oven at the end of that time, and let it cool in the bowl; then set away in a cold place. In the morning put the bowl again in the pan containing boiling water, and set it in the oven for half an hour. On taking it from the oven, slip a knife between the mush and the bowl and turn the mush into a warm dish.

CROQUETTES OF MACARONI.—Boil a quarter of a pound of Italian macaroni in salted water for twenty-five minutes Drain, and put it in a saucepan with a good ounce of butter, half an ounce of Parmesan cheese, and a quarter of an ounce of cooked, smoked tongue cut into small pieces, and one truffle cut the same. Toss all together, then change it to a well-buttered sautoire, spreading the preparation one inch thick on the bottom. Cover with a buttered paper, press it well down, and put away to cool. Cut the preparation with a plain paste-cutter into six parts; roll each one in grated Parmesan cheese, dip in beaten egg, and roll in grated fresh white bread-crumbs. Fry in very hot fat for four minutes, drain well, and serve on a hot dish with a folded napkin.

ROAST QUAILS.–Draw and truss these the same as pheasants; cut some thin square layers of fat bacon, just large enough to cover a quail, spread a vine-leaf over each of these, cut it to their size, and then tie them neatly on the breasts of the quails. Run an iron skewer through the quails, fasten this on to a spit, and roast them before a brisk fire for about a quarter of an hour, then dish them up with the water-cresses around them, glaze the layers of bacon, pour some of the gravy under the quails, and serve.

PARISIAN LOAVES.— Prepare some small slender finger-biscuits,spread them with apricot or green-gage jam, and stick two of these together; then, hold one at a time on a fork. mask them over with some meringue-paste and with a paper cornet filled with some of the same, draw parallel lines across the the cakes in a slanting direction; when they are all completed shake some sugar over them, and put them in the oven to be baked, or rather dried, of a very light-fawn color. When done insert some narrow strips of bright currant jelly, greengage-jam and apple jelly between the bars of the decoration.

BUBBLE AND SQUEAK –Cut some slices (not too thin) of cold boiled round, or edge-bone, of salt beef; trim them neatly, as also an equal number of pieces of the white fat of the beef, and set them aside on a plate. Boil two summer or Savoy cabbages, remove the stalks, chop them fine, and put them into a stewpan with four ounces of fresh butter and one ounce of glaze; season with pepper and salt. When about to send to table fry the slices of beef in a sauta or frying-pan, commencing with the pieces of fat; stir the cabbage on the fire until quite hot, and then pile it up in the centre of the dish; place the slices of beef and the pieces of fat around it,pour a little brown sauce over the whole, and serve.

CELERY, IN GLASS —Procure a bunch of fine white Kalamazoo celery, pare off the green stalks, and trim the roots neatly. Be careful to save the clear, white hearts Cut each plant lengthwise into four equal branches. Wash them well in cold water, and put them into clean water with a piece of ice until ready to serve; arrange them nicely in a celery glass, or dress on a china radish-dish, with a few pieces of ice in the centre.

THE WARMING OVER OF MEATS — Meats, when recooked, require more careful, delicate handling than in their first preparation. The things essential to success in this branch of cookery are that the meat shall be freed of all fat, shall be cooked only long enough to heat thoroughly, or shall be cooked slowly for a long time. This is particularly true of beef. The meat should be well seasoned and be served very hot. Here is a good general rule :

First cut off all the fat; then cut the meat into the kind of pieces you desire to have. This should be done several hours before the time to cook the dish, the meat being kept meanwhile in a cool place. Now put the bones and gristle in a stew-pan, with cold water enough to cover them, and boil gently for two or three hours If you choose, you may add a small piece each of carrot, onion and celery during the last hour. Strain the liquor from the bones, and set away to cool. When cold, skim. This is the stock for making the sauce which is used when the meat is warmed.

The fat that was trimmed from the meat should be cut up, put in a frying-pan, and placed on the back part of the stove, to be fried slowly. After an hour or two the sediment and solid parts will fall to the bottom of the pan. A clear liquid fat can then be poured off. Strain into a dripping jar, and put away in a cool place. The fat from beef, veal, pork, and chickens may by used for frying purposes, but for most tastes mutton, turkey, goose, and ham fat leave too strong a flavor to be mixed with other drippings. The fat from fried or roast ham or from sausage may be kept in a separate jar. It can be used for warming potatoes, frying hominy, etc.

Many good housekeepers use mutton fat for shortening and frying purposes. It is quite as healthful as any of the fats, and if there be no objection to the taste, there is no reason why it should not be used as freely as other fats

There are few households where soft soap is not required in the kitchen. The strong fats can be utilized in making this soap—which is a simple matter when the fat is fried and strained as directed. Never wait until the fat has become tainted before trying it out.

The subject of the care and use of fat is so closely connected with the warming-over of meat that it could not well be passed over; hence this digression.

Having the meat cut in suitable pieces and the stock made, the housekeeper will, with a few rules and suggestons, be enabled to prepare many appetizing and healthful dishes.

The meat must always be seasoned with salt and pepper; for if the sauce should have enough seasoning for itself and the meat, too, it would be spoiled. Season every pint of meat with a heaping teaspoonful of salt and one-fourth of a teaspoonful of pepper.

If the meat be red, like beef, mutton, venison, duck, or grouse, the sauce should be dark; if it be light, like veal, chicken or turkey, the sauce should also be light. For a pint of meat, half a pint of sauce will be needed. After the sauce is made, its character and name may be varied by the addition of any of a variety of materials, such as olives, mushrooms, raisins, capers, etc.

DELICATE RICE.—Thoroughly wash and pick over the rice, then put it over the fire in a double boiler with enough boiling water, salted, to cover twice. Cover closely and cook for thirty minutes without stirring. Drain off the water, then place the boiler at the back of the range and cook for thirty minutes longer, occasionally stirring lightly with a silver fork. When done the grains should be soft and full yet retain their original form.

SOUPS CHARACTERIZED BY PARTICULAR VEGETABLES.—The knowledge of the theory of broths and of the practice of their production would enable any practical person to construct any soups belonging to the ten divisions. But, unfortunately, the practice of cookery does not repose upon recognized principles, but on recipes, many of which are based upon flagrant error, such as that which we have exposed concerning bones. There is no soup worthy of the name which does not contain an element of meat savor. Whenever that is absent a substitute is adopted in the shape of a strong vegetable flavor. Some of this flavoring is also adopted to support the savor of broth, and when used with moderation blends admirably with it, and is free from unæsthetic consequences; we mean leek more particularly, and a portion of onion subsidiarily, at times when leek is out of season. But when meat savor is impossible, or is intentionally withheld, the craving for taste has to be satisfied by strong vegetable flavor, and the acceptable substance selected to that end is the onion. Hence those strongly-flavored meals which surround men with a tainted atmosphere, and cause them to be avoided by sensitive persons. A whole suite of the most æsthetically pure rooms, the drawing-room being scented by a bed of natural flowers, literally penetrated for a whole evening with the cepacious exhalations of a single guest who had made his mid-day meal on a collation of unmitigated coarseness. Such feeding is only fit for persons who remain in quarantine or the open air, and its results should not be inflicted upon æsthetical noses. No person of taste puts onions in substance into his omelette, but merely allows the fat to be scented by the immersion for a short time of a portion of the bulb in its fusion; every good cook knows how to remove the coarse effect from onions by edulcoration with water, or boiling in water, or baking, and these precautions ought to become a magiric law, an unavoidable prescription of good tase, a canon to be taught in every lesson of elementary cookery. The soups and vegetable dishes consisting mainly of onions should be mitigated so as to be adapted to polite intercourse, and fall into the rank of civilized cookery, be it au gras or au maigre, for days of rejoicing or of abstinence. In accordance with these principles, we will now consider the principal varieties of soups of which onions form the characteristic ingredient.

Onion Soups.—Onion soups are of various kinds, and differ either by the kind of onion employed in their preparation, such as the large mild Spanish, the medium-sized ordinary French or English, or the little white, or by the manner in which the onions are treated, involving frying in fat without the production of color, while the specific oil is dissipated; or frying to brown color whereby a new flavor is created; parboiling or boiling in broth or water; or by the presence or absence of broths and meat-extracts, so as to be an au gras or au maigre; and by various subordinate features, such as the presence of milk or cream, and of fried or granulated bread-crusts. In France onion soups, and, as a sequence, sauces and ragouts, not rarely pass by the name of a la Soubise, and of this manner a white and a brown variety are generally distinguished. On account of the strong and aromatic taste of fried onion, it is a favorite material with which to prepare soups for fast-days, so-called potages maigres, and this accounts for the existence of a great number of recipes in literature.

White Onion Soup au Gras.—This soup is made with Spanish onions gently fried in butter, first by themselves, then with flour, so as to form a roux, or thickening material; the body of the liquid should be standard broth. Bread in any of the various forms may be added to it in the tureen; some grated cheese, Gruyere or Parmesan, may be handed around with it; the cheese imparts a savor when broth is absent.

White Onion Soup au Maigre.—With this no broth, but only decoction of haricot beans or water, may be employed. Some pass the onions and bread through a tammy, and thus produce a puree, which is much liked.

Compound Spinach Soup.—This soup contains besides the principal herb, dry peas and French beans, all as purees, and fried bread.

Tomato Soup.—This soup, a favorite of the Americans, so that some call it a l'Americaine, is really expanded tomato sauce. The "love-apples" have to be stewed in a mirepoix-roux of butter, flour, bacon, carrot, onion, tincture of pepper and cayenne, all fried together. The standard broth is then added. Two pounds of tomatoes in slices and two quarts of standard broth will make good soup for four, more diluted for eight persons. The tomatoes have to pass the sieve, to retain peels and seeds, and become puree.

SAUCE TRIANON.—It is a yellow sauce made of white butter sauce with yolks of eggs stirred in to color, and speckled with mixed truffles, mushrooms, shalots and white pepper. Add a spoonful of white wine or a little dash of lemon juice. A very small quantity of such a sauce can be made to fill the bill and one small truffle out of a bottle and four or five mushrooms sliced will be all that are needed. Trianon is the name of a place—a French palace.

GREEN CORN SOUP.—Any good simple soup not flavored may have grated corn and some milk added to it and will be generally acceptable. For a rule for 30 to 35 persons take five quarts of soup stock, one or two quarts of milk, one can of corn or a quart of green corn grated, one tablespoonful of minced onion, one-half pound of salt pork. Boil a carrot, turnip and onion with the meat, bones and water that makes the stock. Cut the pork in dice and fry it light brown, and then pour away the fat, boil up the milk in the pork pan to obtain the flavor of the frying, and pour all back into the stock pot. Strain into a clean saucepan, add the minced onion, the corn mashed or grated, boil up and season, and sprinkle a little parsley finely minced.

ROAST CHICKEN, PUREE DE MARRONS.—The words mean chicken stuffed with chestnuts—mashed chestnuts—the dish in reality is chicken stuffed with sweet potatoes. Good sweet potatoes are very much like chestnuts in taste. Mash and season well with butter and salt and pepper, stuff the fowls not too solid, and roast as usual.

HOW TO TEST EGGS.—Immerse the egg in water; if fresh it will sink and lie horizontally on the bottom of the vessel; when from three to five days old it will rest at a slight angle—the large end uppermost; if eight days old, it will assume an angle of about sixty degrees; if three weeks old, about seventy degrees, and after four weeks it will stand upright on its small end If bad, it will float.

Soft Shell Clams Fried.—This is a large kind of clam with a brittle shell. Cut off the leathery dark portion that projects from the shell and remove with knife and fingers the beard and string from the inside. This leaves the clam in the ring shape in which they come to market sometimes strung on twine. Put them as they are taken out of the shell into a pan of cold water. When wanted dry them between two towels, dip in beaten egg with a little water in it and then in cracker meal and fry in hot lard the same as oysters. Drain in a colander. Serve piled along the middle of a large dish with a quartered lemon and curled parsley for garnish.

Cost of Material.—Clams at $1.50 per 100, 15c.; eggs, 4c ; cracker meal, 2c.; lard to fry, 4c.; lemon, 2c.; table extras, 3c.—30c. per dozen. Usual charge, 50c

Note.—Soft shell clams on account of their large size and open shape when cooked as above make a large and plentiful dish, and a very popular one. One-third as many are sufficient for an ordinary dish for one person. The lard required is not all used, but allowance has to be made for the damage, as after two or three fryings the lard remaining is unfit for further use.

Fillets of White Fish.—"Fine herbs," as applied to several dishes and to "sauce aux fine herbs," means mushrooms, shalots or green onions and parsley minced and mixed together in a light brown sauce.

Take whitefish when fresh and firm, cut the two sides from the back bone, then holding them flat on the table slice them the flat way again with a very sharp knife to make thin, broad pieces. Cut these in strips, double them as you place them in the buttered baking pan to have the boned side up, and lean one against the other until the pan is full.

Chop half a can of mushrooms, four young onions and a handful of parsley together and stew them among the fillets, also a dredging of salt and pepper, some bits of butter and the liquor from the can of mushrooms. Bake about half an hour, basting twice with a little light-colored veal gravy. Serve one fillet and potatoes in some special form on the same plate.

Madras Curry.—This is more delicate than the ordinary curry. It may be made with any kind of cold meat and with most kinds of fish. The ingredients are: Half a cocoanut, the milk of a cocoanut, one gill of cow's milk, two good-sized onions, three tablespoonfuls of butter, one heaping teaspoonful of curry-powder, three tablespoonfuls of flour, one pint of the liquor in which the meat or fish was cooked, one scant quart of cooked meat or fish, and about one level tablespoonful of salt. Bore a hole in the cocoanut, and pour out the milk Now crack the nut, and pare the brown skin from one-half of it. Grate this half and add it to the milk. Add the cow's milk to the mixture; and after a good stirring, place the dish in the refrigerator for two or three hours.

Unless cold meat is to be used, put the meat or fish on to cook in as little water as possible. Simmer until so tender that it may be cut with a spoon. When the meat is done take it from the liquor, and put both away to cool. When cold free the meat or fish of skin, bone and fat. Chop the onions rather fine, and put them in a stew-pan with the butter Cook slowly for ten minutes; then add the flour and curry-powder, and draw the pan to a hotter part of the range. Stir the mixture until it becomes frothy; then draw the stew-pan back to a cooler place, and gradually add the pint of liquor, stirring all the while. Boil for two minutes; then strain the milk from the cocoanut into the mixture, pressing every particle of moisture from the grated nut. Stir well and simmer for ten minutes. Put the meat or fish in a stew-pan and sprinkle the salt over it; then strain the hot curry-sauce over it. Cover, and simmer for twenty minutes or half an hour. Serve in a warm covered dish. A dish of boiled rice should be served with this dish.

If meat or fish left from a previous meal be used, take a pint of some kind of light stock (such as the water in which chicken or veal was boiled) instead of the liquor called for. If one like a very strong flavor of curry, double the quantity of powder may be used.

The fish most suited to this curry are prawns, shrimp and lobster. When they are used they should not be cooked in the sauce for more than ten minutes. Oysters, scallops and clams may be used in a curry; but they must be well drained, and should cook in the sauce for only six or eight minutes.

Any kind of meat may be used in a curry; but the delicate light meats, such as chicken, turkey, veal, lamb, sweetbreads, etc. are best. Any of the following-named relishes may be served with the curry: Chutney, boiled ham, rashers of bacon, Yarmouth bloaters.

Salmon, a la Genoise.—Boil a salmon, skin it, and place it on a dish; mask it with Genoise sauce; and garnish it round with lobster quenelles, button-mushrooms, some glazed tails of very small lobsters, quenelles of whiting, half of which must be colored with extract of spinach or Ravigote herbs, and the remainder with chopped truffles. All these garnishes are appropriate in ornamenting this dish, but it is desirable not to use too many sorts of garnishes in the preparation of one dish, so as not to produce an unseemly species of medley. Send up some Genoise sauce in a boat.

Snipe Pudding, a la D'Orsay.—Pick eight fine fat fresh snipes, singe over a charcoal flame, and divide them into halves, remove the gizzards and reserve the trail for further use; season the snipes with a little Cayenne pepper, salt and lemon-juice, and set them aside on a dish till wanted. Then peel a Portugal onion, cut it into thin slices and fry these in a stew-pan with a small piece of butter; when they are slightly browned throw in a tablespoonful of flour, and stir them together on the fire for three minutes; then add a handful of chopped mushrooms and parsley, a small bay-leaf, a sprig of thyme, a small blade of mace and a clove of garlic; moisten with a pint of Claret; stir the whole upon the fire, and when these have boiled ten minutes add the trail and a piece of good glaze. Set the sauce to boil for three minutes longer, and then rub it through a tammy into a puree upon the snipes. Next, line a pudding basin with suet-paste, fill it up with the foregoing preparation, and when covered with a piece of paste and properly fastened round the edges so as to prevent the escape of the volatile properties of the sauce, steam it in a covered stew-pan for two hours and a half. When the pudding is done, turn it out of the basin with care, pour a rich brown game gravy under it, and serve.

OYSTER FORCEMEAT.—Use one generous pint of stale bread crumbs, one dozen large oysters, three tablespoonfuls of butter, one teaspoonful of salt, one-eighth of a teaspoonful of cayenne, one teaspoonful of minced parsley, a slight grating of nutmeg, one tablespoonful of lemon juice, three tablespoonfuls of oyster juice, and the yolks of two uncooked eggs. Chop the oysters very fine, add the other ingredients, pound to a smooth paste, and rub through a puree sieve. Taste, to see if the preparation is salt enough; if not, add more salt. This forcemeat may be used for timbales, or for stuffing any kind of fish or poultry. It may also be shaped into balls or quenelles, which may be covered with the yolks of eggs and bread crumbs, and then fried; or the balls may be made very small, then rolled in egg yolks, and made brown in a hot oven. When treated in this manner they are a nice garnish for soup and may be used as such.

FRIED SCALLOPS.—Drain two dozen scallops carefully, and seasoning them with salt and pepper, roll them in fine bread crumbs. Beat two eggs in a soup-plate, with a spoon or fork, and after dipping the scallops in the egg roll them in a quantity of crumbs and lay them on a large platter. Be careful that they do not touch each other. When all have been breaded, place in the frying-basket as many as can be accommodated on the bottom, and plunge into boiling fat. Cook for two minutes, and serve with toast and cabbage or celery salad. Tartar sauce also is a good accompaniment. Care must be taken that the fish are thoroughly seasoned with salt previous to the breading, and that the fat is so hot that smoke rises from it.

CURRY OF CALF'S HEAD.—Use one quart of cold meat, cut in slices, one tablespoonful of salt, one-fourth of a teaspoonful of pepper, one teaspoonful of curry-powder, one tablespoonful of chopped onion, two large tablespoonfuls of butter, two of flour, one cupful of stock, and one cupful of milk. Put the butter and onion in a frying pan, and cook slowly for five minutes; then add the flour and curry-powder, and stir over a hot fire for one minute. Draw the pan back, and gradually add the stock. Place the pan again on the hot part of the stove, and stir the mixture until it boils; then add the milk gradually, stirring all the while. Let the mixture simmer for three minutes. Put the meat, with the salt and pepper, in a stew-pan, and strain over it the sauce that is in the frying-pan. Cook for six minutes, and serve with a dish of boiled rice. Other kinds of cold meat may be used in curries.

CREAM CHEESE TART.—Use one cupful of cottage cheese, half a cupful of sweet cream, two tablespoonfuls of sugar, half a cupful of blanched and chopped almonds, one cupful of currants and four eggs. Butter a deep plate, and line it with a very thin sheet of dough. Beat the cream into the cheese. Beat the sugar and yolks of eggs together, and add the cheese and cream. Beat this mixture for two minutes, and then add the almonds and currants. Last of all add the whites of the eggs, beaten to a stiff froth. Pour into the plate, and bake in a moderate oven for half an hour.

OXTAILS, ALSATIAN STYLE.—Cut the oxtail at a joint of the bone in three-inch lengths. Soak them in lukewarm water for one hour, changing the water twice during the time, then throw them in cold water, and drain. Mask the bottom of a saucepan with fragments of ham and bacon, roots and sliced onions; set the pieces of oxtail on top, and cover them up entirely with broth, leaving the fat on, and a little brandy. Four hours before dinner boil the liquid, skim, then set the pot in the oven to finish. When ready strain the broth through a very fine sieve, remove all the fat, and let it rest quietly without stirring. Decant it carefully, pouring it over the oxtails, and leave it until nearly cold, then lift them out, trim the pieces and dip them in melted butter. Roll them in fresh bread-crumbs and broil them on a very slow fire. Arrange them over some cooked sauerkraut, garnishing the dish, and serving a good gravy separate.

SADDLE OF MUTTON, PIEDMONTESE STYLE.— Have a good saddle of mutton, hang it in a cool place for eight days to have it tender; pare the two fillets, suppress all the fat and skin adhering to the meat, so as to be able to lard it with larding pork, then roll the flanks under. Tie up the saddle, lay it in an English cradle spit, after it haa been wrapped in a buttered paper, and let roast in front of a moderate fire for an hour and a quarter, basting it frequently during the time; remove the paper to let attain a good color, then untie it on a baking pan, detach the two fillets, leaving on some of the fat; cut them up slanting and replace them from whence they were taken. In the meantime prepare a Piedmontese risot, and just when ready to serve dress the saddle on a releve dish with the risot; besprinkle over with a few handfuls of chopped white Piedmontese truffles, glaze it over and send to the table accompanied by a sauce-boat of thickened gravy.

VOLIERE GALANTINE OF PHEASANT, A LA WADDINGTON.—Prepare one pheasant; dress it and stand it on an oval socle four or five inches high by seven and one-half inches long and four inches wide; place this on another oval socle about six inches high, eleven and a half inches long and eight inches wide. Pick off all the meat from a young rabbit, cut it in small dice and fry them in fat pork over a brisk fire; when cold, pound and add the same quantity of grated fresh fat pork; pound all together again and season with salt, pepper and nutmeg; press it through a sieve and mix in with the preparation a quarter as much fat pork cut in three-sixteenths of an inch squares, and then blanched, and as much truffle cut the same size. With this fill twelve timbale molds, cover with very thin slices of fat pork, and bake in a moderate oven for half an hour; remove and set aside to cool. Decorate some timbale molds with cuts of truffles and egg-white, pour a little jelly into the bottom of each mold. Unmold the No. 2 timbales, remove all the fat from the bottoms and sides, pare nicely and then put them into the No. 1 molds, filling up with jelly; when very firm unmold and arrange them around the small socle of the gelantine exactly under the pheasant, placing a border of jelly croutons outside.

BLUEBERRY ICE CREAM.—Use one quart of large ripe blueberries, one quart of cream, one cupful of sugar, and one teaspoonful of vanilla extract. Freeze the cream for fifteen minutes. Remove the beater, and stir in the blueberries. Pack in a mould or in the freezer, and let it stand for an hour.

TOMATOES.

The variety of forms in which the tomato may be prepared for the table is almost countless. Following are a few recipes for dishes that are specially popular :

Eggs Baked in Tomatoes.–Eggs baked in tomatoes are delicious for breakfast, luncheon or supper. Select firm, ripe tomatoes. From the stem end of each scoop out all the hard portion and a part of the soft. Season with butter, salt and pepper and bake in the oven. When tender break an egg into the hollow in each and return to the oven until the whites are set.

Tomatoes with Anchovies.–For tomatoes stuffed with anchovies select nicely-shaped tomatoes of equal size. Peel them and scoop out as much of the pulp as possible without injuring the shape. Buy Italian anchovies in oil, allowing two or three to each tomato, according to size. Wipe the fish dry with a soft cloth and rub off all the skin. Cut the fish into bits with a knife and fork and add an equal quantity of chopped hard-boiled egg and a little tarragon. Moisten the whole with French dressing. Stuff the tomatoes with the mixture and place each on a lettuce leaf, with the open side of the tomato down. Serve ice-cold, with a spoonful of mayonnaise poured over each.

Grilled Tomatoes.—Grilled tomatoes require large, firm fruit. Wipe the tomatoes and split them through the centre. Lay them skin side down on a broiler and cook over a clear fire until tender. Turn on the other side and brown lightly. Put a generous lump of butter on each, season with salt and pepper and set in the oven a few minutes before serving.

Tomatoes, a la Bengal.—Tomatoes, a la Bengal may take the place of meat as a breakfast dish. Cut large ripe tomatoes into thick slices and sprinkle them lightly with salt and curry powder. Make a batter by beating one egg until light, and adding half a pint of milk, a little salt, a pinch of pepper and a cupful of sifted flour, beating until smooth. Dip the tomato slices in the batter, drain and arrange on a buttered baking pan. Cook for ten minutes in a moderate oven. Cut as many rounds of bread half an inch thick as there are tomato slices and fry them crisp in deep, hot fat. Drain on brown paper and keep hot. Spread the toast with chopped chutney and place a slice of tomato on each piece. Sprinkle with chopped parsley and serve as hot as can be eaten.

Fried Tomatoes.—Fried tomatoes are delicious. Cut the tomatoes in medium thick slices and fry in butter and drippings, or better still, in the best olive oil, until they are brown, but not until they fall to pieces when touched. Lift to a hot dish, a flat one, and dust with salt and pepper. Into the gravy in a spider pour half a cupful of cream, stir quickly, and pour over the tomatoes.

Tomato Pie.—Tomato pie is appreciated as a luncheon dish. Chop fine any bits of cold meat at hand. Several kinds of meat may be used. Butter a shallow baking dish and sprinkle with bread crumbs. Put alternate layers of tomatoes, crumbs, meat and seasoning until the dish is full, topping it with bread crumbs and bits of butter. Moisten with gravy or stock, and bake it in a hot oven until the top is well browned. This dish should be fairly moist.

Tomato Custard.–Tomato custard may be made with canned tomatoes, but the fresh vegetable is preferred. To each cupful of chopped raw tomatoes allow one egg Simmer the tomatoes with an onion, a bay leaf, and a sprig of parsley for fifteen minutes. Press through a sieve. Add water if not enough liquid to fill two cups. Beat the eggs separately, and stir all the ingredients together, adding salt and pepper. Pour into custard cups and bake in a pan containing hot water, just as other custards are treated. A shorter time is required than for milk custards. When they are firm turn out and pour over them green peas with white sauce.

Tomato Omelet —A delicious summer breakfast dish is a tomato omelet, made from fresh uncooked tomatoes. To make an omelet for four persons beat the yolks and whites of six eggs separately to a stiff froth, then mix the yolks and whites together and whip them up quite light. Peel three large ripe tomatoes with a very sharp thin bladed knife, and do not scald them, as it spoils their delicate flavor. After peeling, cut the tomatoes in quarters, then in smaller pieces. In an omelet pan over the fire put enough butter to cook the omelet well, and to keep it from sticking to the pan. When the butter begins to bubble give the eggs a final whip, turn them into the pan and stir them with an omelet knife till they begin to set round the edge. Then sprinkle in the tomatoes, season them well with salt and red pepper, fold the omelet quickly when it is cooked enough and turn it into a hot platter. Garnish with sprigs of parsley and serve.

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Baked Fillets of Flounder, in Wine.—Allow for eight persons four pounds of flounders, four tablespoonfuls of sherry, half a cupful of butter, one tablespoonful of onion juice, a level tablespoonful of salt and half a teaspoonful of pepper. Skin and bone the fish, and cut it into small fillets. Put the butter and other ingredients into a soup-plate, and set this plate on the back part of the range where the butter will melt gradually. As soon as it becomes melted dip the fillets into the dish, one at a time, being careful to cover all parts with the mixture. Lay the fish in a clean, smooth baking pan, and cook in a hot oven for ten minutes, basting with what remains of the butter and seasoning. When the fish is done slip a broad knife-blade under each fillet, and transfer it gently to a hot platter Pour all the gravy that remains into three gills of white sauce, and pour this sauce over the fish. Serve very hot.

White Sauce.—To make three gills of sauce use two gills of chicken stock, one of cream, two tablespoonfuls of butter, one generous tablespoonful of flour, one small slice of onion, a thin slice of carrot, a bay leaf, a slight grating of nutmeg, a sprig of parsley, a level teaspoonful of salt, and one-fourth of a teaspoonful of pepper.

First mix the butter and flour. Add all the other ingredients mentioned except the cream, and then place the dish over the fire, and stir the mixture until it begins to boil. Set it back where it will simmer for twenty minutes; then add the cream, and let the sauce boil up once. Strain it and add the gravy from the fish-pan.

Apple Float.—The materials required are: Four eggs, a pint of milk, a cupful of stewed and strained tart apple, half a cupful of powdered sugar and half a teaspoonful of vanilla extract. Reserve half a cupful of the milk, and put the remainder on the fire in a double boiler. Beat together all the yolks and one of the whites of the eggs, and add to them the cold milk and half the sugar. Stir well, and after pouring the boiling milk over it put the mixture into the double-boiler. Stir constantly for five minutes; and if at the end of that time the mixture be thick and smooth, take it from the fire immediately. Turn into the bowl, and set away to cool; and when it is cold add the vanilla flavoring, and turn into a deep glass dish.

Beat the whites of the three eggs to a stiff froth, and beat the remaining sugar into this froth. Next beat in the strained apple; and when the mixture is light and smooth heap it in the centre of the custard.

Other floats may be made in a similar way, using raspberries, strawberries, peaches, cherries, apricots, etc. But if preserved fruit be taken, use only a quarter of a cupful.

Lettuce and Whole-Pea Soup.—Pick, wash and blanch a dozen white-heart cabbage-lettuces; cut them open, and spread them on a clean napkin; season them with minionette pepper and salt; then put two together, face to face, and proceed to tie them up with twine. Cover the bottom of a stewpan with thin layers of fat bacon, and place the lettuce thereon; pour upon them some broth from the boiling stockpot, over which lay a round of buttered paper; place the lid on the stewpan, start them to boil on the fire, and then place them on a slackened stove, to simmer gently for about an hour; after which drain the lettuces on a clean napkin, untie them, and after having cut them into inch lengths lay them in the soup tureen, together with a pint of young green peas boiled for the purpose, and a small pinch of minionette pepper. Take every particle of fat off the broth in which the lettuces have been braized, and add it to the lettuces and peas in the tureen, over which pour two quarts of bright consomme of fowl; ascertain that the soup be palatable, and having thrown in a handful of duchess' crusts, send to table.

Salt Cellars.—One plan that has been found thoroughly successful in making the salt shaker work satisfactorily is to bake the salt well and add one-third cornstarch. Then as the shakers are filled add to each one a small half teaspoon of rice. This keeps it stirred up and prevents lumping; also serves, when violently shaken, to knock and loosen the salt from around the holes in the top. This is recommended as the best remedy yet found for the unshakable salt-shaker.

Queen Cake.—Made with lady cake mixture, except the milk. One pound of the greenest colored candied citron, one-half pound of almonds, blanched and split, one half pound of sultana seedless raisins, one-half cup of sherry. The citron to be cut in fine shreds and floured together with the almonds and raisins before mixing in. This mixture also makes small queen cakes, baked in little patty-pans, and these frosted on top are among the finest possible.

Mousses Glacees.—They are whipped creams variously flavored; the froth is piled in glasses, which are then set in a freezing box, where it is allowed to freeze without any manipulation. Double cream must be used; that is cream skimmed from the top of cream. It should be cold to froth easily. Sweeten and flavor it like any ice cream preparation, and churn it in a pail with a whip churn, such as may be procured at any tinners, or with a Dover egg-beater in a shallow bowl; take off the froth, place it on a fine sieve to drain, and when all is whipped firm pile it in the glasses it is to be frozen and served in. Maraschino, chocolate, coffee, strawberry, lemon and vanilla creams are suitable, but need to be more highly flavored than the common ices. It will be found a great aid if all the operations can be performed in a cold place.

French Potato Fritters.—Potato puree and eggs beaten light and fried, side dish, or vegetable garnish for entrees, or sweet entrement with brandy sauce. One and a half pounds of pared raw potatoes, four ounces of flour, four tablespoonfuls of cream, same of white wine or sherry, six whole eggs and four yolks, juice of half a lemon, nutmeg. Boil the potatoes well done in salted water, drain, dry and mash them thoroughly — better through a colander. While still warm mix in all the other ingredients except the flour. Then set the pan or bowl in ice-water and beat the mixture fifteen minutes or more, like making sponge cake. When light stir in the flour. Fry small spoonfuls, egg-shaped, in hot lard. Drain on paper. Serve hot. Make about fifty. Not hollow, but very light.

Ramequin Puffs.—Make cheese fritter paste. Cut some manilla paper in broad ribbands, and brush them over with a little melted lard. Form the paste in ring shapes on these papers, by pressing it out of a paper cornet, or a sack. These are not slender rings, but more like flat cakes with a depression in the centre. Draw the bands of paper through the hot frying fat and the puffs will slip off They should be fried of a light color. Drain, then split them as you would muffins, and spread between some creamed cheese or fondue. Dredge a little grated cheese on top, and set the pan containing them in the top of the oven for two minutes before serving. Care is required in forming the shapes not to have them too large, as they will expand considerably.

Rye Bread.—The proper method with rye bread is the same as with French loaves, that is, the dough is to be worked in layers and nothing added but salt to the yeast and water; the dough made up rather stiff to keep good shape, and when the loaves are put in the oven, instead of a long downward cut merely score the rye loaves across diagonally three or four times. But for hotel use, where there is no brick oven, it does as well or better to make long loaves in pans, as you would for hotel bread.

English Ginger Snaps.—Fourteen ounces of white sugar, eight ounces of butter, eight eggs, one teacupful of milk, two ounces of ground ginger, two tablespoonfuls of baking powder, one and a half pounds of flour. Mix up in the usual way for cookies. Sift sugar over before cutting out the cakes. It is generally best to make the dough for all kinds of cookies and sugar cakes as soft as it can possibly be rolled out. Different persons make very different cakes of these sorts from the same recipés, and the common fault is too much flour in the dough. The baking powder, too, is responsible for some of the changes. With too much powder the cakes run into each other and lose the good round shape they ought to have.

DELICATE PLUM PUDDING.—A pudding for eight or ten persons will require a cupful and a half of powdered crackers, two pints and a half of milk, one generous cupful of sugar, half a cupful of molasses, two tablespoonfuls of butter, one cupful of stoned raisins, and one-third of a nutmeg, grated.

Heat the milk to the boiling point, and pour it on the crackers. Add the butter and set away to cool. When the mixture is cold add the eggs, well beaten, and the other ingredients. Butter a pudding-dish that will hold about three quarts. Pour the mixture into the dish, and place in a moderate oven.

When the pudding has been cooking for half an hour draw it to the front of the oven and stir it well, being careful to distribute the raisins (which will have settled to the bottom) through the pudding. Move the dish back into the oven, and bake for an hour and a half longer. The heat in the oven must be moderate or the pudding will burn. Serve with a creamy sauce.

CLABBER BUTTER CAKES —About the easiest, quickest made and best butter cakes are made with only four ingredients: "Clabber," or milk curdled by souring, flour, soda and salt.

Take a little sifted flour in a pan, add the "clabber" until it can be stirred to the proper consistency to bake on a griddle, then add a little salt and soda. There is no measure to give only that in a general way two cups of sour milk needs one teaspoonful of soda.

When you make other flour batter cakes, syrup, eggs and shortening are needed—the syrup to make them brown easily—but these "clabber" cakes need nothing but what is named above.

LEMON SOUFFLE PUDDING.—It is the pastry cream, some as used in Boston cream puffs, with white of eggs whipped to froth stirred in and then baked. It rises high in the oven; should be served immediately, or at least not allowed to become cold. Use a quart of milk, eight ounces of sugar, five ounces of flour (a heaped cup), an ounce of butter, eight eggs. The yolks cooked in the mixture, which must then be made nearly cold and flavored with lemon, and the eight whites then added. A spoonful of sweetened cream in each dish for sauce.

SUCKING PIG, A LA FRANCAISE.—To make the stuffing fry a minced onion in some fat, throw in a spoonful of sage, then a quantity of finely-minced bread-crumbs and ladleful of broth to moisten. Stir around in the frying-pan until well mingled, season with salt and pepper, stuff the pig with it and roast it in the oven. When barely done take the pig and cut it in pieces of the right size to serve, put them in a broad saucepan and pour in Spanish sauce to nearly cover, put a lid on and let stew slowly.

Make up the stuffing from the cooked pig into small balls, bread and fry them; serve one such forcemeat ball in each dish with the meat and sauce.

AN ASTONISHING EGG.—Labouchere gives the following recipe for a monster Easter egg: Take a dozen eggs, separate the whites from the yolks, which latter you pour into a small bladder well washed and thoroughly cleaned. Shape the bladder like a sphere, close it hermetically and plunge it into boiling water. When the yolks are quite hard peel the bladder off; you will find them in the form of a ball, which you must place then in a larger bladder, adding the whites. The yellow ball suspends itself naturally in the centre of the whites. Close the bladder and plunge it into boiling water. When this monster egg is quite hard peel the bladder off again. When you serve it place it in the centre of a bowl of salad; then cut it up and serve with the salad.

VIENNA BREAD.—Viennese bread is celebrated. It may interest you to know something about it. The excellence of the bread is attributed in Vienna to three reasons—the oven, the men and the yeast. I think another may be added, and that is the dry climate. An ounce of yeast (three decagrammes) and as much salt is taken for every gallon of milk used for the dough. The yeast is a Viennese specialty, known as the "St. Marxner Pressheffe," and its composition is a secret. It keeps two days in summer and a little longer in winter. The ovens are heated by wood fires lighted inside them during four hours; the ashes are then raked out and the oven is carefully wiped with wisps of damp straw. On the vapor thus generated, as well as that produced by the baking of the dough, lies the whole art of the browning and the success of the "semmel."

CROQUETTES OF FOIE-GRAS.—Mix half an ounce of cooked, smoked beef-tongue with half a pint of dry salpicon of foie-gras. Put it into a saucepan with a gill of bechamel, half a glassful of Madeira or sherry wine, and a tablespoonful of meat-glaze. Reduce for ten minutes, stirring well, then transfer to a cold, flat dish, cover with buttered paper, and put aside to cool. Divide the preparation into six parts—each one shaped like a pear—roll them in fresh bread-crumbs, dip in beaten egg, and put a slice of truffle on the top of each. Again roll in bread crumbs, and boil in boiling fat for four minutes. Remove them, drain well, serve on a hot dish with a folded napkin. Any desired garnishing may be added.

SHEEP'S HEAD, A LA CREOLE.—Put one chopped onion and one very finely-chopped green pepper—the seed extracted—in a stewpan; brown them in half a gill of oil for five minutes, then add one tomato, cut in pieces, four sliced mushrooms, a good bouquet, and a clove of garlic. Season well with a pinch of salt and half a pinch of pepper, then moisten with half a pint of Espagnole sauce. Cut a fish weighing three pounds in six slices, lay them flat in a stewpan, with three tablespoonfuls of mushroom liquor (if any handy), and let cook for one hour on a very slow fire. When ready to serve sprinkle over with a pinch of chopped parsley, and decorate with six pieces of heart-shaped crouton. All fish, a la Creole, are prepared the same way, the time allowed for cooking depending on the firmness of the fish. The fish can be left whole instead of dividing.

SAUCE ALLEMANDE.—Melt two ounces of butter in a saucepan on a slow fire, with three tablespoonfuls of flour to thicken. Stir well, not letting it brown; then moisten with one pint of white broth, beating constantly, and cook for ten minutes. Dilute three egg yolks separately in a bowl; pour the sauce over the eggs, a very little at a time; strain through a Chinese strainer, and finish with half an ounce of good butter and the juice of half a lemon, taking care that it does not boil the second time.

ALLEMANDE SALAD DRESSING.—One-half cupful of best butter, one tablespoonful of flour, one-half cupful of olive oil, one-half cupful of vinegar, one cupful of strong chicken or veal broth, salt and white pepper, a little cream to thin and whiten the dressing. Mix the butter and flour together in a saucepan over the fire, as if making drawn butter, pour in the oil and then the broth gradually, stirring till it thickens, and then the vinegar, salt and pepper, and lastly the cream. Strain and set on ice till wanted. The broth should be strong enough to set in jelly when cold, and should be strained through a napkin before it is used for the dressing.

DROPPED OR POACHED EGGS—In New England eggs cooked in the manner described below are called dropped; outside of New England they are called poached. The eggs must be fresh and cold. Put a quart of water, one teaspoonful of salt, and one of vinegar in a frying-pan. Place in the pan as many muffin rings as there are eggs to be cooked, and set the pan where the water will bubble at one side of the pan. Break the eggs carefully, and drop them into the rings. Should the yolk of an egg break or seem soft do not use the egg. Cook until the white is set; then gently pour off the water. Remove the rings, and lift the eggs with an egg-slice or a cake-turner. Place them on slices of buttered toast, and serve at once. It is an easy matter to drop eggs if you have a patent poacher.

MUTTON CUTLETS, A LA MAINTENON.—For six cutlets use the following materials: Four tablespoonfuls of chopped mushrooms, one of chopped onion, one generous tablespoonful of butter, one of flour, three of stock, one teaspoonful of minced parsley, one of salt, one-fifth of a teaspoonful of pepper, and three gills of Spanish sauce. Cook the butter and onion together for five minutes; then add the mushrooms and seasoning, and cook five minutes longer. Now add the flour, and stir well; then add the stock, and cook three minutes longer. Let this mixture cool. Have the cutlets cut from the ribs, and cut one inch and a half thick. Trim the rib bones as for French chops. With a sharp knife split the chops in two without separating them at the bone. Spread the cooked mixture inside, and then press lightly together again. Broil for eight minutes over clear coals. Arrange on a warm dish, and pour the Spanish sauce around them. Serve very hot.

OYSTERS ON TOAST.—For six people use fifty good-sized oysters, three tablespoonfuls of butter, one teaspoonful of lemon juice, one-eighth of a teaspoonful of pepper, six slices of toast, and salt to suit the taste. Put the oysters in a frying-pan and on the stove, and when they get heated to the boiling-point add the seasoning. Boil up, and then pour them on the slices of toast, which should be arranged on a warm platter. Serve at once. This is the simplest way to prepare oysters. They can be cooked at the table in a chaffing dish.

CREAM ICING.—Put into a bowl the white of one egg, two tablespoonfuls of water, and half a cupful of confectioners' sugar. Beat well. Continue beating and adding sugar until the mixture is smooth, and so thick that it can be spread easlly, and yet will not run off the cake. This can be used for all simple icing. It may be flavored with lemon or vanilla. If the water be omitted a firmer icing will be the result. This icing can be made in five minutes. It is only suitable for spreading on plain cakes, as it will not hold its shape.

WEST POINT PUDDING.—Brown some cracked wheat pudding with molasses and raisins. Use the following ingredients: Four heaped cups of cracked wheat mush, one-half cup of molasses, one cup of minced suet, four ounces; two or three egg, three cups of milk, one teaspoonful of ground cinnamon, one cupful of raisins or currants. Take the cracked wheat mush that was left over from breakfast and is well-cooked and dry, mix in the other ingredients, eggs last and well beaten, and bake in a slack oven an hour. Maple syrup is good sauce for it, but hard sauce is the favorite.

"Fricasseed Oysters."—100 oysters (about 2 quarts), 4 large tablespoons of butter, 1 teaspoon of chopped parsley, 1 tablespoon of flour, a speck of cayenne, salt, yolks of 3 eggs. Brown 2 tablespoons of the butter, and add to it the parsley, cayenne and salt and the oysters, well drained. Mix together the flour and the remainder of the butter, and stir into the oysters when they begin to curl. Then add yolks, well beaten, and take immediately from the fire. Serve on a hot dish with a garnish of fried bread and parsley.

FRUIT SALAD.—Pare four juicy, sweet oranges, peel off every bit of the white inner skin from the fruit it incloses, pull the lobes apart and cut each into four pieces. Scald a cupful of English walnut kernels, strip away the bitter skin and let the kernels get dry and cold. Mix with the bits of orange, set on the ice for an hour, heap in a glass salad dish lined with crisp lettuce, and cover with a good mayonnaise dressing. Some consider a tablespoonful of celery cut into small pieces an improvement to this dish.

POACHED EGGS ON TOAST.—A neat little way of poaching eggs for a few people is to take tin muffin rings, the kind without bottoms, put them in a frying pan of salted boiling water and break an egg into each one and let it cook. Take up ring and all with a cake-turner or shallow perforated ladle and take off the muffin ring after the egg has been placed safely on its piece of buttered toast. We call this good for a few people, because when there are many it takes too long.

FILLETS OF TROUT.—Small fillets doubled up in order in a dish, a raised border of potato around and all baked brown, with sauce. A large platter, such as is used to dish up a whole turkey for a family dinner, should be devoted to the purpose of cooking fish in this way, and if it can be a metal chafing-dish it will be much better. If no dish can be had a shallow baking-pan can be made to answer tolerably well, but it does not hold the border above the fish gravy. Cut as many thin slices lengthwise of the fish as there will be orders, which may be about two-thirds the number of people, place them, doubled, close together till the dish is full. Mash potatoes with egg-yolk, salt and nutmeg same as for croquettes and make a border all around and brush with egg. Mince a small onion, twice as much mushrooms, stew them amongst the fillets. Add half a cup of white wine to a pint of white sauce, pour over the fish and bake on the bottom of the oven about half an hour. Serve potatoes, a fillet of fish and some of the sauce in the same plate.

Stuffed Eggs.—Cut 6 hard-boiled eggs in two. Take out the yolks and mash them fine. Add 2 teaspoonfuls of butter, one of cream, a few drops of vinegar, and salt, pepper and mustard to taste. Mix all thoroughly. Fill the eggs from the mixture, and serve on lettuce with mayonnaise dressing.

Bouillon Blanc—with Broth.—Place in a large stock-urn on a moderate fire a good heavy knuckle of a fine white veal with all the débris, or scraps of meat, including bones, remaining in the kitchen (but not of game); cover fully with cold water, adding a handful of salt; and as it comes to a boil be very careful to skim all the scum off—no particle of scum should be left on—and then put in two large, sound, well-scraped carrots (whole), one whole, cleaned, sound turnip, one whole, peeled, large, sound onion, one well cleaned parsley root, three thoroughly washed leeks, and a few leaves of cleaned celery. Boil very slowly for six hours on the corner of the range; keenly skim the grease off; then strain well through a wet cloth into a china bowl or a stone jar, and put it away in a cool place for general use.

Sauce Piquante.—Place one onion chopped up very fine in a saucepan with half a cupful of vinegar; reduce until almost dry, and then add one pint of Espagnole sauce, one tablespoonful of capers, three small gherkins and three mushrooms, all finely chopped up together. Cook for ten minutes; season with the third of a tablespoonful of salt and a scant teaspoonful of pepper, and serve.

Potage of Rice, a la Maintenon.—Take one quart of white broth, one pint of bechamel, half a tablespoonful of salt and a teaspoonful of pepper, add to it half a raw chicken; cook for twenty minutes in the saucepan on the fire, then take the chicken out and thicken the soup with the yolks of two beaten eggs, and a teaspoonful of powdered curry, mixed with half a cupful of cream; rub all through a fine sieve, and serve, adding two tablespoonfuls of boiled rice, and the breast of the half chicken previously cooked in the soup, and cut into small pieces.

Lemon Pie.—Take one and one-half pounds of apple sauce, put it in a vessel, adding one ounce of powdered sugar and one ounce of corn starch; grate in the peel of a medium-sized lemon, squeezing in the juice of two others, and mix the whole well together with a spatula for three minutes. Pour the preparation over a lined plate, as for mince pie, cover, and finish exactly the same.

Fried Codfish Tongues.—Take sixteen fine, fresh codfish tongues, wash them well, drain them in a napkin, dip them in cold milk, and roll them, one by one, in flour. Put one gill of clarified butter in the frying-pan, heat it well, then gently lay in the tongues separately, and let cook for three minutes. Turn them on the other side, using a fork, and cook for three minutes more. Lift them up carefully with a skimmer, and put them on a cloth to drain. Season with one pinch of salt and half a pinch of pepper; dress them on a hot dish with a folded napkin, and decorate with sprigs of parsley. Serve a gill of hot tomato sauce in a separate bowl.

Frogs, a l'Espagnole.—Trim nicely eighteen fine, fresh, medium-sized frogs' feet; lay the frogs in a sautoire on the hot stove with two ounces of good butter, season with a pinch of salt a half a pinch of pepper, and add half a glassful of white wine. Let cook for five minutes, then put in it half an empty green pepper and two freshly-peeled tomatoes, all cut up into small pieces; cook for ten minutes longer, then dress the frogs on a hot dish, and send to the table.

Veal Cutlets en Papillotes.—Pare nicely six veal cutlets; put them in a sautoire with one ounce of butter, and season with a tabespoonful of salt and a teaspoonful of pepper. Add half a chopped onion, and brown slightly. Cook for eight minutes with four finely-chopped mushrooms, moistening with a gill of Espagnole sauce. Cook for four minutes longer. Then take out the cutlets, drain them, and put them to cool. Add to the gravy a teaspoonful of chopped parsley and two tablespoonfuls of fresh bread crumbs. Now take seven pieces of oiled white paper cut heart-shaped, put a thin slice of cooked ham on one side of the paper; then lay on the ham a little of the stock, and on top of it a cutlet, and another layer of stock, and over all a thin slice of cooked ham. Cover with the second part of the paper, close it by folding the two edges firmly together, and proceed the same with the other cutlets. Bake for a short time (at most five minutes) in the oven, rather slowly, and then serve.

Roast Duck, Apple Sauce.—Have a fine, tender duckling of three and one-half pounds; singe, draw, wipe neatly and truss. Place it in a roasting-pan, spread half an ounce of butter over, and a pinch of salt. Place it in a brisk oven and let cook for thirty minutes, not failing to baste it occasionally with its own gravy. Dress it on a hot dish, untie the string, skim the fat off the gravy, add a gill of broth, let it come to a boil, then strain the lean part over the duck, decorate with a little watercress, and serve with half a pint of hot apple sauce separately if so desired.

Savarin Cakes.—Dissolve three or four drachms of compressed yeast in a gill of lukewarm cream. Add four ounces of sifted flour, knead well for two or three minutes, and set in a warm place for five minutes. Sift into another vessel six ounces of flour. Make a hollow in the centre, and pour into it two ounces of powdered sugar, four eggs, a gill of lukewarm milk and a saltspoonful of salt. Knead these well for three minutes, but not mix in the flour. Add three ounces of melted butter and half a gill of curacoa (or any other liquor desired), then knead in the flour with the other ingredients, adding the yeast dough previously laid aside, and mix with the hands, briskly beating the whole in a contrary direction for twenty minutes without ceasing. Cover with a cloth and set in a warm closet to raise double, which will take about half an hour. Butter a crown-shaped mold holding about three pints. When ready take two ounces of peeled almonds, mince fine, and add them to the dough, and beat well together for two minutes longer. Then with a spoon drop the paste carefully into the mold; this not being quite filled to the top. Set aside again in the warm closet until the paste raises to the edge; then place in a moderately brisk oven for twenty-five minutes. Should the oven be slow, thirty-five minutes will be necessary. To ascertain whether the cake is perfectly baked thrust the point of a larding-needle into the centre, and should any dough adhere to it the cake must be left in five minutes longer.

BROWNED CORN.–Browned corn is one of the most delicious and wholesome dishes, but one comparatively unknown outside of California, where it originated. There it is a stock sanitarium dainty, permitted even to patients whose digestion is much impaired. Cut the raw corn from the cob by scoring each row and pressing out the pulp with the back of a knife, leaving the hulls on the cob, but getting all the milk. Have a sheet-iron frying pan piping hot and sprinkle a little salt on the bottom. As soon as it browns, put the corn from two ears in the pan, pressing the kernels with a spoon, so as to extract the milk. In a moment it will begin to brown in its own juice. Keep stirring and, when well browned, add a tablespoonful of water at a time and press again until it begins to stick. Add another spoonful of water and so on until four have been added. This gives a rich yet delicate gravy. Serve very hot.

BROILED SWEET CORN.–To broil sweet corn take sweet, tender ears, cook in boiling water three minutes or steam fifteen minutes, then lay on a well-greased broiler and toast over a good bed of coals, turning them, as they need it, until they are brown.

CORN FRITTERS.—Corn fritters are a favorite garnish for fried chicken or Belgian hare. To a cupful of fresh, sweet corn cut from the ear allow half a cupful of cracker crumbs, mixed with half a cupful of milk. Add two beaten eggs, whites and yolks, beaten together, and season with salt and pepper. Have a very hot iron spider or pancake griddle ready, well greased with butter or olive oil, and drop in the butter, a spoonful at a time. When the fritters are brown on one side turn the other so that it may become cooked through. Four minutes will make them a golden brown. Serve while warm.

GREEN CORN OMELET.—For green corn omelet score the rows and scrape out the pulp of five small, plump ears of corn. Mix with five well-beaten eggs, one teaspoonful of cream and salt and pepper to season. Have a sheet-iron frying pan hot and buttered. Pour in the mixture and shake and tilt the pan until it is evenly cooked. Roll and serve on a hot platter.

CORN SOUP.—For corn soup cut enough corn from the cob to make one pint of the milky part of the kernels without the hulls. Add a pint of hot water or plain white stock. Let it cook for ten minutes. Meanwhile, have ready a quart of milk brought to the boiling point and seasoned with a teaspoonful of onion juice. Add this to the corn and thicken with a tablespoonful of flour mixed with a tablespoonful of butter. Simmer gently for fifteen minutes, press through a puree sieve, add a little butter and serve in a hot tureen.

SUCCOTASH.—Succotash, a dish borrowed from the Narragansetts and called by them "m'sickquatash," is made by mixing an equal quantity of beans, preferably Lima, and corn. Cook the beans an hour and a half, or until quite tender. Cut the tips off as many ears of corn as are needed, and cook for the last half hour with the beans. Scrape every bit of the milk from the corn remaining on the ear, and add this to the corn and beans ten minutes before serving. Stir constantly, as it burns easily. Add a generous piece of butter, a little cream and pepper to season.

INDIAN CORN PUDDING.—To make Indian corn pudding, to a dozen ears of sweet corn cut from the cob, rejecting always the hull, allow a pint and a half of rich milk. Add four well beaten eggs, salt, pepper, and, if the corn lacks sweetness, two tablespoonfuls of sugar. Bake in a deep earthen dish, well buttered, for two hours in a moderate oven.

SHRIMP SALAD AND TOMATO ASPIC.—Strain the liquor from a can of tomatoes through coarse muslin. Put over the fire, season with salt and paprika and the strained juice of a small lemon. When it boils skim well and pour over half a box of gelatine which has been soaked three hours in a cupful of cold water. Set away to form into jelly. When ready to use it line a salad dish with lettuce, arrange the contents of a can of shrimp (strained) upon the leaves and three teaspoonfuls of tomato jelly upon the shrimp. Send around French salad dressing with it.

TOMATO AND CORN SALAD.—Pour boiling water over large, smooth tomatoes to loosen the skins and set on ice. When perfectly cold gouge out the centre of each tomato with a spoon and fill the cavity with boiled corn cut from the cob and left to get perfectly cold; then mix with mayonnaise dressing. Arrange tomatoes on a chilled platter lined with lettuce and leave on ice until wanted. Pass more mayonnaise with the salad.

SWEETBREADS WITH CELERY SALAD. Wash the sweetbreads thoroughly and let them stand in cold water half an hour. Boil in salted water twenty minutes and then put in cold water for a few minutes to harden. To one cupful of minced sweetbreads add one cupful of diced celery and one-half cupful of diced nuts. Cover well with mayonnaise dressing to which some whipped cream has been added.

HOT POTATO SALAD.–Put into frying-pan one-fourth of a pound of bacon cut into dice; when light brown take out and saute in the fat a small onion cut fine. Add one-half as much vinegar as fat, a few grains of salt and cayenne, and one-half as much hot stock as vinegar. Have ready the potatoes boiled in skins. Remove the skins and slice hot into the frying-pan enough to take up the liquid. Add the diced bacon, toss together and serve while warm.

MACEDOINE SALAD.–One cup of green peas, boiled and cold, and the same of string beans cut into half-inch lengths, well cooked and suffered to get cold. One cup of celery cut in inch lengths; one-half cup of boiled carrots, cut into tiny dice, also cold; one cup of red beets, boiled and cut into small dice. Leave all these ingredients in the icebox until chilled and stiff. Have ready a chilled glass or silver bowl—a shallow one is best—heap the beets in the centre, arrange next to them a ring of celery dice, then the beans, next the carrots, lastly the peas—all forming a mound. Pour over this a good French dressing, garnish with a wreath of nasturtium blooms about the base and set on the ice until needed. Pass, if you like, a mayonnaise dressing with it. The true salad lover will, however, prefer the French dressing alone. It is a beautiful salad and easily made. If you cannot get celery in summer, substitute boiled corn cut from the cob to make the white ring.

SALMON, A LA CHAMBORD.—Take one whole salmon, and when properly cleaned truss it in the shape of the letter S, which is effected in the following manner: Thread a trussing needle with twine, pass this though the eyes of the fish, and fasten the jowl by tying the string under the jaw; then pass the needle through the centre part of the body of the salmon, draw the string tight, and fasten it round the extremity of the tail; the fish will then assume the desired form.

Boil the salmon in salt and water; when done drain it on a dish, and immediately take off the whole of the skin and put the fish to cool in the larder. In the meatime prepare some quenelle forcemeat of whitings, part of which should be colored with some pounded lobster coral, and as soon as the salmon is cold spread a layer of this over the whole surface of the fish, taking care to smooth it with the blade of a large knife dipped in hot water; this part of the process being completed, ornament the salmon by laying some fillets of soles which have been "contisés" with truffles in a slanting position across the back, fastening the ends under the belly of the salmon by means of the forcemeat; mark out the head and eyes of the fish with fillets of black truffles. Then place the salmon on a buttered drainer of a fish-kettle, and cover the fish with thin layers of fat bacon; moisten with a bottle of dry Champagne, garnish with a fagot of parsley, thyme and bay-leaf, sliced carrot and onion; place a buttered paper over the whole, and put the lid on. Next, make it boil on the stove-fire, and then put it in the oven or on a slow fire to simmer gently for three-quarters of an hour; drain the salmon and place it on a dish, and put it in the hot closet until wanted for table.

Meanwhile, strain the liquor in which the salmon has been braised, reduce it to a glaze, add some finished Espagnole or brown sauce, essence of mushrooms, a little grated nutmeg, a pat of anchovy butter and lemon-juice; and pass the sauce through a tammy into a "bain-marie."

Just before sending to table remove the layers of bacon, and arrange groups of quenelles of whiting, mushrooms, truffles, large crayfish, and soft roes of mackerel around the salmon, sauce the fish around in the inner circle with the hot sauce, and serve. Let there be some of the sauce, with the truffles, mushrooms and small quenelles of whiting in it, sent to table in a boat.

FORCE-MEAT.—This is used so often in the making of entrees that a good cook should understand its preparation perfectly. When the principles are once mastered there need be no need of failure in the preparation of the most delicate dish, which in a great measure depends for its success upon the quality of the force-meat.

The finest kind of force-meat consist of raw meat or fish, a panada, either butter, beef suet, or calf's udder, eggs, and seasoning.

To prepare the meat or fish, free it of fat, skin, bone and sinews; then chop it fine, and pound it to a paste. Put it in a wire puree sieve, and with a wooden vegetable-masher rub it through the sieve. This is the hardest part of the work in making force-meat.

Panada is made by cooking together, until a smooth paste is formed, bread and cream or stock in the proportions of half as much bread as there is cream or stock. If beef suet be used it must be freed of tough fibrous parts, then chopped fine, and pounded with the meat and bread. It is then rubbed through the puree sieve. This is not so delicate as butter or calf's udder, and is not so often used. When a force-meat is made in this manner it is called "godiveau." It is cheaper than the force-meat made with butter or udder.

Calf's udder is a fat-looking substance attached to the inner part of the leg of veal. To prepare it tie it in a piece of netting, and boil it in the stock pot for one hour. If there be no stock cooking boil it slightly in salted water. When cold chop it; then pound, and rub it through a puree sieve. When the udder is used in place of butter great care must be taken to have it blend with the other ingredients. This is best done by pounding all the ingredients together.

It should be borne in mind that all the meat except liver (which is boiled) and all the fish must be raw.

Sometimes the bread may a little firmer than at others; or it may be cooked too long in the cream, and thus become tough and rather dry, in which case the force-meat will not be so delicate. Again, the force-meat may from various causes be too delicate to keep its form. It is always best to try the mixture after it is finished.

No matter in what form the force-meat may be cooked the greatest care must be taken to cook it very slowly. The heat must never be above the boiling-point. If the water with which the article is surrounded be allowed to boil the force-meat will be tough.

NOUKLES, A LA VIENNOISE.—Put half a pint of consomme into a stew-pan with four ounces of butter and a little pepper and salt; set this over the stove, and as soon as it begins to simmer throw in seven ounces of sifted flour to thicken the preparation into a soft paste, and keep stirring this over the fire for about three minutes, by which time the paste will cease to adhere to the sides of the stew-pan; add two whole eggs and four ounces of grated Parmesan cheese, and work the whole thoroughly together until well mixed, then add a gill of whipped cream and another egg; mix these in with the paste, and mould it with two teaspoons into small quenelles; when this is done place them in close order on a stewpan-cover previously spread with butter, and when about to poach them, they must be slipped off into some boiling consomme, after gently boiling for about ten minutes, drain them on a sieve, and place them in a deep silver dish, or souffle-lining. Pour sufficient thin bright Espagnole sauce over them to reach the surface, sprinkle some grated Parmesan cheese over the top, and set the noukles in the oven to simmer for about twenty minutes; just before sending to table pass the red-hot salamander over the surface to give them a bright-yellow color, and serve. Noukles are mostly served immediately after the fish, but are also suited for the second course; they may also be dressed with Allemande sauce instead of Espagnole.

SWEETBREADS, A LA ECARLATE.—Select eight medium very white-heart sweetbreads, after they are soaked and blanched, press them slightly in the press, and lard afterward with fat salt pork, cook them in a pan with very little moistening, basting them frequently with their own juice, so as to glaze them a fine color. Boil a quarter of a pound of very coarse macaroni in salted water, and when tender drain and refresh it in tepid salted water; spread it out lengthwise on a towel and cut it up into a quarter of an inch lengths; as quickly as they are cut set them upright on a buttered sheet and with a cornet filled with quenelle forcemeat, stuff the empty space to half its heighth, and lay small round bits of truffle cut the same size on top, then cover the whole with a buttered paper, heat the bottom of the sheet lightly, then set into a slow oven for one minute to poach the forcemeat; detach the pieces from the pan, taking them up one by one and lay them on the truffle side bottom and sides of a buttered plain border mold; fill in the empty space of the mold with some of the same forcemeat, covering over all with a buttered paper; poach this border from twenty-five to thirty minutes in a bain-marie, so that the forcemeat hardens to the touch. When prepared to use unmold the border on a dish and fill the centre with the sweetbreads. Have sixteen round pieces of unsmoked beef tongue, and sixteen rounds of truffles, all an inch and a quarter in diameter, by one-eighth of an inch in thickness; heat them in a little meat glaze and Madeira. Dress them in a ring around the sweetbreads on the crest of the border, alternating the colors; cover the bottom of the dish with half-glaze sauce, and some of the same sauce separately, reduced with a puree of tomatoes, butter, grated parmesan and minced mushrooms.

VEAL CHOPS.—For ten chops there will be required ten rib bones from a piece of mutton, two pounds of veal, cut from the leg, three eggs, one cupful of cracker crumbs, two of stock, five tablespoonfuls of butter, two teaspoonfuls of salt, half a teaspoonful of pepper, one-fourth of a teaspoonful of powdered sage, of summer savory, of sweet marjoram, and of thyme, two tablespoonfuls of cold water, and a heaping tablespoonful of flour. Chop the meat very fine, and add to it half of the cracker crumbs, all the herbs, the pepper, about three-fourths of the salt, half a cupful of the stock, two of the eggs, well beaten, and three tablespoonfuls of the butter. Mix all these ingredients thoroughly; and after separating the mixture into ten parts, put one of the rib bones with each part, and shape like mutton chops. Beat the third egg well, and add the water to it. After dipping the chops in the egg, roll them gently in the remaining cracker crumbs. Place the breaded chops in a baking-pan, and take the next step in the work. Put the remaining two tablespoonfuls of butter into a stew-pan, and when it becomes so hot that it begins to turn brown, add the flour, and stir the mixture until it turns dark brown. Now add the remainder of the stock, stirring all the while. Boil for three minutes, and then add the salt. Put the pan of chops into a hot oven, and cook for half an hour. At the end of the first ten minutes baste with the gravy; and baste every five minutes afterward—four times in all. When the chops are done arrange them on a warm dish. Scrape all the gravy from the pan in which they were baked, and put it with the sauce. Let the sauce boil up once, and pour it around the chops. The dish may be much improved by the addition of three tablespoonfuls of mushrooms to the sauce. If used, they should be added just after the last basting; thus receiving five minutes' cooking. They are now ready to serve.

FOIES-GRAS IN BORDER.—Open a terrine of foies-gras; suppress all the top fat and keep on ice for two or three hours. Fill a fancy border mold with fine cold aspic jelly, and put it on ice for one hour. Cut up the contents of the terrine with a thin steel spoon the size and shape of tablespoon, dipping it each time into warm water; should this cutting be neatly done the pieces will each acquire the shape of the spoon, rounded lightly; lay all of these as fast as they are done on a cold baking sheet, one beside the other; repairing those that may have been broken during the process, and put them away on ice for a quarter of an hour. Just when prepared to serve dip the border mold into warm water, wipe neatly, and invert the mold on a cold dish, having a wooden or tin foundation in the centre exactly the same size and covered with white paper; on this foundation dress the pieces of foies-gras pyramidically, placing the poorest looking ones underneath, and piling the remainder into a steep pyramid.

PARTRIDGE MINCED WITH RICE.—Cut in thin slices the breasts of two roast partridges; if very tender take also the thick thigh part, and pare the slices neatly; range them in a sautoir with two or three minced truffles, and cover with half-glaze sauce; keep the meats warm in a bain-marie. At the last moment dress the mince and truffles in the centre of a risot border inverted on a dish, or else the stew can be served alone and surrounded with a row of oval game quenelles, poached, cut in half across, breaded and fried, and set on the flat end. Even these quenelles can be replaced by small hollow bread crusts cut either into triangles or half circles and covered with salpicon of truffles.

COCOANUT ECLAIRS.—Make twenty cream puffs, using one cup of water, one-half pint; butter the size of an egg, one and one-half ounces; three tablespoonfuls of starch, three ounces; two whole eggs and three whites, and take care not to have the paste too soft through the eggs being very large or the flour scant, as these should rise round and hollow, and not run out wide on the pans. When baked have some grated cocoanut mixed with granulated sugar ready on a dish, and roll the puffs in it, giving a good coating. Set them in a warm place to dry. If you use desiccated cocoanut mix it with syrup hot.

SPANISH EGGS.—For this dish there will be required six eggs, one large raw tomato, one generous tablespoonful of butter, one level teaspoonful of salt, one-fourth of a teaspoonful of pepper, and a slice of onion. Rub a slice of onion over the inside of a frying-pan. Pare the tomato and cut it into bits; then put it into the frying-pan, with the butter, and cook for five minutes, stirring occasionally. Beat the eggs well, and at the end of five minutes put them into the pan, with the salt and pepper. Stir constantly until the eggs begin to thicken, like scrambled eggs; then pour the mixture into a warm dish, and serve at once. Spanish eggs are a good dish for breakfast, tea or luncheon.

SMALL INDIVIDUAL SOUP-POTS.—There are two different ways of serving these. The first by making the soup in small soup-pots, each one containing one-half a quart or more, diminishing the proportions of meat, vegetables and liquid, either of water or broth. The second is to serve the pot-au-feu when it is ready, with the contents, dividing it into small individual pots, making an equal division of the meats, vegetables and liquid, into as many parts as there are half quarts of soup; and divide as well the meats, vegetables and liquid into small two-quart pots, having the meat and vegetables the same size as for the pint ones; for the one or the other use only half the beef meat well pared; the corrots, turnips and celery cut into cylindricals, and divided into small parts, and each chicken into sixteen pieces. Before using the small stone pots they should be lined with the fragments of the chickens and vegetables, aromatics and spices, and cooked in the oven for twelve hours, pouring at intervals boiling water into them, so that they remain always full, then washed well out before using. After the pots are filled pour over the very hot broth, adding a tablespoonful of braized cabbage and the leeks divided, then boil the contents for a few minutes, and just when ready to serve add for each pint four marrow bones sawed into inch-thick pieces. Dress them over napkins on a plate. Each guest should have his individual soup-pot containing a little over a pint, and serve at the same time slices of toasted bread, buttered and browned in the oven, the size being three-sixteenths by one and one-half inches in diameter.

PINE APPLE DESSERT.—Pare the pine-apple, and with the point of a knife cut out the eyes. Cut the fruit in thin round slices, and chill on the ice. At serving-time sprinkle with sugar, and arrange in a glass dish. Another way is to cut the fruit into cubes, and sprinkle with wine, using one gill of wine to a quart of the fruit. Chill the pineapple, and then sprinkle with four tablespoonfuls of sugar. Heap in a mound in a glass dish. If the leaves of the pineapple are green and pretty, place them in the centre of the mound. A gill of orange juice may be substituted for the wine.

RAGOUT OF OX-PALATES.—Steep six ox palates in water for several hours, keeping the vessel that contains them near the stove-fire, so that the water may become gradually tepid, which materially helps to cleanse them; then scald and scrape them clean, trim, wash, and set them to braize in some blanc or poele; about four hours will suffice. When the palates are done, drain and put them in press between two dishes; when cold shape them out with a round cutter an inch in diameter, and place them in a stew-pan with a sufficient quantity of either of the following sauces: Allemande, Bechamel, Supreme, Italienne, Financiere, Poivrade, or Tomato. This ragout is strictly appropriate only for garnishing pates-chauds and vol-au-vent, but it may, in cases of emergency, be served as an entree garnished round with croquettes of potatoes or fleurons of pastry.

CATAWBA CUP.—To each bottle of dry catawba allow two bottles of soda water and a quarter pint of curocoa, mix in a pitcher, and add ice abundantly. If not convenient to get bottled soda, use water and sugar or lemonade to mix with the wine or liquor.

BRAIZED OX-TONGUE, A LA ALLEMANDE.—Scald a fresh ox-tongue in boiling water upon the fire for about ten minutes; then immerse it in cold water, remove the root and any superfluous fat. Next, place the tongue on an oval stew-pan with a carrot, an onion, one head of celery, a garnished faggot, four cloves, and a blade of mace; add a glass of brandy and sufficient good broth or stock to cover the whole, and set it to braize gently for two hours and a half upon a slow fire. When the tongue is done take it out of the braize, trim and put it into a stew-pan with its own liquor, previously divested of all the grease, strained through a sieve, and boiled down to half its quantity. About half an hour before sending to table set the tongue on a very slow fire to simmer until it is warmed through; roll it in its glaze, dish it up with some cherry sauce, a la Victoria, under it, garnish it round with a border of potato quenelles, and serve while still warm.

SCRAMBLED EGGS.—Melt three ounces of butter in a saucepan, break into it twelve fresh eggs; season with a pinch of salt, half a pinch of pepper, and a third of a pinch of grated nutmeg. Mix thoroughly without stopping for three or four minutes, using a spatula, and having the pan on a very hot stove. Turn into a warm tureen, add a little verjuice or lemon juice, and send to table very hot.

Scrambled Eggs with Asparagus-tops.—To be prepared exactly the same as the above. After the eggs have been well mixed with butter in the pan, there is added a quarter of a bunch of freshly-boiled asparagus tops.

Scrambled Eggs with Truffles.—Place in a saucepan four good-sized, sliced truffles with a glassful of Madeira wine. Reduce to about half, which will take two minutes; add a tablespoonful of butter; season with one pinch of salt and half a pinch of pepper. Crack into the saucepan twelve eggs, mix all well together with a spatula for three minutes on a very hot stove without stopping. Turn into a hot tureen and serve.

Scrambled Eggs with Smoked Beef.—Fry in a sautoire for one minute two ounces of finely-minced smoked beef. Scramble twelve eggs, mixing with the above prepared beef. Any kind of garnishing may be added to the eggs.

Scrambled Eggs with Chicory.—Blanch for fifteen minutes a good-sized head of chicory; drain it and cut it into one-inch lengths. Put these in a saucepan on the hot stove with an ounce of butter and one minced onion, fry, and then moisten with half a pint of broth, adding a pinch of salt and half a pinch of pepper. Let cook until all the liquid is evaporated (which will take from twenty to twenty-two minutes). Break twelve eggs into a saucepan, add the chicory and another ounce of butter, then scramble with a spatula all together for four minutes, and serve with heart-shaped croutons around the dish.

Eggs, a la Livingstone.—Cover seven pieces of cut toast with pate-de-foie-gras, lay them on a dish, and pour twelve scrambled eggs over, add two tablespoonfuls of demi-glace around the dish and serve. Can be used as a lunch.

White Mountain Rolls.—Sift three quarts of flour into a mixing-bowl, and add to it a teaspoonful of salt and three tablespoonfuls of sugar. Boil a pint and a half of milk, and while it is cooling to blood-heat melt half a cupful of butter in it. When the temperature has fallen to the desired degree beat the whites of two eggs to a stiff froth, and add them to the milk. Add also half a cupful of liquid yeast, or half a two-cent cake of compressed yeast dissolved in one-third of a cupful of cold water. Stir this mixture into the flour, and beat well with a spoon; then knead well for twenty minutes. Let the dough rise over night. In the morning take pieces about the size of an egg, and shape them into long rolls. Place them side by side in a shallow cake-pan, and let them rise to a little more than double their original size. Bake for half an hour in a moderate oven. Owing to the presence of milk and butter in the mixture, the rolls will be very brown in fifteen minutes; and after that time has passed lower the heat of the oven a little, and cover the rolls with brown paper for the remaining quarter of an hour. White Mountain rolls are nice for luncheon or tea.

Half of the dough may be taken for Swedish bread, if you choose. Roll it very thin, and sprinkle lightly with water, and then with sugar and cinnamon—three tablespoonfuls of sugar and one of cinnamon. Roll the same as jelly cake, and cut into slices about an inch thick. Put these slices into a well-buttered pan, and let them rise to double their size. Bake for twenty minutes. The dough may be spread with butter instead of being sprinkled with water. Or the cinnamon may be omitted, and the dough sprinkled with sugar and a cupful of dried currants. These cakes are good to eat with coffee, either at luncheon or after dinner.

Chocolate Blanc-mange.—For a quart mould of blanc-mange use a quart of milk one level tablespoonful of sea-moss farina, four tablespoonfuls of sugar, half a teaspoonful of salt, half a teaspoonful of vanilla, one ounce of scraped chocolate, and one teaspoonful of water. Put the milk in the double-boiler, and sprinkle the farina into it, stirring all the time. Place on the fire, and heat slowly, stirring frequently. When the milk and farina have been cooking for a quarter of an hour put the sugar, chocolate and water into a small frying-pan, and stir over a hot fire until the mixture is smooth and glossy. Add this to the milk and farina. Stir for two minutes; then take from the fire, and after adding the salt and vanilla, pour into the moulds and set away to harden. Serve with sugar and cream.

For a three-pint mould use three pints of milk, one package of gelatine, two ounces of scraped chocolate, six tablespoonfuls of sugar, half a teaspoonful of salt, one teaspoonful of vanilla, and two tablespoonfuls of water. Soak the gelatine for two hours in half a pint of the milk. At the end of that time put the remainder of the milk into the double-boiler. Now put the sugar, chocolate and water into a small frying-pan and stir over a hot fire until the mixture is smooth and glossy. Add this to the hot milk. Stir for two minutes, and add the soaked gelatine. Take from the fire and add the salt and vanilla. Place the pan in another containing cold water, and stir the mixture for five or eight minutes; then turn into moulds, and set away to harden. Serve with sugar and whipped or plain cream.

Diana Sauce.—Into a saucepan put a quarter of a pound of butter; when hot add to it one medium onion, two shallots, one ounce of celery, all cut up very finely, and a bay leaf; and when these ingredients are well fried add to them one pound of raw game carcass, and let the whole color nicely, adding three tablespoonfuls of flour, to make a roux, brown it slightly, and then moisten with one pint of velouté stock and a pint of cream. Let the sauce cook and despumate for half an hour, seasoning it with salt, pepper and nutmeg; then strain it through a sieve, and afterward through a tammy; return it to the saucepan, and reduce it properly, incorporating into it two ounces of butter.

Ristori Timbales.—Prepare a salpicon of truffles, mushrooms and artichoke bottoms cut into three-sixteenth inch squares, and mingled with an allemande sauce, then put away to get cold. Butter the inside of timbale molds, decorate the bottoms with a thin round of truffle, three-quarters of an inch in diameter, and on the top and bottom of the sides lay inverted triangles of tongue, or the red part of lobster, having twenty-four in all, twelve on the top and twelve on the bottom; and in the centre of the side range symmetrically twelve small rounds of truffle to form a circle. Fill the bottom and sides with a chicken and cream forcemeat, well mixed, and in the middle set a half inch ball of salpicon; finish with more forcemeat, then poach and unmold. A veloute sauce with finely-chopped truffled sauce, to be served separately.

Deviled Ham.—Use for this dish half a pound of raw ham, cut in thin slices, one tablespoonful of dry mustard, one of vinegar, two of melted butter, a quarter of a teaspoonful of cayenne and a slight dredging of flour. Mix all the ingredients except the ham and flour, and spread the mixture on both sides of the slices of meat (there should be two thin slices). Sprinkle the ham with flour, and broil it over clear coals for seven or eight minutes. Serve immediately on a warm dish.

Here is another recipe: The materials used are a pound of cold boiled ham, cut in thin slices, three teaspoonfuls of dry mustard, half a teaspoonful of salt, one-quarter of a teaspoonful of cayenne, three tablespoonfuls of milk, three tablespoonfuls of melted butter, and half a cupful of powdered and sifted bread crumbs.

Mix the mustard, cayenne, salt and milk, and spread a thin layer of this paste over one side of each slice of ham. Roll up the slices in a rather loose manner, and fasten them with small skewers; or, if you have no skewers, use wooden toothpicks. When all the slices have been rolled up and fastened roll them in melted butter and then in bread crumbs. Put into a baking pan, and cook in a very hot oven for eight minutes. Remove the skewers, and serve the meat on thin strips of toast. Deviled ham prepared by either of these rules is very nice for breakfast, luncheon or tea.

Valentine Salad: Use 1 cup of cream cheese, 1 teaspoon lemon juice and pinch salt. Chop ¼ cup blanched almonds to a smooth paste. Chop 4 layer figs and 10 seeded dates. Combine all ingredients. Mold into tiny hearts. Serve on lettuce with whipped cream mayonnaise.

ANCHOVY SALAD.—Have eighteen bottled anchovies (or the same number of Norwegian anchovies if possible), soak them in cold water for two hours, so they are thoroughly unsalted, then drain them in a cloth, and remove the bones. Clean and pare a small head of lettuce, cut it into small pieces, and put it in a salad-bowl, covering it with two tablespoonfuls of Tartare sauce. Decorate with the anchovies, two hard-boiled eggs cut in quarters, twelve capers, six stoned olives, and a small cooked sliced beet-root; season with half a pinch of pepper and one tablespoonful of vinegar. When ready to serve mix together.

APPLE PIE, MERINGUE.—Butter and line a pie-plate as for mince pie; put in a vessel one pound of apple sauce, one ounce of powdered sugar, and one ounce of corn-starch. Mix well for one minute, then grate in the rind of a sound lemon, squeezing in the juice as well; add half a saltspoonful of grated nutmeg, and mix the whole well together for two minutes, then with this fill the pie-plate. Place it in the oven, and let bake for twenty minutes; remove, let get thoroughly cold, and finish the same as for lemon pie, meringue, serving it as such.

RUM CAKE.—Half a pound of flour, two ounces of sugar, three whole eggs, one ounce of butter, and two drachms or a fraction more of compressed yeast. Sift the flour on a board. Take one-third of it; make a hollow in its centre, and put into it the yeast and half a gill of warm milk. When the yeast is dissolved mix well for one minute. Then put it into a bowl, cover with a cloth, and let it rise in a warm place until twice the size. Take the rest of the flour, make a hollow in the centre, and put into it the sugar, eggs, and six drops of orange-flower water. Knead well together, slowly incorporating the flour; then gradually adding the butter and the prepared yeast-dough. Mix all together for five minutes; return to the bowl, and again lay it aside to rise to twice its size. Butter well six round rum-cake moulds, fill them about three-quarters high with the dough, and let it rise until they are full; then lay them on a baking-pan in a moderate oven for twenty minutes. When well browned remove, unmold, place them on a pastry-wire, and pour over them a sauce made thus: Put a quarter of a pound of sugar in a saucepan with half a pint of water, adding half a sliced lemon. When boiling take from the fire, and pour in half a gill of rum, then throw it over the cakes. Dress on a dish and serve.

BISCUITS, A LA CUILLERE.—Put four ounces of powdered sugar and the yolks of five eggs into a small bowl. Beat thoroughly with a spatula for five minutes. Put the whites of the eggs into a copper basin, and with a wire whip beat them to a stiff froth. Add to the sugar and yolks four ounces of flour; mix together gently for half a minute, and immediately add the whites. Beat gently for one minute more, and the preparation will be ready. Take a well-cleaned pastry-bag, slide into it a No. 2 tube, and with a wooden spoon or small skimmer pour the preparation into the bag. When it is all in close the upper part of the bag very firmly, and lay it aside for one moment. Take two separate sheets of solid brown paper, each measuring seventeen inches long by five inches wide; lay them on the table, one beside the other. Take hold of the lower part of the bag near the tube with the left hand, and the upper part with the right, press with the latter, and drop the batter on the paper in straight strips four inches long by one inch wide. Make ten of equal size on each paper, being careful to leave an empty space of three-quarters of an inch between each. Then with a sugar-dredger sprinkle them lightly with powdered sugar three times, at one minute's interval between each sprinkling. When finished lift up one paper at a time, keeping it perfectly straight, and shake off the loose sugar, being particular that the biscuits do not detach from the paper. Now lay them in a pastry baking-pan and let rest for two minutes, until of a light golden color. Remove, lift them from the pan, and lay on a table to cool off. Have ready a dessert-dish with a folded napkin, then detaching the biscuits gently from the paper with the hands, dress them neatly on the dish and send them to the table.

Potato Croquettes.—Pare, boil and mash 6 good-sized potatoes. Add 1 tablespoon of butter, ⅔ of a cup of hot cream or milk, the whites of 2 eggs, well beaten, and salt and pepper to taste. If you wish, use also a slight grating of nutmeg, or a teaspoon of lemon juice. Let the mixture cool slightly, then shape, roll in egg and crumbs, and fry.

BLANC-MANGER.—Parboil ten ounces of Jordan, and two ounces of bitter almonds, in a quart of water for about ten minutes; drain them on a sieve, remove the skins, and wash them in cold water; after they have been soaked in cold water for half an hour pound them in a mortar with four ounces of sugar, until the whole presents the appearance of soft paste. This must then be placed in a large basin, with twelve ounces of loaf sugar, and mixed with rather more than a pint of spring water; cover the basin with a sheet of paper, twisted round the edges, and allow the preparation to stand in a cool place for about an hour in order to extract the flavor of the almonds more effectually. The milk should then be strained off from the almonds through a napkin, with pressure, by wringing it at both ends. Add two ounces of clarified isinglass to the milk of almonds, pour the blanc-mange into a mould imbedded in rough ice, and when set quite firm turn it out on its dish with caution, after having first dipped the mould in warm water. Serve while warm.

BOILED PEACH DUMPLINGS.—Put in a vessel half a pound of well-sifted flour, mixed with half an ounce of baking-powder; make a hollow in the centre, and pour into it a gill of lukewarm milk, half an ounce of butter, half a saltspoonful of salt, and break in one whole egg. Mix these ingredients well for two minutes, then incorporate the flour gradually. Lay the paste on a lightly-floured board or table, roll it into a square a quarter of an inch thick, then with a plain paste-cutter cut out six pieces, putting in the middle of each piece two ounces of stewed peaches, fold up the edges all around, so as to enclose the peaches entirely, then have six small pieces of thick white cloth, eight inches square, butter and flour them well, then arrange the dumplings in them; tie them firmly, leaving an empty space of an inch to allow the dumplings to swell, and plunge them in a large saucepan, holding a gallon of boiling water, and let them boil for twenty minutes; remove from the fire, and lift them out with a fork; let drain for two minutes, then cut the strings and remove the cloths. Dress dumplings on a hot dessert-dish, pour over a hot wine sauce, and serve.

TURKISH COFFEE.—E. Zampunis, the official coffee-maker of the Turkish Ambassador to England, has told recently how the ideal cup of coffee is made in Turkey, which is admittedly the country in which the art of coffee-making is carried on to its highest perfection. The method by which Zampunis extracts from the coffee bean its most subtle aroma is as simple and easy as that by which many of our housekeepers destroy the same quality in the preparation of a pot of coffee. He has several pots of various sizes, making it a point to use one which will hold just the amount required. These coffee pots are shaped somewhat like a pitcher, but present the whole under surface to the fire. To make two cups of the fragrant beverage he fills the proper pot with water and puts it on the fire to boil. When it has reached the required temperature he adds two lumps of sugar, which are allowed to boil with the liquid a few moments before the final addition of two teaspoonfuls of coffee, which must always be freshly roasted a rich dark brown and then ground very fine. The mixture is thoroughly stirred and placed on the fire again. Now comes the most important part of the proceeding. The coffee must be watched carefully until it bubbles up to a froth. Before the froth escapes over the sides remove the pot from the fire and tap the bottom gently on the stove until the bubbles subside. This process must be repeated three times. When the froth arises the fourth time the coffee is removed from the stove and poured first into one cup and then into the other, that each may receive a share of the froth. Thus, says Zampunis, is made the ideal cup of coffee, a beverage as alluring in fragrance as in flavor. He lays special stress on the necessity of adding the sugar before the coffee, asserting that only thus is the full richness of the flavor to be extracted. In conclusion he compares Turkish coffee with that made in France and England, to the detriment of both, and claims for his method a success not attained by all of those in vogue in Turkey itself.

EGGS.—The eggs of chickens are most generally used. Boiled eggs should be moderately cooked; they are the most nourishing and easily digested; duck eggs are as nutritive as those of chickens. After these, the best are pheasant eggs, but they are very scarce. In order to discover whether an egg is fresh hold it against the light of a candle, and if it is transparent without being spotted it is fresh. The white of an egg consists of one part of albumen and one part of solid matter, this appearing as an envelope to the albuminous liquid, and has the appearance of white flakes, also of a fatty substance formed of olein and stearine. The yolk is composed partly of albumen, partly of a fatty matter containing olein; and another part that is colored, besides one of a solid membranous composition.

Eggs au Mirrior, au la Jockey Club.—Suppress the thin skin from one-half of a white veal kidney; divide it, take out the fibrous fat, and then cut the meat into small dice. Heat some butter in a pan, put with it the kidneys, season and toss on a bright fire, to have them cook rapidly, then remove with a skimmer, and set into a small vessel. Into the pan the kidneys were stewed in put two or three spoonfuls of half-glaze sauce, and as much potato puree, reduce all to a third, mixing in a spoonful of Madeira wine; boil up once or twice, then take it from the fire and return the kidneys, also half as much cooked truffles cut exactly the same size as these; the sauce should be consistent. Cook six eggs au mirrior on a large buttered dish, that is, baste the egg yolk with boiling butter several times while cooking in the oven; this will make them very glossy; cut them into rounds with a pastry cutter (three inches in diameter), take up with a palette, and dress in a circle on the bottom of a dish; heat the kidneys without boiling, and dress them inside the circle.

BLACK COFFEE.—Iced coffee, as it is called in New York, is simply black coffee cooled in a china freezer, having lightly salted ice placed around.

Mixed Coffee.—Mixed coffee is prepared the same, only mixing the whole of the following ingredients together: One pint of milk, one gill of cream, one quart of black coffee and one gill of syrup at thirty-two degrees. Put the mixture into a china or enameled freezer with lightly salted ice around, and serve when the coffee is exceedingly cold.

Brandy Coffee.—One quart of black coffee, six ounces of sugar, one gill of brandy; to be mixed and cooled the same as the black coffee.

Iced Coffee in Sherbet.—Have one quart of black coffee mixed with one quart of cream and twelve ounces of sugar; place it in a freezer with salted ice around, detach from the sides as fast as the ice adheres, and when sufficiently cold and firm serve in glasses.

SALSIFIS, A LA CREME.—Scrape off the outside part until the salsifis become white, and throw them into a pan containing cold water, mixed with a twentieth part of vinegar or lemon-juice, to prevent them from losing their whiteness, then boil them in hot water, with a little butter, mignionette-pepper, salt, lemon-juice or vinegar. When done drain them on a sieve, cut them up into inch lengths, and put them into stewpan with a ragout-spoonful of cream Bechamel sauce, a pat of butter, a little mignionette-pepper and lemon-juice; toss them over the fire, and dish them up in the form of a dome; place some croutons of fried bread or fleurons around the dish, and serve.

SAVORY BEEF COLLOPS.—Use a quart of cold roast beef, chopped very fine; two tablespoonfuls of flour, four of butter, one teaspoonful of chopped onion, half a teaspoonful of chopped parsley, two teaspoonfuls of salt, one-fourth of a teaspoonful of pepper, and half a pint of stock made of the bones and hard bits of the roast beef.

Put the butter on the stove in a frying-pan, and when it gets hot add the onion and parsley. Cook the onion until it turns a light brown; then add the flour, and stir the liquid until it becomes smooth. Next add the stock, and cook for two or three minutes; then add the meat, salt and pepper, and stir the mixture thoroughly. Cover the pan, and set it back where its contents will cook for twenty minutes. Turn out on a hot dish, and garnish with small slices of toast or a few bits of parsley.

Cold steak or raw beef, chopped fine, may be used for collops. When, however, uncooked beef is taken, the cooking should be continued five minutes after the meat is put with the sauce.

CHANTILLY PUDDING.—This pudding is made in two parts, the cake for the border, and the cream for the centre. For the cake use five eggs, one cupful of powdered sugar, a cupful of flour, the grated rind and the juice of one orange, and one teaspoonful of baking-powder. Mix the baking-powder with the flour. Beat the yolks of the eggs and the sugar together until the mixture is light. Add the orange juice and grated rind, and beat five minutes longer. Beat the whites of the eggs to a stiff froth, and stir lightly into the other ingredients. Now add the flour, stirring it in lightly. Turn the mixture into a deep border mould, and bake in a moderate oven for thirty-five minutes. On taking from the oven let it partially cool in the mould. Turn it out on a flat dish. Spread half a pint of strawberry preserve on the inside of the cake, and set the dish away in a cool place.

To make the cream one needs three quarts of whipped cream—a quart of the unwhipped cream will give this quantity—half a package of gelatine, a cupful of water, four tablespoonfuls of wine, and a generous half cupful of sugar.

Soak the gelatine in half the water for two hours. Whip the cream, and put it in a pan which has been placed in another containing ice-water. Sprinkle the wine and sugar over it. Pour half a cupful of boiling water on the soaked gelatine. Stir until all the gelatine is dissolved. Strain this liquid over the cream. Stir from the bottom of the pan until the mixture is so thick that it will hardly flow. Instantly turn it into the centre of the cake. Place the dish in the refrigerator for an hour or more, if there be an abundance of time. It must be kept in a cold place for at least twenty minutes, and the longer the time the better.

When strawberries are in season, the dish is improved in appearance if at the time of serving the cream be dotted with ripe berries. Candied cherries make a handsome decoration. Raspberry preserve, or indeed any small fruit, may be used instead of the strawberries. The cream filling makes a delicious cream for charlotte russe.

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MUTTON CROQUETTES.—Chop rather fine enough mutton to make a solid pint, and season with a level tablespoonful of salt, half a teaspoonful of pepper, and one tablespoonful of lemon-juice. Put a cupful of milk or cream into the frying-pan, and while it is heating beat together, until light and creamy, one tablespoonful of flour and three of butter. Stir this mixture into the boiling milk. Add the seasoned mutton, and stir the dish until it boils; then let it boil for three minutes, and after adding two well-beaten eggs, and stirring well, remove from the fire immediately, and turn out upon a platter to cool. Sprinkle a board slightly with crumbs, and when the mixture has become cool, take a dessert-spoonful in the hand and give it a cylindrical shape; then roll lightly upon the crumbed board. Shape all the mixture in this manner. Beat two eggs in a soup-plate until they are thoroughly broken, but not so long as to make them light. Spread part of the board thickly with crumbs. Dip the croquettes, one by one, into the beaten eggs, and then roll in the crumbs, being careful that every part is covered. When all have been treated in this way put a few at a time into the frying-basket and plunge into boiling fat. Cook until they are a rich brown. The fat should be so hot that two minutes will suffice; if it be not hot enough when the croquettes are put in they will crack open. If croquettes are desired for breakfast, they may be shaped the previous day, and kept in the ice-chest until the time for frying. Any kind of meat may be used in place of mutton; and if one like the flavor of onion a teaspoonful of the juice may be used at the outset with the other seasoning.

SALAD, A LA ITALIENNE.—Pare well a good-sized carrot and a good-sized turnip; cut them with a vegetable-scoop, and cook them in separate salted waters; the carrot fifteen minutes, and the turnip ten. Drain, let cool, then place them in a salad-bowl, dome-shaped. Cut two good-sized truffles into julienne-shaped pieces; keep them apart, and cut up six mushrooms the same way, also the breast of a cooked medium-sized chicken, cut lengthwise. Cover the vegetables with a cluster of the truffles, the same of the mushrooms, and repeat with the chicken, keeping each article separate; form a small cavity in the centre of the dome, pour into it a teaspoonful of anchovy sauce, a tablespoonful of vinegar, one tablespoonful of sweet oil, a pinch of salt and half a pinch of pepper. Cover the cavity with a piece of cooked cauliflower, or Brussels sprouts, or in default of both, cooked asparagus-tops will answer the purpose; send to the table, and mix well before serving.

MADELEINE.—Rub the rind of two small lemons on a lump of sugar; crush it very fine with a roller, mixing three ounces of powdered sugar with it. Put two ounces of this into a saucepan with two ounces of sifted flour, one egg-yolk, and two whole eggs, two teaspoonfuls of good brandy, and half a saltspoonful of salt. Stir all together with a wooded spatula, and after two minutes, when the paste is well mixed, stir it again for one minute only. Put two ounces of good butter into a separate saucepan; as soon as the scum rises, stir it carefully for one minute, and let it cool slightly. Then spread it well over the sides of a three-pint madeleine-mold. Put the saucepan containing the preparation on a very slow fire; stir slightly to prevent adhering to the bottom of the saucepan, and as soon as it becomes liquid take it off and fill the mold. Lay it in a moderately heated oven for forty-five minutes; remove and let cool. Unmold it on a dessert-dish over a folded napkin, and serve.

LAMB CHOPS, A LA MAINTENON.—Take six well-pared and flattened lamb chops. Season with a pinch of salt and half a pinch of pepper; put into a sautoire with one ounce of butter, and fry on one side only for one minute. Cover the cooked side with a mellow chicken croquette preparation, also a little chicken forcemeat on top. Place the chops on a well-buttered baking-pan, and put them in a slow oven to cook for four minutes. Put a curled paper on the end of each chop, and serve with half a pint of hot, clear veloute on the dish, and the chops laid over it.

APPLE AND CELERY SALAD.

Three red apples, 1 cup chopped celery, ¼ cup green pepper, lettuce, French dressing.

Mix diced apples and celery. Moisten with mayonnaise. Serve on lettuce leaf and garnish with celery tops.

FISH CHOWDER.—Almost any kind of fish may be used for a chowder, but nothing is quite equal to cod or haddock when either may be had fresh. White fish is always preferable to any dark fish. For a chowder for six persons use a fish weighing four pounds, a quart of pared and thin-sliced potatoes, a quarter of a pound of salt pork, two good-sized onions, half a dozen crackers (Boston butter crackers are the best, though any kind of plain crackers will do), three quarts of water, one pint of milk, one tablespoonful of flour, and salt and pepper to suit the taste—perhaps four teaspoonfuls of salt and half a teaspoonful of pepper. Put the potatoes into a large stew-pan with one quart of cold water, and boil fot ten minutes. After freeing the fish of skin and bones, cut it into small pieces. Spread these upon a platter, and dredge them with salt and pepper. Cut the pork into bits, and cook in a frying-pan until brown; then add the onion, sliced very thin, and fry slowly until it turns light brown. Spread the pork and onion on the fish, and cover until ready for use. Stir the flour into the fat remaining in the frying-pan, and cook until smooth and frothy; then gradually add the milk, and boil up once. By this time the potatoes will probably have boiled ten minutes. If not, wait until they are cooked, and then add the fish, pork and onion to them. Add, also, the second quart of water, boiling hot, and cook for three minutes; then turn the thickened milk from the frying-pan into the stew-pan. Split the crackers and put them into a tureen. Let the chowder boil up once, and after satisfying youself that it is sufficiently seasoned, turn it into the tureen. In case it be inconvenient to get milk for the chowder, use an extra, but scant, pint of water. If one choose, the potatoes, fish, onion and pork all may be prepared some time in advance of the cooking, which, in that case, will take only about twenty minutes. The potatoes must be covered with cold water, and the fish be kept in a cold place until the time for cooking.

POTAGE, A LA DIPLOMATE.—Blanch a beef palate for two minutes in boiling water, then scrape it well, drain, cook again for one hour, and then cut up in dice shape. Place it in a stewpan with one pint of consomme, half a glassful of Madeira wine, and half a pinch each of salt and pepper; pour the liquid over and cook for thirty minutes. Now prepare, in another saucepan, one quart of a stock such as clear green turtle, add the beef palates, and twelve chicken quenelles of forcemeat balls, and serve.

FILLETS OF HADDOCKS.—Fillet one or more haddocks; remove the skin by passing the knife under the fillet, so as to detach the tail end of the skin from the fish, then take a firm hold of the piece of detached skin, and inserting the knife, with the edge of the blade turned from you, draw the skin toward you, and keep moving the knife to and fro, at the same time pressing the blade firmly on the skin. Having thus removed the skin, cut each fillet into two or more smaller fillets, trim them neatly, by paring off the rough edges; place them in a basin with two sliced shalots, some sprigs of parsley, oil, and lemon-juice, and season with pepper and salt. About ten minutes before dinner drain the fillets on a napkin, and afterward dip each fillet separately in some light batter, and fry them of a fine color in some hog's-lard, heated for the purpose; when done drain them on a napkin to absorb the grease; dish the fillets in the form of a wreath, lying shoulder to shoulder, pour in the centre some white Ravigotte sauce, and send to table.

VEAL CUTLETS, IN PAPILLOTES.—Trim the cutlets neatly, season with pepper and salt, and fry them in a little clarified butter; when they are nearly done add some mushrooms, parsley and three shalots, the whole chopped fine; fry these together over the fire for five minutes, and then add two gravy-spoonfuls of veloute, or any other white sauce, a little nutmeg, lemon-juice, and a small piece of glaze; simmer the whole together over a gentle fire for a few minutes, then add a leason of four yolks of eggs, toss the cutlets about to mix the leason in with sauce, and let them become cool; finish in the same way as mutton chops.

GRIDDLED EGGS.—Heat the griddle almost as much as for griddle-cakes. Butter it lightly, and place upon it as many eggs as you desire to cook. When they become slightly browned turn them with a cake-turner. They will get sufficiently cooked in about a minute and a half. This is a delicate way of frying eggs. If the griddle be a very smooth one the buttering may be omitted.

OKRAS, PLAIN BOILED.–Take twenty-four medium-sized, sound okras, and wash them well in cold water. Drain thoroughly, and pare both ends. Have a saucepan containing salted boiling water, into which plunge the okras, and let them cook for fifteen minutes. Lift them out with a skimmer, and lay them on a cloth to drain. Use the boiled okras for sauteing, salad, or any other purpose desired.

BOILED HOMINY.—Wash a quart of very white hominy in fresh water; drain, put in a saucepan with a quart of cold water, and place it on the fire, adding a pinch of salt. Boil for thirty minutes, stirring it well, and serve.

MOUNT DESERT STEW.—Put into a stew-pan a can of tomatoes, a tablespoonful of cracker crumbs, a teaspoonful of salt, one-eighth of a teaspoonful of pepper and a piece of onion the size of a quarter of a dollar, and simmer for twenty minutes; then add a tablespoonful of butter and three or four well-beaten eggs. Cook a minute longer, stirring all the while, and serve immediately. This is a nice stew to serve with plain boiled macaroni or toast.

DOE-BIRDS, ROASTED, PLAIN.—Singe, draw, and truss six fine, fat doe-birds. Put them into a roasting-pan with a cupful of water, seasoning with a pinch of salt. Spread a very little butter over the birds, and put them in a hot oven for twelve minutes. Dress them on a hot dish with six small canapes. Decorate the dish with a little watercress, and serve.

CAFE AU LAIT (COFFEE WITH MILK).—Have a clean French coffee-filter ready on the hot range; place in it four and a half ounces of freshly-ground coffee; then gradually pour over it, all around, half a pint of boiling water; let rest for three minutes, then gradually pour over two pints and a half more of boiling water (taking special care that, under no circumstances, should it be allowed to boil again after the water has been poured over). When all dripped down, pour it into a hot coffee-pot. Take three pints of good, freshly and thoroughly heated milk (but do not boil it), pour it into a hot pitcher, send to the table with six hot cups, pouring into each cup half coffee and half milk.

STEAMED OYSTERS AND ON TOAST.—Wash very carefully some medium-sized unopened oysters; lay them on a wire grater provided with a handle, so that they can easily be removed when done; set this grater into a steamer, cover it as hermetically as possible, and when the oysters are opened lift them out, take off the shell, and serve them in the deep ones. Each guest seasons his oysters according to his individual taste, with salt, black or red pepper or tomato catsup. Serve some melted butter.

Steamed Oysters on Toast.—They must be steamed as for the above; open and put them into a sautoire with their own juice; season with salt, pepper and add a little fine butter, and serve them in a deep dish over slices of toasted bread.

SHEEPSHEAD, A LÁ BOURGUIGNONNE.—Mince four ounces of onions, and fry in two ounces of butter, moistening with a bottle of Burgundy wine, season, and add a garnished bunch of parsley, then continue to cook for fifteen minutes. Remove the fillets from a fine sheepshead, suppress the skin, and cut the fish into half-inch thick slices, pare them half heart-shaped; these slices should each weigh four ounces; lay them one beside the other in a baking dish and pour over the strained wine. Cook the fish in a moderate oven for fifteen minutes,basting occasionally; when done drain the fish, strain the stock through a sieve, skim off its fat, and thicken it with a few bits of kneaded butter, then pour it over the slices of sheepshead and serve while warm.

SADDLE OF MUTTON, GERMAN STYLE.—Braise a saddle with glazed roots. Half an hour before serving drain and cover the surface with a lamb forcemeat and raw fine herbs that have been mingled with some allemande sauce. Finish cooking in a moderate oven, and when done glaze and dress the meat on an oval dish, garnishing around with carrots and green peas sauted together.

TENDERLOIN OF BEEF WITH VEGETABLES, MAYONNAISE.—Prepare and cook a tenderloin the same as for a la Chanzy, keeping it quite rare; glaze it over several times and leave till cold. First take an oval-shaped drum, three inches high and a hollow in the centre, fasten it on an oval board a quarter of an inch thick and an inch wider than the outlines of the drum; on top of this drum lay an oval wooden socle an inch and a half high and slightly curved in the centre, it being two inches narrower all around than the drum itself, thus forming a shelf. Decorate all around the drum with small sticks of vegetables, such as carrots and turnips, cut out with a thin tube five sixteenths of an inch in diameter, and blanched separately in salted water; lay them in regular rows one over the other formed of the two distinct colors, being careful to dip each piece in half-set jelly to make it adhere to the form; when the drum is all decorated glide it on to a long dish, the bottom being filled with jelly; keep it in a cool place at forty-two degrees temperature. Pare and cut up the tenderloin in crosswise slices, each a quarter of an inch thick, dress them on the second curved-shaped form, glaze and cover over with jelly. Have a garnishing of Brussels sprouts, celery roots and cucumbers, all of uniform size, also some green peas, all of these to be dressed in small clusters, alternating the various colors; these must be placed on the shelf between the drum and the curve; put chopped jelly in the dish around the piece. Serve mayonnaise sauce at the same time.

PUDDING WITH BURNT ALMONDS—SOUFFLED.—Sift six ounces of rice flour in a saucepan; dissolve it with a pint of boiling milk and thicken the preparation over the fire, stirring vigorously with a wooden spoon; when it detaches from the side of the saucepan take it off and add to it one ounce of butter,four ounces of burnt almonds ground to a dust and passed through a sieve, a pinch of salt, six ounces of sugar, eight egg-yolks, two tablespoonfuls of whipped cream, and finally six very stiffly whipped egg-whites. Butter and sugar a dome-shaped cylindrical mold, fill it up in layers, alternating the preparation with slices of Savoy biscuit or lady fingers soaked in maraschino and quarters of candied apricots well washed in hot water. When the mold is full set it in a bain-marie and let the water come to a boil, then finish cooking for forty minutes in a slow oven. As soon as the pudding is unmolded on a dish cover it with apricot sauce made with almond milk and maraschino, serving more of it in a bowl. For this sauce use almond milk.

STRAWBERRY TARTLETS.—Line some oval-shaped small cake molds with a thin coating of almond paste. Crush eight ounces of pounded almonds with eight ounces of sugar,two ounces of strawberry marmalade, a little maraschino and two egg-whites; make this into a smooth but not too fine paste, color it slightly with carmine,and incorporate five well-beaten egg-whites into which has been mixed one ounce of sugar, continuing to beat all the time. Fill the molds to the tops with this, bestrew the surfaces with powdered sugar and cook in a slow oven; unmold when done, cool off and ice over with fondant flavored with strawberry.

ECLAIRS, COFFEE AND CHOCOLATE CREAM.—Put into a saucepan one pint of water, a pint of milk, half a pound of butter, two ounces of sugar and some salt; place it on the fire. When the liquid begins to boil remove the saucepan and incorporate into it a pound of sifted flour, mixing it in quickly with a spatula; return the saucepan to the fire and continue to work the paste vigorously for a few moments in order to dry and have it smooth, and when it detaches from the bottom of the saucepan take it off the fire and leave it for a second to fall below boiling heat, then incorporate into it slowly two whole eggs, stirring in well with the spatula. As these are well mixed add two more, and continue this operation until the paste has absorbed fourteen or sixteen or sixteen eggs. With this paste fill three-quarters full a linen pocket furnished with a three-eighths of an inch diameter socket, and lay the eclairs through it three and a half inches long, at short distances from each other, on a lightly buttered baking sheet; egg over the tops and cook them in a slow oven. When done take them from the baking sheet and split them through the sides, either with a small knife or a pair of scissors, and fill them up with vanilla pastry cream. Immediatiately dip them to half their depth into chocolate or coffee icing and lay them on a wire grate to drain and dry the icing. Plaee at the oven door to gloss.

These are the dishes referred to by Oscar :

Soft Clams, a l'Ancienne.—Take a dozen nice, large soft clams, wash them well and open them, keeping only one part of the shell, on which place the belly part of the clam. Put a piece of butter on each clam and plenty of paprica pepper and a little strip of raw bacon. Put the clams on a roasting pan, which place in a hot oven for about ten minutes, and serve on the pan in which they have been cooked.

Sweetbread Eugenie. — Have some round slices of toasted bread three inches in diameter and three-eighths of an inch thick, and place on each one a piece of braised sweetbread. Cut off the stalks from very fresh mushroom heads, channel, range them on the slices of bread around the sweetbreads, the head downward. Season with salt and pepper and some butter and lay a single slice on a dish, so that each individual guest can be supplied with a separate one. Cover with a bell made of glass and place on top of the hot range for about twenty minutes. Serve with cream.

There are two dishes for which the Hotel Manhattan has an enviable reputation. One is a filet of beef, a la Reliance, and the other is a simple cream rice pudding. Leon Surdez, chef of the hotel, gives directions for preparing them as follows :

Filet of Beef, a la Reliance.—Broiled or saute, garnished with small, fresh mushrooms and antichoke, bottom garnished with a nice slice of pate de foie gras on top of the filet. Pour a Madeira sauce with chopped truffles in it over the filet and garnishing. Serve very hot.

Cream Rice Pudding.--Boil gently till quite soft three ounces of rice in one quart of milk. When sufficiently cooked remove from the fire and add a quarter of a pound of fine sugar and a pint of cold milk. Flavor with vanilla and a little nutmeg. Pour the pudding in a large pudding dish or in several small ones and stand them in a moderate oven and let cook till a light brown over the top. Serve cold.

Baked Onions.—Peel large onions, and boil 1 hour in plenty of water, slightly salted. Butter a dish, arrange the onions. Sprinkle with pepper and salt, put a teaspoon of butter in the centre of each onion, and cover lightly with crumbs. Bake slowly 1 hour. Serve with cream sauce.

Haddock, a la Creme.—Use a fish weighing five or six pounds. After cutting off the head wash the fish and put it into boiling water enough to cover; and after adding a tablespoonful of salt and one of vinegar, cook the fish slowly for twenty minutes. In the meantime make the sauce. Put a quart of milk, a small slice of onion, a sprig of parsley on to boil. Rub two large tablespoonfuls of butter to a cream, and add two tablespoonfuls of flour to it; and after beating the mixture until perfectly light and creamy, stir it into the boiling milk, and cook for five minutes. Season well with salt and pepper, and skim out the onion and parsley. When the fish has been cooked for twenty minutes lift it gently from the water and scrape the skin from one side; then lay it carefully upon a large stone-china platter, or a large gratin dish, if you have one, and remove the skin from the other side. Pick out all the small bones you can see, and then take out the backbone, starting at the neck, and working slowly down toward the tail This part of the work must be done very carefully, in order to preserve the shape of the fish. Drain off any water that may have lodged in the dish, and then dredge the haddock lightly with salt and pepper, and pour the sauce over it. Have on hand eight large potatoes, mashed light, and seasoned with salt and pepper, two tablespoonfuls of butter and half a cupful of hot milk. Rub these ingredients together through a colander, and heap the mixtnre lightly around the edge of the dish on which the fish lies. Brown slightly in the oven, which will take ten minutes, and serve at once.

Romanoff Pudding.—Make a chestnut cream, the same as for ice cream, having the chestnuts cooked with sugar. After this is frozen incorporate half the same quantity of whipped cream. Have a two-quart pudding mold packed in salted ice, coat the interior with uncooked orange ice cream and fill the centre in separate layers; first the chestnut ice cream, then lady fingers soaked in kummel and walnuts well drained from their juice and cut lengthwise in four; have the top layer of the ice cream; cover the mold. Freeze one hour and a half, and turn it out on a napkin. Serve a separate sauce of vanilla ice cream flavored with kirsch, beating it well with whipped cream.

Almond Cream Sauce.—

2 tablespoonfuls almond paste.
Juice 1 large orange.
4 tablespoonfuls cream.
1 cupful boiling water.
3 tablespoonfuls sugar.
1 1-2 tablespoonful cornstarch.

Take out one-fourth of a cupful of the water to mix with the almond paste, mashing and stirring until smooth, then turn it into the boiling water and add also the sugar and cornstarch, which have been well blended. Stir until the sauce boils and thickens. Add the orange juice and cream a moment before serving.

Alhambra Bonbons.—

1-2 cupful blanched almonds.
1-4 cupful seeded raisins.
1 to 1 1-2 teaspoonful honey or maple syrup.

Run the almonds and raisins together through a meat chopper, putting through twice, if necessary, to secure a fine-grained mixture. Stir in the honey or maple syrup, a little at a time, using barely enough to make a paste that can be shaped into small balls. When these are made out, roll them in a mixture of granulated sugar and ground cinnamon, or, if something more elaborate be desired, roll them in blanched almonds chopped moderately fine. They also make a delicious filling, placed between halves of English walnuts in the manner of creamed walnuts.

Matheson Neil Woolen Mill

Champagne Sauce.—Place one clove, six whole peppers, one bay-leaf, half a tablespoonful of powdered sugar in a saucepan with a good glassful of champagne; place it on the fire and reduce for five minutes. Then moisten with three-quarters of a pint of Espagnole sauce and cook for fifteen minutes longer; strain through a Chinese strainer, and it may be used while warm.

Hashed Lamb, a la Polonaise.—Fry two chopped onions in a saucepan with an ounce of butter; add half a pound of cooked, hashed ham to one pint of cooked, hashed potatoes. Season with a good tablespoonful of salt, a teaspoonful of pepper, and half a teaspoonful of nutmeg. Moisten with half a pint of broth, and cook for ten minutes. Place the hash on a hot dish, and arrange six poached eggs on top. Serve with chopped parsley sprinkled over.

Rice Pudding without Eggs.—The genuine rice pudding requires no eggs, being made rich and creamy by having stirred into it the top skim of the milk as it is formed and turned yellow by the heat of the oven. Add sugar and salt, and continue to stir in this top until the rice is soft, then allow it to brown nicely. Flavor with cinnamon and serve cold. This is a delicious, wholesome dessert and sure to be popular with children.

AU MADERE.—Prepare a baba
do not glaze it. Slit the cake
id remove the top piece. Put
cold wa er in a very clean pan,
a pound of sugar and half a
zed sound lemon. Place it on
and boil well for three minutes;
ove, and at once add a gill of
ry wine and half a gill of
Lay the top part of the cake
id, flat-bottomed vessel. To
eaking it, a wire basket is
ided, with which it can be low-
fully on to the pan. Pour
over it the prepared sauce; let
r two minutes, then replace it
on top of the other half of the
rrange it nicely on a dessert
sh, garnish carefully with can-
ries, and decorate the border
, thin slices of pineapple.

SOUP.—This is a palatable and
l soup. It is made of a quart
t fowl, a quarter of a pound of
half a can of tomato, an onion,
rous quarts of boiling water,
spoonfuls of flour, two generous
nfuls of butter, three teaspoon-
alt, and half a teaspoonful of
The tomato is not absolutely
able. Wash the fowl, and cut
nts and other pieces convenient

Slice the pork, fry it brown;
ve it, and put the meat into the
until brown, and then put into
t. Wash the okra carefully,
t into slices. Cut the onion
cook it in the frying-pan for
es; then put in the okra, and
ng for ten minutes transfer it
-pot. Put the butter and flour
ying-pan and stir until brown.
quarts of boiling water into the
and then stir in the browned
d the tomato and seasoning,
covering the soup let it simmer
urs and a half. At the end of
remove the bones of the fowl,
the soup without straining.

H RICE.—A cupful of rice, one
d tomato, two of cold water,
spoonfuls of butter, one tea-
of salt and two ounces of finely-
ham are the ingredients re-
After washing the rice in three
t it into a stew-pan with other
and set upon the stove. When
begins to boil put the stew-pan back where its contents will hardly simmer during the next forty minutes. At serving-time turn the rice into a warm dish. Do not use a spoon in making this transfer, as that would be likely to break the grains and mar the appearance of the dish. Turkish rice is nice for serving with cold meat or fish or warmed-over meat.

PARTRIDGE, A LA FINANCIERE.—Singe, draw, wipe and truss two or three partridges with their wings inside. Lay a piece of pork-rind in a saucepan, adding one carrot and one onion, but cut in slices, two bay-leaves, one sprig of thyme, and the partridges. Season with one pinch of salt and half a pinch of pepper. When they have assumed a good golden color on the hot stove, moisten with half a pint of white broth; then put the saucepan in the oven and let cook for twenty minutes. Dress them on a serving-dish, untruss, pour half a pint of hot sauce financiere over, and serve. The gravy from the partridges can be utilized for making the sauce.

WATERMELONS AND MUSKMELONS.—Watermelons first make their appearance in market about the first of July, and can be had until the middle of October. Unlike the muskmelon, they are of a rather hardy nature, and after the melon has grown on the vine, the changes in temperature, or rain, have little effect on them. The first in market come from Florida, and as the season advances we get them from further North, until New Jersey is reached. More melons are raised in Georgia than any other State, and of far better quality. The best variety to be relied on, as to quality, is known as the "Gem."

Muskmelons, although raised in nearly all parts of the country where the climate will admit, are seldom shipped to New York from any distance further than North Carolina, as a muskmelon, in order to be of good flavor, must be ripened, or nearly so, on the vine. When ripe they are so easily cracked or mashed that they would not stand transportation. For the past two or three years, a few, of a rather hard-rind variety, but of excellent flavor, have been shipped from New Orleans, but with only partial success, as the cost of transportation and the loss are so great that it hardly pays. We often hear the remark: "I have not eaten a good melon this season." This can be easily explained.

A melon is of a very sensitive nature, and the delicious flavor is destroyed by rain or cold weather. A melon-patch from which we get finely-flavored melons to-day, may be ruined (as to flavor) for a few days, by a heavy rain-storm; for the melon absorbs water like a sponge. When we have hot nights and no rain we have perfect melons. Invariably it is during this kind of weather that they are appreciated. Melons first appear about the middle of July, and last until cold weather.

COLUMBIA ICE CREAM.—To make this ice cream it will require two preparations: One composed of a pint of fresh cream, half a gill of maraschino and four ounces of sugar; strain through a sieve, freeze, then add another half gill of maraschino, a little at a time, one Italian meringe egg-white, half an ounce of cherries cut in four, half an ounce of candied citron and orange peel chopped into thin shreds. The other preparation is made as follows: Grind one pound of freshly-peeled pishtachios with a quarter of a pound of sugar, diluting with a quart of cream. Put into a vessel twelve egg-yolks and eight ounces of sugar; mix well together, add the pistachios and a coloring of spinach green to give it a pale green hue. Set the basin on a slow fire and cook the cream without boiling, stirring continuously, and when it covers the spitula cool and put in three-quarters of a gill of orange flower water. Strain through a sieve, freeze, then mix in as much whipped cream, two ounces of candied pineapple cut in quarter-inch squares and two ounces of angelica cut the same. Fill a Madeleine mold quite full of the two preparations divided in halves; fasten the lid on tightly, pack in salted ice and an hour after unmold on a very cold dish and bestrew with green pistachios.

Polish Egg Sauce.—Have six small hard-boiled eggs; chop up the whites and yolks separately; put into a sufficently large frying pan half a pound of clarified butter, let it heat until it becomes hazel-nut butter, then season with salt, a tablespoonful of chopped parsley, a tablespoonful of diluted mustard and the chopped eggs; mix all without boiling and pour into a sauce-boat to be served separately.

Cream Pie.—Beat three eggs very light with the Dover-beater; add to them one cupful and a half of powdered sugar, and beat with a spoon until the mixture is creamy. Add one tablespoonful of lemon juice, and beat three minutes longer. Put two cupfuls of sifted flour into the sieve; mix with it two tablespoonfuls of baking-powder; add one gill of cold water to the beaten egg and sugar; then sift in the flour and baking powder, and beat well. Pour a little more than half of this mixture into two buttered tin plates. Pour the remainder into a small cake-pan. Bake the part in the plates for twenty minutes, and that in the pan for twenty-five. The two round plates are for the pies, and the sheet of cake may be used in the basket. It improves if kept a day or two. Split the round cakes and fill with the prepared cream. To make the cream put three gills of milk into the double boiler and place on the fire. Beat together in a bowl three tablespoonfuls of flour, two-thirds of a cupful of sugar, one large egg, and half a teaspoonful of salt. When this is light and smooth stir it into the boiling milk. Beat well for two minutes; cover the boiler, and cook the cream for fifteen minutes, stirring frequently. Season with half a teaspoonful of vanilla extract. Cool and use. This cream is more delicate if one tablespoonful of flour be omitted and two or three eggs be used.

Haricot or Ragout of Lamb, a la Providence.—Take a fine breast or a shoulder of lamb weighing about three pounds, cut it into equal square pieces, and fry them in a saucepan with an ounce of butter or fat. Add six small, sound, peeled onions, and when browned, after about ten minutes, dredge in three tablespoonfuls of flour, stirring well for two minutes. Moisten with three pints of water or white broth; stir well, adding two pinches of salt, one pinch of pepper, two crushed cloves of sound garlic and a bouquet. Let cook for forty-five minutes. Two minutes after it begins to boil thoroughly skim off the scum on the surface. Remove the bouquet and pour the ragout on a hot dish. Arrange half a pint of flageolets, plunged for half a minute into boiling water and well drained, or cooked lima beans, on one side of the dish, and the same quantity of cooked carrots, cut in quarters, on the other, and serve.

Young Carrots, a la Allemande.—Turn two bunches of spring carrots, keeping their original shape but making them equal in size; parboil them in water with a little salt for about ten minutes; then drain them into a colander, and immerse them in cold water, afterward drain them again, and lay them upon a napkin. Next place the carrots in a deep sautapan with two ounces of fresh butter, an equal proportion of loaf sugar, and about a pint of good consomme; put the lid on, and set the carrots to boil very gently over a moderate stove-fire for about half an hour; then set them to boil briskly until their liquor is reduced to glaze, when they must be gently rolled in this, and dished up in a round-bottomed quart basin, so as to form a perfect dome when turned out upon the dish; pour around some Allemande sauce mixed with some chopped and parboiled parsley, also the remainder of their glaze over the carrots, and serve.

Sandwiches, a la Regence.—For this purpose it is necessary to order one or more dozens of very small round or oval rolls about the size of an egg; cut a small piece off the top of each, about the circumference of half-a-crown piece, and remove all the crumb from the inside. These rolls must then be filled with the following preparation: First, shred the white meat from the breast of a roast fowl, and put them in a basin; then shred the fillets of six washed anchovies and some red tongue or dressed ham in equal proportion to the fowl, and place these with the latter; add some one-sixth part of the whole, of Indian gherkins or mangoes, also shred fine; season with a little chopped tarragon and chervil, add sufficient Remoulade sauce to moisten the whole, and use the preparation as directed above above. The rolls must then be covered with the circular pieces reserved for the purpose, and dished up on a napkin. These sandwiches may also be prepared with lobster; in which case, neither ham nor tongue should be used.

Macaroni and Cheese.—Break ½ a pound of macaroni into pieces an inch or two long; cook t in boiling water, enough to cover it well; put n a good teaspoon of salt; let it boil about 20 minutes. Drain it well and then put a layer in the bottom of a well-buttered pudding-dish, upon this some grated cheese and small pieces of butter, a bit of salt, then more macaroni, and so on, filling the dish; sprinkle the top layer with a thick layer of cracker crumbs. Pour over the whole a teacupful of cream or milk. Set it in the oven and bake ½ an hour. It should be nicely browned on top.

Omelet, a la Celestine.—Use four eggs, three tablespoonfuls of powdered sugar, a saltspoonful of salt, two tablespoonfuls of butter, and four tablespoonfuls of apricot jam or preserved strawberries or raspberries. Put a small pan on the stove, where it will heat slowly. Beat the whites of the eggs to a stiff froth. Beat the salt, one tablespoonful of sugar, and the yolks of the eggs into the whites. Put half a tablespoonful of the butter in the warm omelet-pan, and draw the pan forward where it will get hot. Pour one-fourth of the egg mixture into it, and shake over the fire for about fifteen seconds. Spread a tablespoonful of the preserve in the centre of the omelet; then fold and turn out on a small dish. Make four omelets in this manner, putting them side by side on the same dish. Sprinkle with sugar, and place in the oven for two minutes. Serve at once.

Oysters, a la Duxelles.—Use three dozen oysters of medium size, four tablespoonfuls of chopped mushrooms, the yolks of two eggs, two generous tablespoonfuls of butter, two level tablespoonfuls of flour, one-eighth of a teaspoonful of cayenne, half a teaspoonful of onion juice, one teaspoonful of lemon juice, salt to suit the taste, and four tablespoonfuls of cold water. Heat the oysters to the boiling-point in their own liquor. Skim them, and turn them into a strainer that has been placed over a bowl. Let the liquor stand for a few minutes; then pour off one pint of it, being careful not to pour in any sand. Put the butter in the saucepan and on the fire, and when it becomes hot add the mushrooms to it. Cook for two minutes, stirring all the while. Now add the flour, and stir until frothy. Draw the saucepan back, and gradually add the oyster liquor, stirring steadily; then push forward, and add the salt, pepper and onion juice. Boil for three minutes; then add the oysters. Cook for two minutes, and stir in the yolks of the eggs, which have been beaten thoroughly with the cold water. Take from the fire at once, and add the lemon juice. Serve immediately.

These oysters may be served on thin slices of toasted bread, or with a border of puff-paste cakes, or on Boston crackers that have been split, dipped in cold water, then buttered on the inside, and placed on a pan and in a hot oven for six or seven minutes.

SOUPS MADE FOR THE UTILIZATION OF GIBLETS, SKELETONS, HEADS AND TAILS, by Dr. Thudichum.—As regards the value of fowls' giblets for soups and pies, much misapprehension prevails; they are worth very little, and take a great deal of trouble and time to cook; they are also laborious to eat. Then, gizzards are always hard, and of no particular flavor, if not disagreeable. Most frequently, however, gizzards form no part of fowls' giblets, but are wasted, like the liver, by being trussed up with a skewer outside the fowl, and shrivelled or burnt in the roasting. For soup, boil the giblets in broth, and pick the edible parts off the bones, and, having minced them, put them back into the broth.

Ox-cheek soup is an elongated ragout.

Deer's-head soup is the same. Only the heads of young deer are suitable for it. It may be useful where deer are plentiful; then it is sometimes prepared a la chasseur.

Calf's head or mock-turtle soup is an imitation of turtle soup; but as calf's-head soup it can well hold its place, without comparison with an expensive luxury. But it is, I may say, sometimes made a mockery of even mock-turtle by having distributed in it the flaps of skin of calf's-feet, and even pig's-feet. Its French name is properly "potage de tete de veau en tortue." The preparation resolves itself into boiling the calf's-head, and cutting it up suitably; into preparing the soup and uniting both in the tureen. Care must be taken not to let this soup become a mockery of good taste in cooking. A culinary authoress advises the addition to the calf-head of a pig's-snout and ears, an ox-palate and a smoked tongue; small sausages, minced sweetbread, veal quenelles, chopped hard-boiled eggs, oysters, half a bottle of Madeira wine, and two tablespoonfuls of English soy. We believe this recipe to be a literary brag, one of those coarse attempts to acquire by writing a false appearance of magnificence—as has been well said by Dumas, a recipe which is not likely ever to be put in practice anywhere.

A variation is clear calf's-head or mock-turtle soup.

Sheep's-head Soup is a laborious preparation of which sheep's-head forms only a small part, and sheep's pluck another. On account of this pluck in its composition it has also been called heroic soup. But it would be but poor fare for man if it were not improved by adventitious ingredients. On the whole, it is not a very practical preparation.

Welsh or pig's-head soup is to be made of a pig's-head after the cheeks have been removed for other purposes. It requires much boiling, and the addition of forcemeat balls or egg balls to make it nutritious, and spices and vegetables to give it flavor.

Ox-tail soup derives its specificity from the pieces of ox-tail which are cooked in, and are to be served with it. Ox-tail was the first ingredient in the old recipe for julienne by Marc Heliot, cook of Louis XV. It is related that this soup was not known in England before the abrogation of the Edict of Nantes, and that ox-tails had little value. French Huguenot emigres are said to have invented the soup; it has, however, become so popular that it is now considered a national English soup, and cannot any longer be considered as economical as it formerly was on account of the cheapness of its principal material. For an ox-tail of first quality at present costs from 2s. 6d. to 3s., and, as it bears at the most but one and one-half pound of flesh, the purchaser pays from 1s. 8d. to 2s. for the pound of beef, or much more than he would pay for prime rump steak.

An ox-tail dissected gave: (a) Pure flesh, one pound seven and two-third ounces; (b) fat, gristle, and tendons, thirteen and three-quarters ounces; (c) bones, fourteen and three-quarters ounces. Total, three pounds four ounces, which had been the weight of the tail; the length had been two feet ten inches, which is noted for inventual comparison of size.

It might be supposed that at least a part of the reputation of this soup might bedue to a particularly nice flavor derived from the ox-tails. But as the body of the soup consists, in all recipes which we have seen, of stock produced with the usual materials other than the tails, and enriched as usual, the ox-tail goes for very little in its quality. The soup is mostly thickened with puree of peas, carrots, turnips, lentils, and celery, but then becomes heavy.

A recipe for thick ox-tail soup may be quoted as an illustration of the superstition relating to bones; Take two pennyworth of fresh bones, simmer gently with three quarts of water for six hour then add the ox-tail and the vegetable symphony and one quart of water; ultimately add two quarts of stock. This gives a total of six quarts of liquid, of which four are water, and two stock of no defined strength. Such a process necessarily yields bad soup, unless, indeed, two-thirds of the volume of the liquid were evaporated. And this would, of course, be a great waste of time and coal. In opposition to the advice to boil bones of the value of twopence for six hours, we counsel our readers to avoid bones, and to produce ox-tail soup, if the fancy moves them, on the principles developed in our general chapters on broths and soups.

MILK TOAST.—Reserve half a cupful of milk from a quart, and put the rest in a double boiler, and on the fire. Mix the cold milk and two tablespoonfuls of flour, and stir the mixture into the milk when it begins to boil. Stir for two or three minutes; then put the cover on the boiler, and let the milk cook for a quarter of an hour longer, Now add two tablespoonfuls of butter and a teaspoonful and a half of salt. Stir well, and dip the slices of toast in the liquid; then lay them in a deep dish, and put the remainder of the milk over them. There will be enough milk for ten or twelve good-sized slices of toast. If bakers' bread be used it will only be necessary to dip it into the sauce and take it out immediately. Home-made will not absorb the milk so quickly, and it will be better to let the slices remain in the sauce for a minute or more. Graham, brown bread and cracker toast are made in the same way. Toast the bread as you would if it were to be served dry.

BAKED HOMINY.—After washing a cupful of hominy in three waters, pour upon it a pint and half of boiling water, and boil for twenty minutes; then add a tablespoonful of butter, a scant tablespoonful of salt, and half a pint of milk. Butter a deep pudding-dish, and pour the mixture into it. Bake for forty minutes in a moderate oven. Prepared in this way, hominy answers either as a vegetable or as a pudding.

PEACH-AND-RICE PUDDING.—The materials needed are: Half a cupful of rice, two cupfuls and a half of milk, one cupful of sugar, two of water, two dozen large peaches, and a scant half teaspoonful of salt. Wash the rice and soak it for two hours in cold water; then drain off the water, and put the rice and milk in the double-boiler to cook for two hours. At the end of that time stir in the salt, and cook for half an hour longer. When the rice has been cooking for an hour and a half put the peaches in a wire basket and plunge them into boiling water for two minutes. On taking them out rub off the skins and cut the fruit in halves. Break six of the peach stones, and, putting them in a stew-pan with the sugar and water, simmer for half an hour. Now take out the stones and put the fruit in the syrup. Simmer for a quarter of an hour. Take up the rice when the quarter-hour has passed and spread half of it on a dish, having the layer about half an inch thick. Save fifteen of the best halves of the peaches, and spread four of the remaining pieces on the rice. Put another layer of rice on top of the fruit, having the mound taper. On top of this layer put four more pieces of peach, and then cover with the remaining rice, which should be heaped to a point at the top. Cap with half a peach. Arrange the fifteen reserved pieces around the base of the mound. Pour the syrup into a sauce-boat, and serve it with the pudding. The juice of an orange, two tablespoonfuls of wine, or one tablespoonful of maraschino may be added to the syrup. Another way of serving this dish is to pour the syrup over the peaches as they are arranged on the rice, and serve cream with the pudding. This may be served cold, if preferred.

SIRLOIN STEAK, OR ENTRECOTE, A LA BORDELAISE.—Procure two sirloin steaks of one pound each; season them with one pinch of salt and half a pinch of pepper. Baste on both sides with half a tablespoonful of oil, and put them on a broiler over a bright charcoal fire; broil them for six minutes on each side, and then place them on a hot serving-dish. Pour a pint of Bordelaise sauce over the steaks, being careful to have the rounds of marrow on top of the steaks unbroken, and serve very hot. Broiled sirloin steaks are all to be prepared as above, only different sauces or garnishings.

SALMI OF DUCK, A LA MONTGLAS.—Singe, draw and wipe two fine, tender ducks; cut away the wings, legs and breasts, then put the carcasses in a roasting-pan; sprinkle a little salt over, spread on each bird a very little butter, and place them in the oven for six minutes; remove them, and hash them up. Lay them on a saucepan moistened with a pint of broth; add a small bouquet, and let cook on the stove for fifteen minutes. Put an ounce of butter in a sautoire, add the wings, legs and breasts, previously laid aside; season with a pinch of salt, half a pinch of pepper, and a third of a pinch of nutmeg, and let cook on a brisk fire for three minutes on each side. Adjust paper ruffles to the end of the wings, and serve.

ITALIAN VOL-AU-VENT.—For this vol-au-vent there will be required the rule for puff paste, using a quarter of a pound of macaroni, six chicken livers, half a pound of fresh mushrooms or one can of mushrooms, one pint of stock, one tablespoonful of Parmesan cheese, four tablespoonfuls of butter, three of flour, two of strained tomato, two tablespoonfuls of chopped onion, one teaspoonful of chopped parsley, two tablespoonfuls of salt, and half a teaspoonful of pepper. Break the macaroni into small pieces and put it in a stewpan with two quarts of water and a tablespoonful salt. Boil it for half an hour. Cut the chicken livers into cubes and boil them for half an hour in water enough to cover them. Put the butter, onion and parsley into a stewpan and cook slowly for ten minutes. Draw the stewpan to a hotter part of the fire after that time has passed, and add the flour. Stir until frothy, and then add the stock. Stir the mixture until it boils; then draw back, and let it simmer five minutes. Strain the sauce into another stewpan, and add the salt, pepper, mushrooms and chicken livers. Drain the macaroni free of water, and add to it the strained tomato and the cheese. When the livers and mushrooms have been cooking in the sauce for ten minutes put in the macaroni. Turn this mixture into a large vol-au-vent case, and serve.

EGGS COOKED IN BEEF BROTH OR MILK.—When poaching eggs for children, it is advisable to substitute clear beef broth or milk occasionally for water. The change will be appreciated. Season with salt only.

FRENCH PUDDING, A LA DELMONICO.—Line the insides of six oval, channe'ed, deep tart-molds, each holding one and a half gills, with four ounces of pie-paste. Prepare a cake exactly as for Maraschino pudding, and when cooked and on the table remove the paper, and break up the cake into small pieces, into a vessel. Moisten with two gills of cold milk and two eggs, and mix well with the spatula for two minutes; add two ounces of dried currants. Mix in a saucer a saltspoonful of cinnamon, with one of allspice and one of cloves, all ground, and add it to the preparation in the bowl; stir well for three minutes; then, with a wooden spoon, fill up the molds, and lay them on a baking-pan Put it into a moderate oven for ten minutes. Dress them on a dessert-dish, and serve.

ENGLISH PUDDING, BAKED.—Put in a saucepan two gills of sweet cream, three ounces of powdered sugar, and the peel of half a medium-sized lemon; place the pan on the stove, and, with a spatula, stir, and let boil for three minutes and take off the fire. Have ten ounces of stale French bread, pare off the crust and cut it into small, dice-shaped pieces; add them to the preparation, mixing lightly; put on the lid, and let the bread soak for ten minutes. Chop up very fine one ounce of candied citron; mix it with four ounces of dried currants, four ounces of butter, four ounces of melted and strained beef-marrow, and a saltspoonful of salt. With the hand stir thoroughly for two minutes. Pour this preparation in with the soaked bread, and mix gently, either with the hand or a spatula, for ten minutes; meanwhile breaking in three eggs, one by one, at a minute's interval, and adding a gill of Madeira wine and half a gill of cognac. Butter, and sprinkle well with bread-crumbs a two-quart pudding-mold; pour in all the preparation, lay it on a baking-pan, and place it in a slow oven to bake for one and a half hours. Remove, and with the aid of a towel turn it on a hot dessert-dish, serving it with a hot Sabayon sauce au madere.

EGG SANDWICHES.—An excellent sandwich is made by boiling hard as many eggs as the desired number of sandwiches; chop fine while hot, with one teaspoonful of butter for each egg; season to taste with salt, black pepper, cayenne pepper or paprika. A small pinch of curry to each egg is often a tasteful addition. Let the mixture cool. Slice the bread thin and place the prepared eggs between the slices.

PARTRIDGES TRUFFLED AND ROASTED.—Draw two young partridges, wipe them well and singe. Peel five or six raw truffles, cut them in four and season; chop up the peelings and pound them with fresh fat pork,adding to it the cooked partridge livers with two or three pullet livers; season the preparation and press it through a sieve. Melt a quarter of a pound of grated fat pork, and add to it the cut up truffles, season and warm up for a few seconds while tossing over the fire, then mix them in with the forcemeat. After this preparation has cooled off use it to fill the partridge breasts and bodies; sew up the openings, truss and cover or else lard them with fine larding pork, fasten them on the spit and roast for fifteen or twenty minutes in front of a good fire, basting over with butter. As soon as they are done sprinkle salt over and remove from the spit; untruss and dress each one on a large crust of bread browned in butter and laid on an oval dish; surround the partridges with sliced lemons only, serving water-cress separately, also some clear gravy.

RUMP OF BEEF, FLEMISH STYLE.—Have the meat prepared and cooked the same as for a la Boucicault, using the pork, but no vegetables. Cut up some carrots pear-shaped, about four pounds in all, as many turnips cut into one inch in diameter balls; also a four-pound cabbage cut in four, blanch each separately and divide it into twenty small parts, tying each one together with a coarse thread. Lay the cabbages in a row in the centre of a low saucepan, through its entire length, set in the turnips on one side and the carrots on the other, dilute with just sufficient stock from the meat to cover the vegetables,and one hour and a half before serving place over them a heavy piece of buttered paper. Boil on a very slow fire, or in the oven,and when the vegetables are cooked serve up the piece of meat, and set on one side of it half the carrots and turnips, laying the other half on the other side, alternating them so as to vary the colors. Place the cabbages at the two ends, and lay on them the salt pork cut into slices. Reduce the gravy to the consistency of a light half-glaze, moisten the meat with a part of it, and serve the rest in two sauce-boats.

PIG'S HEAD.—Have a well scalded and clean pig's head, singe and bone without destroying the skin, beginning from underneath; fill it with layers of fine pork forcemeat,placing on each one some lardons of fat pork, pistachios, truffles and quenelle forcemeat, into which chopped-up ham has been mixed, and then rolled into the same sized pieces as the lardons. When the head is filled sew it up and reshape it as before, then wrap it in a cloth and cook in a stock for four hours; unwrap and return it to the cloth to give it the shape of the head; unwrap once more, pare well,glaze over the meat glaze, and dress on a low socle; put in glass eyes and place natural fangs in the mouth; decorate the head with tongue, hard-boiled egg-white and pistachios; surround with chopped jelly and a border of croutons.

PUNCH JELLY.—Put the prepared stock from four calves' feet into a stew-pan, to melt on the stove-fire; then withdraw it, and add thereto the following ingredients: Two pounds of loaf-sugar, the juice of six lemons and four oranges, the rind of one Seville orange and of four lemons, half a nutmeg, ten cloves, and two sticks of cinnamon, a small cup of strong green tea, a pint of rum, half a pint of brandy, and a glass of arrack. Stir these well together, then add six whites and two whole eggs whipped up with a little Sherry and spring-water, and continue whisking the punch on a brisk stove-fire until it begins to simmer, then set it down by the fire, and cover the stew-pan with its lid containing some live embers of charcoal, pour the jelly into a filtering-bag, and set in a mould.

BAKED OMELET.—For six persons use half a dozen eggs, half a cupful of milk, one tablespoonful of flour, one teaspoonful of baking-powder, one teaspoonful of salt and one generous tablespoonful of butter. Mix the milk and flour. Beat the whites of the eggs to a stiff froth. Add the salt and the yolks of the eggs to them, and beat for half a minute longer. Now put the butter in a hot frying-pan. Add the milk and flour and baking-powder to the eggs, and stir quickly. Turn the mixture into the buttered pan, and put the pan in a hot oven for ten minutes. At the end of that time fold the omelet and turn it out on a warm dish. Serve without any delay, using a napkin.

MATERIALS FOR STOCK.—Soup stock may be made of one kind of meat, or many kinds; of fresh meat, or the remains and trimmings of roasted and broiled meats. The greater the number of kinds used the finer will be the flavor. When bones are used care must be taken to prevent the contents of the soup-kettle from boiling hard; for a very high temperature would dissolve the lime in the bones and give the stock a milky appearance. It is difficult to make a clear soup of stock that was clouded by hard boiling; but if a white soup is to be made the clouding of the stock will not be a serious matter.

To insure getting clear soup, free of every particle of fat, it is necessary to make the stock a day previous, that the fat may form in a cake on the surface of the stock and easily be taken off. Then, too, if the stock be liquid it may be poured off, leaving the sediment at the bottom of the bowl; or if it be in the form of jelly it may be turned out, and the sediment can be scraped from the the bottom. In either case a comparatively clear stock will be obtained. Seasoning may be added, the stew-pan set on the stove, and its contents heated to the boiling-point and kept at that temperature for half an hour; then the soup will be ready for straining and serving. For a change, there may be added, after the straining, Italian paste in any form, cooked vegetables, cooked rice or barley, or, indeed, almost any embellishment that one may fancy. For inexperienced cooks this is the safest kind of clear soup to make.

BREADED FILLET OF BASS.–Get small bass for this dish. The striped kind is the best, but black bass is very good. Fish weighing about a pound and a half will give handsome fillets. Clean and fillet the fish. Season the fillets generously with salt and lightly with pepper. Now dip in beaten egg and then in bread crumbs,being careful that every part is covered with egg and crumb. Place in the frying-basket, but do not let the pieces touch. Fry in fat for three minutes and a half. On taking from the basket drain on brown paper. Serve very hot with Tartar sauce. Black-fish, rock bass, halibut, flounders, white fish, etc , may be filleted and prepared in the same manner.

FAMOUS DISHES.

[Concluded from last week.]

August Beck, chef of the Hotel Empire, has made a reputation for the cuisine of that hotel by his planked sirloin steaks and lamb chops mascotte, the directions for preparing which are here given :

Planked Sirloin Steak.—Take a sirloin steak weighing two pounds. Let it fry for three minutes on each side, then place it on an oak plank of oval shape. Make a border of mashed potatoes on the edge of the plank. Set the steak in a hot oven for ten minutes, so that the potato border has a nice golden color and the steak is cooked medium. Surround the steak with a cluster of vegetables—that is, carrots, peas, string beans. Place mushroom heads on top of the steak, add a little gravy and bring the steak to table.

Loin of Lamb Chops Mascotte.–Take three large raw potatoes. Peel and cut them into slices three-quarters of an inch thick. Scoop them out so that they have the shape of a cup or patty, then fry them in hot fat, being careful to cook without breaking. Then have some mixed vegetable--carrots, turnips, peas – cooked in good gravy, with a piece of butter, and fill them into the potatoes. Then have six nice loin of lamb chops dressed in a nice round shape. If the chop don't keep the shape described put a toothpick through the meat. Fry the chops nicely and place them on top of the potatoes and vegetables. Dress the whole on a dish in a ring shape and fill the middle of the dish with braised lettuce or spinach and serve.

Among the special dishes which the chef of the Hotel Grenoble prides himself upon, and with which he is making a fine reputation for the hotel,are minced chicken with oysters, planked steak, finnan haddies in cream and cassolet of lobster. Through the courtesy of P. C. Myers, steward of The Grenoble, two of the dishes are here given :

Minced Chicken with Oysters.—Take the breasts of young fowl cut up in small dice. Small Bluepoint oysters, boiled in its own juice. Place the cut-up chicken into the oysters and juice and add some fresh cream. Butter and season, then cook for five minutes. Thicken with cream sauce and serve on toast.

Planked Steak.—Take a thick steak, sirloin, well seasoned. Place on a well-buttered plank, with border of potatoes all around. Set into a hot baking oven until cooked as desired. Then add some good butter and garnish with new vegetables and serve hot.

John Raggio, of the Sherman Square Hotel, is one of the few Italian chefs in this city, and he is winning laurels for himself and fame for the hotel for certain Italian dishes which he does to perfection. Two of the better ones are given here :

Tomato, a la Raggio.—Scald and skin four ripe tomatoes and drill them. Scoop out the stem and just around it nearly to the bottom of the tomato. Prepare a filling of pear and apple cut into small pieces, with celery and lettuce chopped fine, and very little salt and pepper. Mix with enough mayonnaise and lemon juice to soften the whole. Fill this preparation into hollowed out part of tomatoes, placing them upon a small bed of lettuce cut into strips and serve.

Casserole of Chicken.--Clean and prepare one spring chicken whole. Make a stuffing of ham, bacon, green peppers, onions, parsley and sage chopped fine and mixed with bread soaked in water, with salt and pepper added. Stuff the chicken and roast in the oven in a saucepan for about ten or fifteen minutes. Make a sauce of onion, a small piece of pork cut into cubes, sliced carrot, turnip and potato, with a little butter. Put into the saucepan with the chicken and cook together for about half an hour longer. Take out the chicken and vegetables, leaving the juices in the saucepan Skim off the grease and pour into the remainder two teaspoonfuls of flour mixed with a glass of hot water. Skim off the grease again. Put back the vegetables into the sauce and cook about five minutes. Split the chicken into halves, pour the contents of the saucepan over each half and serve.

Frederick Bruch, pastry cook of the Hotel St. Andrew, Broadway and Seventy-second street, is said to excel all other cooks in the making of lemon meringue pies. The demand for this pie is so great at The St. Andrew that it has to be made in great numbers daily. It is a triumph of the pastry cook's art. Mr. Davis, manager of the hotel, says a public restaurateur might make a fortune serving patrons with such a delicacy. Through the courtesy of Chas. O'Conner, steward of the St. Andrew, directions are here given for making the pie. These proportions are given for five pies.

Lemon Meringue Pie.—Crust—Half a pound of flour, six ounces of butter; mix together with water; bake the crust in a deep pie plate before the cream is in.

Cream.—Six ounces of sugar, three ounces of flour, half an ounce of gelatine, three eggs and the yolks of three eggs; put into a saucepan, grate in the rind of two lemons, pour in a pint of hot milk and set the saucepan on to boil. Beat up the whites of eight eggs and pour slowly on the cream.

Froth.—Whip the whites of eight eggs to a froth and put in about three quarters of a pound of powdered sugar. Spread it on the pies and bake in a slow oven till the meringue is straw-colored.

CHOCOLATE CAKE.—Use six eggs, a cupful of sugar, a quarter of a pound of baker's chocolate, the grated rind and the juice of half a lemon, a tablespoonful of flour, a quarter of a teaspoonful each of cinnamon, clove and baking-powder,and about two tablespoonfuls of currant jelly. A tablespoonful of flour may seem like a small quantity, but is enough. Grate the chocolate, and add to it the spice, flour and baking-powder. Beat the yolks of the eggs; and after adding the sugar beat until very light. Add the lemon juice and rind; and when all these ingredients have been well blended put the dry mixture with them. At the last moment, taking a spoon, put in the whites of the eggs, which should previously be beaten to a stiff froth. Pour about half an inch thick into shallow pans, and bake for half an hour in a moderate oven. Two sheets may be made with this quantity of batter. When they are cool, spread one sheet with a thin layer of currant jelly, and place the other upon the first. If you choose, frost lightly with soft icing, and cut into squares. This is a nice cake even without icing, and is especially good with vanilla ice cream. Indeed, it is more like a delicate confection than a cake. If one would like to have an icing, it should be made by breaking an egg into a bowl, gradually adding a cupful of powdered sugar, and beating well with a spoon. Half a teaspoonful of vanilla extract gives the proper flavor.

CONSOMME MILANAISE —Clear consomme with short-cut macaroni or spaghetti or fidelini in it and red corned or smoked tongue cut in shreds the size of Julienne vegetables. Cook the macaroni or spaghetti separately, wash off in cold water and place ready to drop a spoonful in each plate—precaution to avoid spoiling the clearness of the consomme. The shred tongue makes no difference.

YORKSHIRE PUDDING WITH ROAST MEATS.—A rich egg-batter pudding; can also be served with sweet sauce : One and a half cups of flour, six ounces; three cups of milk, one and a half pints; one ounce of butter, melted; three eggs, salt to taste, one-half teaspoonful of baking powder. Mix the flour and milk carefully, not to have it full of lumps, add the melted butter, salt, pinch of powder, the eggs well beaten, and beat up thoroughly. Butter a small baking-pan and make it warm in the oven, pour the batter in only about one-half inch deep and bake for fifteen or twenty minutes. Water instead of milk can be used, but then a tablespoonful of syrup should be added to cause it to brown quickly without drying out. Cut in squares and serve with roast beef and gravy.

GREEN CORN FRITTERS.—One heaped cup of corn, one-half cup of butter, one-half cup of flour, one cup of milk or water, one egg, salt and pepper, batter to fry in. The corn may be either from a can of the dry solid packed sort or else green corn shaved off the cob. Make white roux first by stirring the butter and flour over the fire, add milk to make stiff sauce, stir in the corn, season and then put the mixture, which is a stiff paste an inch deep, into the pan to get cold. Cut pieces two inches long, dip in thin batter (same as if made for pancakes) and fry light-colored in hot lard. Have a cupful of cream sauce ready and serve a spoonful under each fritter.

Creamed Eggs.—Boil 6 eggs 20 minutes. Make 1 pint of cream sauce. Have 6 slices of toast on a hot dish. Put a layer of sauce on each one, and then part of the whites of the eggs, cut in thin strips; and rub part of the yolks through a sieve on to the toast. Repeat this, and finish with a third layer of sauce. Place in the oven for about 3 minutes. Garnish with parsley, and serve.

Egg Nog. — Beat the yolks of 12 eggs very light, stir in as much white sugar as they will dissolve, pour in gradually one glass of brandy to cook the eggs, one glass of old whiskey, one grated nutmeg, and 3 pints of rich milk. Beat the whites to a froth and stir in last.

LAMB STEW, A LA JARDINIERE.—Jardiniere is French for gardener; the made jardiniere always implies the use of a mixed lot of vegetables. There are jardiniere cutters to be bought which cut vegetables in various fancy shapes, effecting a great saving of time. Chop up the breast and neck of lamb or mutton, stew until tender, let boil nearly dry, skim, season and thicken the liquor that remains. Cut carrots, white and yellow turnips, Kohl-rabi or cabbage-turnips, leeks, onions and string beans, all or any of them, into dice or like peas, with a scoop cutter, and boil until done, drain off and pour some Spanish sauce or light brown sauce to them. Serve the vegetables as a border in the dish with stewed lamb in the centre.

SILVER - AND - GOLD PUDDING —For this pudding there will be required ten eggs, two quarts of milk, half a teaspoonful of salt, three-quarters of a cupful of sugar, two teaspoonfuls of vanilla extract, and one scant tablespoon of butter. Butter a three-pint mould. Separate the whites of the eggs from the yolks, being careful not to have a particle of yolk with the whites. Put one-third of the sugar and one tablespoonful of milk with the whites, and beat the mixture with a spoon until it breaks readily when poured from the spoon; then add a quart of milk, a teaspoonful of vanilla extract, and one-fourth of a teaspoonful of salt, and after blending thoroughly pour the mixture through a fine strainer into the mould. Set the mould in a pan and surround it with hot water enough to reach almost to the top of the mould. Place in a moderate oven for about three-quarters of an hour. The water in the pan should never boil. Try the custard by running the blade of a knife into the centre; for if the blade be clean when withdrawn the pudding may be removed from the oven, but if there be any milky substance clinging to it, further cooking will be required. At any rate, when the custard is cooked set it where it will get exceedingly cold. While the pudding is cooking make a soft custard of the materials that remained; and also cool this. At serving time turned the baked custard into a flat glass dish, and pour the soft custard around it. This is a good pudding for Sunday, as it is all the better for being made a day before it is served.

PICKLED RED CABBAGE.—Shred with a sharp knife four heads of red cabbage and soak over night in strong brine. Heat to the boiling point a gallon of vinegar, to which have been added while cold two chopped onions, four bay leaves, two chopped green peppers, a handful of whole cloves, a tablespoonful of mustard-seed, a bunch of chopped celery and a tablespoonful of grated horseradish. Cook for half an hour after the vinegar begins to boil and pour while hot over the cabbage that has been drained and packed closely in a small earthenware crock. MARGARET HILL.

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E. M. C. uses salt in place of this

MACAROONS.—To one-fourth of a pound of almond paste add a level teaspoonful of flour and six ounces of sifted powdered sugar; with the hands work the mixture together until it is thoroughly smooth and free from lumps; or, better still, run it through an almond grater several times. Add vanilla to flavor and gradually the white of one large or of two small eggs as required, and knead to a smooth paste. The mixture should be stiff enough to hold its shape. Drop the mixture from the tip of a spoon in small piles upon shallow baking-pans lined with ungreased paper, and allow plenty of room for spreading. Bake fifteen or twenty minutes in an oven a little less hot than for sponge cake, yet scarcely slow enough for meringue. The baking is the most difficult part. After removing from the oven lay the paper of cakes upon a dampened board for a few seconds, and they will loosen easily if a knife is slipped under them.

To make almond crisps, sprinkle the macaroons before baking with blanched and finely chopped almonds.

STARS, CRESCENTS AND CLOVER-

ALMOND PUDDING.—This delicious pudding serves the double purpose of utilizing the yolks of eggs and the remaining two ounces of almond paste. It will fill a quart mould and is more than ample for a family of six. Boil three-quarters of a cupful of sugar and one-fourth of a cupful of water to a thick syrup, then cool. Rub two ounces of almond paste to a smooth batter with half a cupful of cream, adding the cream gradually. Next add the well-beaten yolks of four eggs and the cooled syrup. Cook the mixture over hot water to a creamy consistency, stirring constantly, beat until cool and flavor with a teaspoonful of sherry, if desired, and a few drops of vanilla. Whip a cupful of rich cream until stiff and dry, then fold in gently six grated lady-fingers and the cooked mixture. Put into a mould and chill for four hours. AMELIA SULZBACHER.

Bessie..... Comec. M

Peach Charlotte, a la Francaise.—About one dozen of not over-ripe peaches, cut into quarters, skinned, and the kernels taken from the stones, should be placed in a pan with a pound-pot of peach marmalade; the whole to be tossed over a stove-fire until the pieces of peach are just barely warmed through; and with this preparation fill a lined charlotte-mould—brioche belng used for the purpose instead of bread. When this charlotte is sent to table some currant-jelly, diluted with a glass of noyeau, should be poured around the base.

Apricot Charlotte.—This is prepared in the same manner as the foregoing, substituting apricots for peaches, and apricot-marmalade for peach ditto; and when the chorlotte is turned out on its dish pour some honey, diluted with a liquor called Ratafia d'Abricots around the base, and serve.

Scotch Bread.—One pound of flour, one pound of sugar, one pound of butter, eight eggs, half a pound of candied lemon, orange and citron peel in equal proportions, a gill of cognac brandy, a very little salt, and four ounces of white comfits. Put the butter in a basin, work it with a wooden spoon until it presents the appearance of a thick cream; then add the flour, sugar, eggs and salt, gradually throwing in a handful of each, and two eggs at a time; when the whole is thoroughly mixed, the candied peel (cut in shreds), also the brandy and the rind of two oranges or lemons (rubbed on sugar) must next be added. This paste should now be poured into tins of an oblong shape, about two inches deep, spread with butter, and after the comfits have been strewn over the surface a little fine sugar should be shaken over the top previously to placing them in the oven on baking-sheets; they must be baked of a very light color. This kind of cake is a general favorite in Scotland, being served on most occasions at breakfast, luncheon, or for casual refreshment, and also with the dessert.

Creamed Hominy.—Soak one quart of ground hominy over night in warm water; in the morning drain and put to cook in a double boiler or in a vessel set in a pot of boiling water; cover well with boiling water and cook for five hours without stirring. If more water is needed, add it cautiously while boiling hot so that the hominy will not lose its consistency. Do not salt until just before dishing, or the hominy will turn dark. Dress with rich cream instead of butter.

Flummery.—This is a pudding made of a quart of milk, three tablespoonfuls of cornstarch, half a teaspoonful of salt, one generous teaspoonful of vanilla extract, the whites of four eggs, and four tablespoonfuls of sugar. Reserve half a cupful of the milk, and put the remainder on the stove in a double-boiler. Mix the cornstarch with the half-cupful of cold milk, and stir the mixture into the boiling milk. Add the salt, and beat thoroughly; then cover, and cook for twelve minutes, stirring twice in that time. Beat the whites of the eggs to a stiff froth, and add the sugar to them; and when the pudding has cooked for twelve minutes add the whites to it. Add also the vanilla extract, and beat all the ingredients together. Rinse a mold with cold water, and, pouring the mixture into it, set it in a cool place. Serve with soft custard made of the yolks of the eggs, a pint of milk, two tablespoonfuls of sugar, one-tenth of a teaspoonful of salt, and half a teaspoonful of vanilla extract; or, in case the whites of eggs left from some other dish in which the yolks were used be taken for this pudding, serve sugar and cream instead of soft custard.

Chartreuse of Vegetables, Garnished with Partridges.—Scrape five large carrots, and parboil them in water with a little salt for ten minutes; then put them to boil in some broth with a little sugar and salt, and a small pat of butter; when done place them on a dish in the larder to get cold. In the meantime eight large turnips should be peeled and boiled in the same way as the carrots, and then put on a dish to cool. Next, a plain round mould must be lined with buttered paper, and the prepared carrots cut into appropriate forms or shapes for the purpose of arranging them over the bottom and around the inside of the mould, taking care that they fit in with each other, so as to represent particular designs. Meanwhile parboil two large savoy cabbages in water; then immerse them in cold water, after which squeeze the moisture from them; spread them upon a napkin on the table, take out the cores, season with mignionette pepper and salt, and tie each up with a string. Then put the cabbages into a large stewpan with three partridges trussed with their legs inside, one pound of streaky bacon (previously parboiled), and two large saveloys; season with two onions stuck with four cloves, two carrots and a garnished faggot; moisten with three pints of stock, cover with a buttered paper, put on the lid, and set them to braize gently for about two hours, if the birds are young, or three hours if not. When done drain the cabbage into a colander, put the partridges, bacon and saveloys on a dish to cool; squeeze the broth from the cabbage by pressing it tightly in a strong kitchen rubber; then chop it and afterwards put it into a stewpan with a spoonful of brown sauce, and stir it briskly over a brisk fire until it resembles a somewhat firm paste. Use this preparation to garnish the bottom and sides of the chartreuse, about an inch thick. The partridges must be cut up neatly into small members, tossed in enough brown sauce to moisten them, and then placed in the cavity of the chartreuse in close order, so as to give it solidity when turned out of the mould on its dish; a layer of cabbage should be placed over these, and the whole covered with a circular piece of buttered paper. An hour before dinner the chartreuse must be placed in a stewpan and sufficient water to reach up only one-third the height of the mould; then set the lid on, and put the stewpan near or upon a slow fire to keep the water gently simmering, so that the steam may warm the chartreuse through. When about to serve turn the chartreuse up-side-down in the dish, and draw the mould off with care, remove the paper, and garnish the base with a close border of the bacon and saveloys cut into scollops; pour some brown sauce (worked with essence of vegetables) around the entree, glaze the chartreuse carefully, so as not to disturb the order of the vegetables, and serve. These directions will serve for the preparation of several kinds of chartreuses; pheasants, ducklings, pigeons, etc. being substituted for partridges.

Sponge Batter Pudding.—This is a delicate pudding, especially nice when accompanied with cream sauce. Put half a pint of milk on to heat in a double-boiler, and meanwhile mix another half-pint with a generous half-cupful of flour, making a smooth paste. Put this paste into the kettle when the clear milk begins to boil, and stir the mixture until it is smooth; then cook for four minutes,

see last page.

CORN MEAL.—Corn meal, past and present, is an interesting subject. The changing quality of this meal is a source of much annoyance to the housekeeper of to-day. Rules which always worked to perfection in the past are now as un certain as the weather. The old process of making corn meal was to take corn which had dried naturally for a few months and crush it between mill-stones. This gave a sweet-flavored but uneven meal, some parts being as fine as flour, while others were rather coarse; besides, there was a considerable amount of coarse bran. As the corn was not entirely free of moisture, and was heated in being crushed between the mill-stones, it could not be relied on to keep good; a few weeks was as long a time as it was expected to remain sweet. It is to be regretted that this delicious meal has passed away.

About fifteen or twenty years ago the granulated meal began to appear in the market. It was sweet, dry, and of even texture, being cut instead of being ground between stones. The corn was thoroughly dried before being sent to the mill; at first it was kept for two or three years, until all the moisture had evaporated. This new kind of meal was very satisfactory, because it was of uniform quality and would keep for any length of time. If the manufacturers had been content to follow this process up to the present time, housekeepers would have been well pleased; but the drying of the corn was not rapid enough for the millers, who soon began to use kilns. At the outset of the new departure the corn was dried slowly and at a low temperature, and the meal was nearly as good as that made by the original method. But the time for drying has been reduced more and more, until now the grains of the corn meal are as hard as the grains of hominy, and it is rather hard to distinguish between the two. Then, too, the meal is ground much finer than formerly. All these changes in the meal have damaged it considerably, and it is almost impossible to get the moist, sweet corn-bread of years gone by. If in using old receipts for corn-bread, one-eighth of the quantity of meal called for be omitted, the bread will be nearer what it should be than it will if all the meal is used.

CREAM MERINGUE PUDDING.—Use for this pudding one quart of milk, four eggs, four tablespoonfuls of flour, three-fourths of a cupful of powdered sugar, half a teaspoonful of salt, and one teaspoonful of vanilla extract. Break the eggs, and beat well all the yolks and one of the whites. Add the milk and all but three tablespoonfuls of the sugar. Put the flour and salt into another bowl, and pour upon them four tablespoonfuls of the egg-and-milk mixture. Beat until very smooth, and gradually add the rest of the egg-and-milk mixture. Turn into a double-boiler—first being careful to see that the water in the lower kettle is boiling. Stir the mixture until it becomes a smooth, thick cream—say for about a quarter of an hour. Add the vanilla extract, and rub the mixture through a strainer into a pudding-dish. Now beat the three reserved whites of eggs to a stiff froth, and gradually beat into them the three remaining tablespoonfuls of sugar. Spread this mixture rather roughly over the pudding. Place in a moderate oven, and cook for twenty minutes with the door open. The pudding should be served cold.

TURBOT, A LA PARISIENNE.—Choose a turbot weighing about four pounds, trim the fins off close, make an incision in the back from head to tail, and, inserting the knife on either side, detach the fish from the bone right up to the fins; then cut the back bone through, close to the head and tail, and careful y separate the under part of the fish from the bone, so as not to run the knife through; bone the turbot in this manner, wipe it with a clean cloth, season it inside with a little salt and pepper, and spread a layer of quenelle force-meat of whitings, mixed with a spoonful of chopped fine herbs, inside. Then butter a large baking-sheet, and place the turbot upon it, with the white side uppermost; moisten with a bottle of French white wine, some essence of mushrooms and oyster liquor; season with a little pepper and salt, place a buttered paper over the whole, and set the fish to boil on the stove; next put it in the oven to simmer gently for about three quarters of an hour, taking care to baste the turbot with its liquor every five minutes, so that it may be made thus to absorb the greater portion while stewing. When the turbot is done drain it from its liquor on to a large earthen dish, and put it to cool in the larder, reserving the liquor in which it has been stewed to be reduced and mixed with a sufficient quantity of Parisian sauce, to be used for garnishing the turbot when dished up. When the turbot is cold place it on a buttered baking-sheet and spread it over with a thin layer of reduced Allemande sauce, over which shake some very finely-sifted bread-crumbs, fried of a light color; moisten the fish with a little consomme and wine, and put it in the oven about twenty minutes before sending it to table, that it may get thoroughly warmed through; when about to dish it up slide it gently off the baking-sheet on to a dish, and sauce it around with part of the Parisian sauce prepared for the purpose; garnish it around with groups of crayfish tails, muscles, oysters, button-mushrooms, and small round truffles, tossed in a little glaze, to give them a bright appearance. Send up the remainder of the sauce in a boat.

FRIED LIVER AND BACON.—Simple as this dish is, it is seldom properly cooked. The bacon should be kept cold until it is to be cut. For the cutting an exceedingly keen knife is required, as the slices should be as thin as shavings. If you are not to fry them immediately put them in a cool place. Have the liver sent from the market in one piece, and cut it yourself into slices about a quarter of an inch thick. If it be calf liver simply wash it in cold water; but if it be beef liver it will require more attention. It must in that case be allowed to stand twenty-five minutes more in cold water; this must then be poured off and the liver covered with boiling water; five minutes later the meat must be drained in a colander, and it should then be seasoned with salt and pepper. Put the slices of bacon into a hot frying-pan, and turn them constantly until they are crisp; then take them up, and keep hot. Move the frying-pan to a part of the stove where the heat will not be so great as during the cooking of the bacon, and, dropping the sliced liver into the bacon fat, cook eight minutes, turning frequently. Arrange the liver in the centre of a platter, and garnish with the bacon. By following these directions you will have the bacon crisp and curled, and the liver tender. Slow cooking spoils bacon, and rapid cooking hardens and ruins liver.

BUTTERMILK BREAD.—When buttermilk can be obtained conveniently, a delicious kind of bread may be made. For three good-sized loaves use one quart of sour buttermilk, one generous tablespoonful of sugar, one level tablespoonful of salt, three tablespoonfuls of butter, one teaspoonful of soda and two quarts and three-quarters of flour. Heat the buttermilk to the boiling-point, stirring it frequently to prevent curdling. Put the sugar in a large bowl, and pour the hot milk on it. Now gradually sift into this mixture a quart of flour, stirring all the while. Beat well; then cover, and let it stand in a warm room over night—say from 9.30 p.m. to 6 30 a.m. In the morning dissolve the soda in three tablespoonfuls of water, and add it to the batter, together with the salt and butter, melted. Beat thoroughly; then gradually beat in the remainder of the flour, reserving, however, half a cupful for kneading. Sprinkle the board with flour, and, turning the dough upon it, knead for fifteen or twenty minutes. Divide into three parts, and shape into loaves. Place in buttered pans, and put into the oven immediately. Bake for one hour in a hot oven

HAUNCH OF VENISON ROASTED, A LA ANGLAISE.—Saw off the shank-bone, remove the sinew, pare away the dark, dry skin from the skirt, and also the dried surface of the under part. Then cover the haunch with a large sheet of buttered paper, and over that place a covering of flour and water paste, about half an inch in thickness; envelop the whole with two large sheets of cartridge-paper, and having fastened these on with string, place the venison on a cradle-spit, or, if that be wanting, the haunch of venison should be first put on the common spit, preparatory to its being covered as aforesaid. If the haunch be a fine one, it should be allowed from four hours to four and a half to roast, and about twenty minutes before it is done the paste and paper should be removed and a little salt sprinkled over it. Then with a dredger-box shake over some flour to froth and color it; baste it with four ounces of fresh butter, and about five minutes after take the haunch up from the fire, place it on its dish, pour a rich brown gravy under it, put a paper ruffle on the bone and send to table, with a sauce-boat filled with sweet sauce.

CHARTREUSE OF VEGETABLES, GARNISHED WITH QUAILS.—The preparation of this kind of chartreuse is very similar to the foregoing, cabbage-lettuces being substituted for savoys; the following are the only alterations required: The mould required must be either oval or round, according to the shape of the dish intended to be used, and should be lined with buttered paper, and ornamented with carrots and turnips, and afterwards cut out, either with a small knife, or proper-shaped tin-cutters, to suit the design intended to be represented. The cavity left in the mould, after it has been decorated with the vegetables, must be filled up with the braized cabbage lettuces warmed. When about to send to table turn the chartreuse out on its dish, place the quails upon the upper part of the chartreuse, with their breasts outward; fill the centre of the entree with a Jardiniere of vegetables, garnish the base with small scollops of the steaky bacon and saveloys, pour some thin bright Espagnole sauce around the entree, glaze the chartreuse lightly, and serve.

CURRY OF CHICKENS, A LA INDIENNE. Cut these as for a fricassee, trim them neatly, place them in a saucepan with some clarified butter, and fry them over a stove fire until they become perfectly tender; then pour off all the grease, add sufficient curry sauce for the entree, and set the curry to simmer very gently over a slow stove fire until the pieces of chicken have become perfectly tender; the entree may then be dished up, and sauce poured over it, and some plain boiled rice served separately.

Another Method.—Fry the pieces of chicken or fowl in butter, until they are brightly browned all over, and remove them into a stewpan; then slice up three large onions and two heads of celery, and put these into a stewpan; then slice up three large onions and two heads of celery, and put these into a stewpan, together with a clove of garlic, a garnished faggot of parsley, a blade of mace and four cloves. Fry the whole over a slow fire until they acquire a light-brown color; add a large tablespoonful of meat-curry paste, and a similar proportion of flour; mix all the above together, and moisten with a pint of good broth. Serve the entree as in the former case.

HOW SOUPS ARE CLEARED.—By some accident or oversight the stock may not be properly skimmed; or may be allowed to boil too hard, so that it becomes somewhat cloudy; or possibly the cloudiness will be brought on by the use of cooked meats. In any of these cases there will be necessity for clearing the soup,—an operation which comparatively but few persons understand. Soups are cleared by various articles, the most common being the white of an egg. Professional cooks use finely-chopped raw meat for clearing bouillon and consomme. The white of an egg is so cheap and convenient to use that its value should be better known. When it is used it makes no difference whether or not any sediment gets into the soup-pot.

To season and clear four quarts of soup use the whites of two eggs, four blades of celery, one large onion, one large slice of carrot, two bay leaves, one leaf of sage, two sprigs of parsley, two small sprigs each of thyme, summer savory and sweet-marjoram,—all the herbs being tied together,—six whole cloves, three dozen pepper-corns, a two inch piece of cinnamon, half a teaspoonful of sugar and three teaspoonfuls of salt. Beat the egg whites until they are light but not dry, and put them into the stock with the other ingredients. Place over the fire and heat slowly to the boiling-point. This is the critical stage of the work. Just as soon as the soup bubbles move the kettle back where its contents will keep at the boiling-point for half an hour without really boiling. The kettle should be closely covered all the time. At the end of the half-hour strain the soup through a napkin into a kettle. It will be clear and sparkling if the directions have been followed to the letter. The stock must be cooked for at least half an hour after the egg whites are added. It must, however, be heated only to the boiling-point and not allowed to boil rapidly; otherwise the egg will be broken up by the rapid motion of the liquid, and will not harden in a sheet, and the stock will not be rid of the foreign substances which the egg is expected to collect.

Potato Eggs.—Mash five or six well-boiled potatoes, add salt, one tablespoonful of melted butter and one cup of cream, and mix well. When free from lumps add two well-beaten eggs and a cupful of finely chopped ham. Mold the mixture into egg-shaped balls, roll in flour and fry in good dripping, turning them carefully so as not to spoil the shape. Serve with a parsley sauce.

PUREE OF BEANS, SOUBISE.—After soaking a pint of white beans for four hours cook them in a saucepan with one ounce of butter and two sliced onions, and moisten with three pints of white broth; season with half a tablespoonful of salt and a teaspoonful of pepper. Boil for forty-five minutes; then rub through a fine sieve, and serve with a thickening of two egg yolks and half a cupful of cream. Add twelve quenelles to the soup, and serve.

PRUSSIAN SAUCE.—Add to three-quarters of a pint of hot bechamel sauce a teaspoonful of powdered sugar, a scant teaspoonful of red pepper, three tablespoonfuls of grated horseradish and two tablespoonfuls of cold cream. Let it boil for four minutes, meanwhile stirring it well, and use when needed.

OYSTERS, A LA ALEXANDER DUMAS — Place in a sauce-bowl a heaped teaspoonful of salt, three-quarters of a teaspoonful of very finely-crushed white pepper, one medium-sized, fine, sound, well-peeled, and very finely-chopped shallot, one heaped teaspoonful of finely-chopped chives, and half a teaspoonful of parsley, also very finely chopped up. Mix lightly together, then pour in a light teaspoonful of olive oil, six drops of Tabasco sauce, one saltspoonful of Worcestershire sauce, and lastly one light gill, or about five and a half tablespoonfuls, of good vinegar. Mix it thoroughly with a spoon; send to the table, and with a teaspoon pour a little of the sauce over each oyster just before eating them.

SMALL APPLE CHARLOTTES.—Prepare and cook the apples, and when removed from the fire, put aside to cool. Trim the crust off of a quarter of a loaf of American bread. Cut it into slices the thickness of a silver dollar. Butter and sugar well six small round pudding-molds. Shape the slices of bread carefully, to line the insides. Butter them lightly; place them in a clean baking-pan, and leave in the oven for five minutes to get a brown color. Remove them; let them cool a little, and then line the molds with them. Fill in with the apples, and lay the full molds on a baking-pan in the oven for twenty-five minutes. Turn the charlottes out on a dessert-dish. Heat half a pint of raspberry juice in a saucepan, pour it over them, and serve hot.

ICED PUDDING.—First, prepare eight yolks of eggs of custard; previously to passing this through a tammy, add two bottles of picked scarlet strawberries, tossed in a sugar-boiler over a brisk fire, until they begin to simmer; when the whole has been passed into a puree allow it to cool; then freeze it in the usual manner, and fill a cylindrical pudding mould with it, stop it down with the lid and immerse it in rough ice. While the foregoing part of the process is in preparation an iced Macedoine of fruits may be made as follows: First, extract the juice from one pound of muscatel grapes, and add a sufficient quantity of syrup to give body to it; this must then be put into the freezing-pot, and worked in the usual way. Just before using the ice a proportionate quantity of light-colored fruit must be added, and mixed in lightly with the ice, so as not to bruise them; these fruits should consist of small pieces of pineapple, peach, apricot, white raspberries, strawberries and cherries; this Macedoine should be finished just before dishing up. The pudding must be turned out of the mould on to its dish, the centre filled with the Macedoine, and immediately served.

FILLETS OF FOWLS.—Trim the fillets of three young fowls, and form the minion fillets into three large ones, by patting them together; when trimmed in shape, place them and the others in a sautapan, with some clarified butter, and a similar number of thin pieces of raw ham (previously soaked in water) cut in the shape and size of the fillets. When about to send to table fry the fillets of fowls and the ham of a light-brown color, pour off all the grease, then add a spoonful of glaze, a pat of fresh butter, the juice of a lemon, and a little grated nutmeg; toss the whole together gently over the stove-fire until mixed; dish them up, alternately placing a fillet, a piece of ham, and then a fried crouton of bread, of the same shape. Pour some Espagnole sauce and some small scollops of mangoes into the sautapan containing the fillets and ham, simmer this over the fire for five minutes, then pour it over the entree, and serve.

CABBAGE AU VELOUTE.—Means cabbage in white sauce, as en Espagnole means brown sauce. Chop the cabbage, season it, serve a spoonful to a dish with sauce veloute poured over it.

PATE-CHAUD OF LEVERETS.—To one pound and a half of sifted flour add one-quarter of a pound of butter, the yolks of two eggs, a teaspoonful of salt, and about a gill and a half of cold water, then knead the whole into a fine smooth paste. Take rather more than one-third of this, mould it into a round ball with the palm of the hand, and afterward roll it out to the size of a common dinner-plate; then with the fingers of both hands take up the edges of the paste to the depth of two inches, and gather it into the shape of a round or oval purse (according to the shape of the dish;) and having recently buttered a raised pie-mould for the purpose, line it with the paste, by first rolling it out and then pushing the paste into the mouldings of the case with another piece of paste, used as a cushion for the purpose When the mould is thus lined fill it with some godiveau, previously mixed with some chopped chives or green onions, parsley and mushrooms; smooth the top over with the blade of a knife dipped in water, cover the pie with the remainder of the paste, and after it has been neatly fastened and trimmed around the edge nip it around with the pastry-pincers; place upon the top a circular piece of puff-paste, egg this over with the paste-brush and score it with the point of a small knife, forming some device or ornament. Make a small hole in the centre for the steam to escape, bake the pie for one hour and a quarter, and when it is done remove the top carefully with a knife, score the godiveau to the bottom, in the shape of squares or diamonds; pour some Poivrade, Italian or Espagnole sauce over it, and after replacing the cover, send to table.

Chicken Croquettes.—1 *solid* pint of finely-chopped cooked chicken, 1 tablespoon salt, ½ teaspoon of pepper, 1 cup of cream or chicken stock, 1 tablespoon flour, 4 eggs, 1 teaspoon onion juice, 1 tablespoon lemon juice, 1 pint of crumbs, 3 tablespoons butter. Put the cream or stock on to boil. Mix the flour and butter together, and stir into the boiling cream; then add the chicken and seasoning. Boil for 2 minutes, and add 2 of the eggs, well beaten. Take from the fire immediately, and set away to cool. When cold, shape and fry. Many people think a teaspoon of chopped parsley an improvement.

Potato Oyster Pats. — Peel and boil twelve medium-sized potatoes, mash fine; season with salt, a piece of butter the size of an egg, and four tablespoonfuls of sweet cream or milk. Beat lightly together and when cold mold into pats, putting two oysters into each. Dip each pat into beaten egg and roll in cracker meal. Put a lump of butter on the top of each and bake a light brown in a quick oven.

VEAL AND HAM PIE, OR TIMBALE.—First daube or interlard about three pounds of white veal (from the leg) with lardoons of square strips of fat bacon or ham; cut this in thick slices across the grain of the meat, and put them on a dish with an equal quantity of dressed ham, cut also in thick slices. Next, spread the inside of a plain mould with butter, and line it with short paste, about a quarter of an inch thick; line inside of this with rather a thick layer of force-meat; place the veal and ham in alternate layers, season between each with aromatic spices, pepper and salt, fill up the hollow places and cover in the surface with some of the force-meat; place some thin layers of fat bacon over the whole, and cover in the top with some of the paste, previously rolled out to the thickness of the eighth part of an inch; this must be applied after the edges of the pie have been wetted with a paste-brush dipped in water, and made fast by pressing both pieces of paste together with the forefinger and thumb, so as to cause them to adhere closely together. The edges should be neatly trimmed, and pinched around with pastry-pincers; decorate the top of the timbale with thin strips of paste, cut out in the form of leaves, etc. Egg the surface over with a paste-brush, make a small hole in the centre of the top of the pie, for the steam to escape, and bake it in the oven for about three hours; when it is done withdraw it from the oven, and about twenty minutes afterwards place the point of a funnel in the hole at the top of the timbale, and through this pour in about a pint of good, well seasoned, strong consomme, reduced to the consistency of half-glaze; stop up the hole with a small piece of paste, and keep the timbale in a cool place until wanted for use.

To Make Soap Jelly for Silver Cleaning.—Collect all scraps of soap too small for use with any comfort, in bedroom, bathroom or kitchen. Place in a jam pot till it is three parts full. Add a lump of soda and fill up with boiling water.

DELICIOUS TOAST.—Lay nicely browned slices of toast in a soup plate; pour over them enough cold milk to wet the toast through and yet leave half an inch depth of milk in the plate. Cover the plate with a large earthen bowl which has been made very hot in the oven. Let it stand for a few minutes. The milk will cook and evaporate and its substance be condensed in the toast. Serve without butter.

POTTED RABBIT.—Potted meats will keep for months if required and can be drawn upon as the occasion arises. The following may be used: Two small rabbits or one large one, one pound of fat bacon, one pound of veal, the liver of the rabbits, salt, pepper and spices. Cut the rabbit in pieces and put it in a stone jar; cut the veal and bacon in large dice, mix them and add a teaspoonful of mixed mace, cloves and black pepper, and a teaspoonful of salt, and fill the spaces between the pieces of rabbit. Lay a thin slice or two of bacon on top and one bay leaf, then cover with a lid of plain paste made of flour and water only, set the jar in a pan or pot containing water and bake in a slow oven three or four hours. There is no water needed in the meat. A greased paper on top will keep the paste from burning. When done set the jar away to become cold, pick the meat from the pieces of rabbit and pound them to a paste along with the veal and bacon and fat, and if any gravy at the bottom, boil down almost dry and mix it in. Taste for seasoning. Press solid into small jars or cups, and cover the top with the clear part of melted butter. Keep tightly covered in a cool place until wanted.

OYSTERS ON THE HALF SHELL.—The small, but fat and shapely oysters are chosen for serving in the shell, preliminary to dinner, known by names of Blue Points, Shrewsburys, Morris Rivers and others. Brush them clean in cold water before opening. Place four, five or six in each small plate, in whichever shell happens to be the best shaped for holding them, and a quarter of a lemon in the centre. For sale by the dozen, the large oysters are naturally preferred. As to the grades of oysters it may be useful to parties in business to state that "Counts" or New York counts are the largest oysters sold by count and not by the gallon. "Culls" are the largest "selects." "Selects" are the ordinarily large oysters sold by gallon or can. "Straights" are supposed to be of all sizes, unsorted. "Standards" are small oysters, and there is a grade below known as "Common." These quotations—as the dealers in perishable articles say—are subject to alteration at any time. A can that will hold only three dozen of the largest oysters will hold eight dozen of the small grade, which makes it possible for retailers of a certain class to sell by the dozen at a very low price.

MINCE MEAT.—Take three pounds of beef from the tenderest part of the round, half a pound of chopped suet, three quarts of pared and chopped apples, three cupfuls of stoned raisins, two cupfuls of dried currants, a quarter of a pound of citron, a cupful of molasses, three of sugar, one tablespoonful of ground mace, four of cinnamon, one of allspice, half a tablespoonful of cloves, three grated nutmegs, two lemons, three tabeespoonfuls of salt, five cupfuls of cider, one pint of wine, and a pint of brandy. Free the beef of fat and skin, and chop it very fine. Chop the apples rather coarse; they should be fine-flavored and tart. Put all the ingredients, except the cider, wine, brandy, and lemons, into a large bowl. Grate the yellow rind of the lemons, and squeeze the juice of the fruit upon the mixture. Mix all thoroughly, and then add the cider. Put the mince-meat into a porcelain kettle, and heat very slowly to the boiling-point; then remove from the fire and add the wine and brandy. Put into stone jars, and keep until needed. It is well to try the mince-meat by putting a spoonful of it in a small piece of paste and baking it, for the flavor is developed in baking. Tastes differ in regard to seasoning; and while some persons may not think the quantities in this recipe are sufficient, others may think that the flavor is even too strong. If there be objection to brandy or wine, use, instead, an extra pint of cider.

Mince-meat improves with keeping. It should be made at least a fortnight before it is baked in pies, and the pies should be baked for an hour.

PATTIES, A LA MAZARIN.—Give six turns to half a pound of puff-paste, roll it out to the thickness of a penny-piece, and stamp out two dozen tops with a plain circular tin cutter, about one inch and a half in diameter; then gather up the trimmings, knead them together, roll them out, and stamp two dozen more; place these on a baking-sheet, about an inch and a half apart from each other, and wet them over with a soft brush; garnish the centre of each with a little force-meat of any kind, place the tops on them, and use the upper part of a smaller cutter to press them down, so as to fasten the two parts together; they must then be egged over, and baked in a rather brisk oven; when done dish up on a napkin and serve.

TIMBALE OF NOODLES, A LA PEARSALL.—Make some noodle paste, roll it out a sixteenth of an inch thick and leave it dry slightly, then cut into very thin fillets and cook these in salted water for one minute; drain and season with salt, pepper and nutmeg, add six egg-yolks, a quarter of a pound of butter and a quarter of Parmesan cheese. Garnish a timbale mold measuring five by five inches with foundation paste, line the bottom and side with buttered paper, fill with rice, place a round of buttered paper on top, moisten the upper edge, cover with a lid of paste and cook in a moderate oven for an hour. Unmold when cold. Bread-crumb and egg over twice, mark it on the top half an inch from the edge and fry in white frying fat; remove the cover and empty out the timbale. Fry in butter one ounce of finely-chopped onions with half a pound of minced mushrooms, add salt, pepper, nutmeg, meat glaze and tomato sauce. Arrange the noodles in the timbale in layers separated with mushrooms and grated Parmesan. Pour over gravy reduced with espagnole sauce, and the timbale is ready to serve.

BANANA FRITTERS.–Pare six bananas. Cut each one in two, and split each half Put the pieces of banana into a bowl with two tablespoonfuls of sugar and three tablespoonfuls of orange juice or wine, and let this preparation stand for an hour. Make a batter, and cook the same as apple fritters.

ESCALOPED CABBAGE.—Cook the cabbage the same as for creamed cabbage, using a generous cupful of milk. Turn the cooked mixture into an escalop-dish, and sprinkle over it a pint of grated bread crumbs and one tablespoonful of grated Parmesan cheese. Bake for half an hour, and serve as soon as it comes from the oven.

DATE MACAROONS.—Take two ounces of almond paste, two ounces of confectioner's sugar, one ounce of seeded and finely chopped dates, grated orange rind to flavor and the white of one egg. Mix and drop as directed for macaroons. Cut some of the dates into short strips, stick a strip in the top of each macaroon, sprinkle with powdered sugar and bake and remove from the papers as directed for other macaroons.

Savory Sauce.

TO 1 cup mayonnaise add ½ tablespoon each finely chopped gherkins and capers and 1 teaspoon each minced parsley, tarragon and anchovy essence.

FILLETS OF MUTTON LARDED, WITH CHEVREUIL SAUCE, OR ROEBUCK FASHION.—Remove the fillets from two loins of mutton, pare off all the sinewy skin that lies beneath the fat, and divide each fillet, lengthwise, into four, these, together with the smaller fillets thus trimmed also, will make up ten; trim these and lard them closely with strips of bacon, in the usual way. The fillets must then be steeped in a cold marinade for about forty-eight hours; after which drain them upon a napkin to absorb any unnecessary moisture. Next, place the fillets in a saucepan thickly spread with butter, and turn them round in a semi-circular form; moisten with a little mirepoix, or a glass of Sherry; cover them with a buttered paper and set them in the oven to simmer for about twenty minutes; they must then be glazed, trimmed neatly around the ends, and dished up in a close circle, overlapping each other; fill the centre with potatoes cut in the form of olives, and fried in butter; pour some Poivrade sauce under the fillets, and serve. Fillets of mutton prepared as the above may also be garnished with quenelles of potatoes, with Chevreuil sauce, Victoria sweet sauce, Tomato, Piquante, Gherkins, or Provencale sauce.

HASHED BEEF ON TOAST.—Chop pieces of cold roast beef rather fine, and season well with salt and pepper. To each pint of meat add a level tablespoonful of flour. Stir well and add a small teaspoonful of soup stock or water. Put the mixture into a small stew-pan, and after covering simmer gently for twenty minutes. Meanwhile toast six slices of bread nicely, and at the end of twenty minutes spread the beef upon them. Serve immediately on a hot dish. If water be used instead of soup stock, add a tablespoonful of butter just before spreading the beef on the toast. Any kind of cold meat may be served in this manner.

Succotash.—Take 1 pint of fresh shelled Lima beans, or any large fresh beans, put them in a pot with cold water, rather more than will cover them. Scrape the kernels from 12 ears of young sweet corn; put the cobs in with the beans, boiling from ½ to ¾ of an hour. Now take out the cobs and put in the scraped corn; boil again 15 minutes, then season with salt and pepper to taste, a piece of butter the size of an egg and ½ a cup of cream. Serve hot. Canned corn and the dried Lima beans can be used when the others are out of season.

Perfection Cutlets.

Prepare and combine two cupfuls of coarsely chopped chicken, a sweetbread cooked in boiling, salted water until tender, then cubed, and one cupful of mushrooms, coarsely chopped, and stewed until tender in two tablespoonfuls of butter. Add one-half teaspoonful of salt, one-fourth teaspoonful of celery salt, and one-eighth teaspoonful of pepper. Combine lightly and moisten with one cupful of thick white sauce or sufficient to make the consistency of a croquette mixture. Allow the mixture to cool thoroughly, then form into cutlets or croquettes, roll in fine dry bread-crumbs, then in one beaten egg, to which two tablespoonfuls of cold water have been added, then in crumbs again, and fry in deep fat at 390° F. until golden brown. Garnish with strips of red and green sweet pepper and serve very hot.

Sweetbread Cutlets.

Clean, trim, and cook two pairs of sweetbreads in boiling, salted water until tender. Then drain and cut in neat, half-inch cutlets or slices. Dip the sweetbreads in finely-sifted, dried bread-crumbs, then in two beaten eggs, to which two tablespoonfuls of water have been added, then in fine crumbs. Fry in deep fat at 390° F. until golden brown on all sides. Lay on a hot platter, surround with one and one-half cupfuls of medium thick tomato sauce, and garnish wi h toast points.

Breaded Lamb Chops.

Either boned chops or Frenched chops may be used. Roll the chops in sifted, dried bread-crumbs, then in highly-seasoned beaten egg to which two tablespoonsful of water has been added, then in crumbs again. Place three in the frying basket at a time, and fry in deep fat at 360° F. for eight minutes, or until tender and well cooked. Pour two cupfuls of well-seasoned, medium tomato sauce over the chops and serve with creamed potatoes.

When frying scallops you will find it much easier to use deep fat. Dip the scallops in well-seasoned beaten egg, tossing them about until thoroughly covered. Then roll them in finely-sifted dried bread-crumbs and continue tossing about until the scallops are well coated. Then toss the scallops out into another dish to remove the surplus crumbs. Place only enough scallops in the frying basket to cover the bottom in a single layer, and fry at 360° F. for two minutes.

er and Chestnut.–Cover one pound alf's liver with a good cooking wine (claret is satisfactory), and simmer for two hours. Set away in the wine until cold. At the same time simmer a quart of blanched chestnuts in water containing the juice of a large sour orange and a bay leaf. Grate the liver or run through the meat-chopper, and slice the chestnuts; mix the two lightly together, adding a scant cup of melted butter, a teaspoonful of salt, a saltspoonful of paprika, the zest of a small lemon and a pinch of grated nutmeg. This amount will fill, loosely, the body and neck of a twelve-pound turkey.

Ceylon Stuffing.—Brown two tablespoonfuls of butter, stir in two onions and one clove of garlic, chopped fine, cook three minutes, stir in a teaspoonful of curry dissolved in a tablespoonful of milk, and cook three minutes longer, stirring constantly. Then add half a pound of pork tenderloin, finely chopped, and cook on the back of the range for fifteen minutes; when slightly cooled add a quart of dry, well-boiled rice, a teaspoonful of salt (this to be added if the ingredients were not salted when cooking) a saltspoonful of black pepper, a scant cup of melted butter, and two well-beaten eggs. Mix thoroughly and use when entirely cold.

Mushroom and Chestnut.—Pull with a fork into flake-like pieces a loaf of fresh baker's bread, discarding the crust. Add o the bread one pint of chestnuts, blanched, boiled and cut in halves, one quart of mushrooms, cut small with a silver knife, two tablespoonfuls of finely-minced celery, a teaspoonful of salt and a saltspoonful of white pepper; add three-quarters of a cup of melted butter and mix. Use no moistening other than the butter, as the dressing must be light and fluffy.

Sausage and Englsh Walnut.—Shell, blanch and cook for twenty minutes in slightly acidulated water one pint of English walnut meats. Fry the liver of the turkey and two small onions finely-chopped in two tablespoonfuls of butter. Add nuts, liver and onions to one pound of nicely-seasoned sausage meat, and use for filling the body of a ten-pound turkey.

Sausage and Bread.—Cut the crust rom a baker's loaf, dip lightly in cold water and crumble with the hands. Stir in two tablespoonfuls of melted butter, half a pound of sausage meat, three sour apples, pared and cut in dice, salt and pepper to taste (these two ingredients must be added very carefully, as the sausage has already been seasoned), and a tablespoonful of finely-chopped parsley. A pinch of sage must be added if the sausage meat lacks it.

Potato and Bread.—Pare raw potatoes and cut in dice to the amount of two cupfuls. Soak in cold water over night. Drain and dry in a towel, and saute in hot lard to a pale brown. Have ready an equal quantity of stale bread cubes and saute these in hot butter until crisp and brown. Mix the two ingredients, season with a level teaspoonful of salt, a dusting of paprika and a dessertspoonful of sage pulverized.

Potato and Butternut.—Mix together thoroughly one quart of boiled, mashed and sifted potato, two quarts of soft bread crumbs, one cup of butternut meats, blanched and sliced very thin, a teaspoonful of poultry seasoning, a teaspoonful of thyme, pulverized, the beaten yolks of two eggs and half a cup of cream. Add salt and pepper to taste.

Danish Stuffing.—Grate stale bread to the amount of a quart, moisten with two beaten eggs and half a cup of melted butter. Season with a level teaspoonful of salt, a saltspoonful of pepper and a teaspoonful each of thyme, parsley and sage. Into this stir a large cup of well-cleaned currants.

Chestnut Filling.—Shell seventy-five large chestnuts, blanch them in boiling water and remove the inner skin. Cook them in weak stock to cover, with a bay leaf, a teaspoonful of sugar and half a teaspoonful of salt. When tender drain and press through a sieve. Add to them the marrow of one bone and a tablespoonful of butter and mix to a stiff paste. To cook a marrow bone, cover the ends with a stiff paste of flour and water, wrap in a cloth and simmer for three hours on the back of the range.

Beef Loaf.

Chop 2½ pounds of round steak fine. Mix with it 2½ cups of rolled crackers, 2 eggs, 1 cup of milk, butter the size of an egg, salt and pepper to taste. Mold in baking pan and cover with boiling water. Bake from one to two hours. Equal parts of beef and pork make the loaf better.

FILLETS OF VENISON.—Have two and one-half pounds of venison steak cut into strips about four inches long, three wide and half an inch thick. Put them in a bowl for twelve hours with one gill of vinegar, one tablespoonful each of chopped onion and carrot, half a teaspoonful of pepper, a generous teaspoonful of salt, two bay leaves, and a sprig of parsley. Stir the mixture several times, that all parts of the venison may be well seasoned with the marinade. When ready to cook the fillets free them of the marinade and dredge lightly with flour. Set them in a cool place for ten minutes, while making the sauce. Next put two tablespoonfuls of butter in a stew-pan and on the fire. When it becomes hot add two tablespoonfuls of flour, and stir until the flour gets browned. Gradually add a cupful of stock. Boil for one minute; then add the marinade in which the fillets were soaked. Now add one-tenth of a teaspoonful of cayenne—as well as you can measure it—and some salt, if necessary. Set back and simmer while the fillets are being broiled. Put the fillets in a double-broiler, and cook them over a hot, clear fire for six minutes. Arrange them on a warm dish, and strain the sauce over them. Serve at once.

Beef Stew.

SELECT about 12 pounds of the less expensive cuts of beef. Cut the beef in inch cubes. Dredge two-thirds of the meat with sifted flour and brown it in 1 cup of beef drippings. Put in a large kettle with remaining meat. Add 3 quarts boiling water and cook slowly about 4 hours. About 2 hours before serving add 4 tablespoons salt, 1 teaspoon paprika, 6 bay leaves, a sprig of parsley, 2 quarts diced turnip, 2 quarts diced carrots, 6 small sliced onions and a stalk of celery, sliced thin. If potatoes are to be used cut them in thin slices and add 1 hour before serving. Thicken with 2 cups of sifted flour mixed with enough water to pour easily. Watch carefully while thickening and stir with a fork. Serve hot with small baking powder biscuit.

Pork Tenderloin, Tomato Sauce—6 pork tenderloins, salt, pepper, 1 egg beaten, bread crumbs, 1 can tomato soup or puree.

Salt and pepper meat, rip in beaten egg, then in bread crumbs and fry until nicely browned. Put in baking dish, add can of tomato soup diluted about two-thirds and heated in skillet. Pour over meat. Bake about an hour.

New Thought in the Kitchen

Conducted by R. M. FLETCHER BERRY.

When I was a very small girl there came as a guest to my father's house a scholarly Burmese. He undoubtedly told us many interesting things concerning the rich and poor of Burmah; a hazy maze of fascinating stories still forms the background of this memory, but against it only one bit of these related facts has stood out word for word, vividly distinct: "In Burmah," said Sau Abrah, "for breakfast we eat rice. For dinner we eat—rice; for *supper* rice, and for dessert—*rice!* When we want a change of diet we eat—RICE!"

I know now that, as regards the general, poorer population of Burmah, this was not an exaggeration for rice forms the principal food of not only the inhabitants of Burmah but of that entire section of the globe. In fact, because of the density of population in that portion of the world, figures show that this cereal is the chief food of from a third to a half of all the people on our planet. According to Austin Amory, B. S., rice contains "a slightly larger amount of total nutritive matter than wheat or rye, the exact proportion being one pound of rice to 1.043 pounds of wheat or [illegible] 040 pounds of rye. Rice is more nutritious than whole oats, one pound of the former being equivalent to 1.163 pounds of the latter, while it contains 3.7 times as much nutritive matter as potatoes, 1.87 times as much as fat beef, and 3.21 times as much as lean or good ordinary beef." As an energy producer rice is slightly less energetic than a pound of wheat, or slightly more so than a pound of rye flour or of maize meal, also less energetic than a pound of rib beef which is fat, but more so than a pound of lean side beef; considerably less energetic than a pound of oatmeal but has more than four times the energy of a pound of potatoes."

However, the value of any food depends upon not only the amount but the kind of nutriment it contains. Rice has very little of fat or of the nitrogenous substances, having but from 5.5 per cent to 7.75 per cent of the latter, while corn, wheat and oats contain from nine per cent to fifteen per cent of them. Rice is essentially a starchy food, consisting chiefly of the carboydrates which produce heat and energy and are transformed in the body into fats. (This pertains to the rice *grain,* but it should be mentioned just here that rice flour or "polish" sadly lacks appreciation. It is chiefly sold at the mills for cattle food, where —as it is far richer in albumenoids than the "clean" or grain rice, the latter containing but 7.4 per cent protein to 10.95 per cent contained in rice flour [Dr. S. A. Kunapp]. This flour will not of itself make good "light bread," being deficient in gluten, but may be successfully mixed with wheat flour for bread making.

In Japan, where rice forms fifty-one per cent of the total amount of food eaten, the people, as in China, use a great deal of fish. From the fish and large quantities of legumi-

nous foods (notably the soy bean) the nitrogenous nourishment necessary is derived. It is simple food, easily prepared and thus goes far toward the simple life which is the basis of all the wonderful successes of the Japanese.

Boiled rice digests easily and quickly under right conditions, the time required for the process being only about an hour. It is quite as digestible as wheat flour and more so than potatoes (besides being so superior in nutritive value to the latter).

Rice should not be used sooner than three months after harvesting. Some foreigners will not touch it till it is six months old and in certain places it is kept three years before being used.

Remember that rice is an excellent food for the warmer seasons and when used with nitrogenous foods, as beans, peas, eggs, cheese, or milk, furnishes a well balanced diet (speaking broadly, for fruits have their necessary place as foods). Cream may be eaten with rice but it is a fatty food, not like milk, a muscle, blood and bone builder, and so it is not to be considered the good food combination. Remember, that the first step toward the digestion of starches is the proper cooking. Cook rice in fast-boiling water about twenty minutes, then drain and serve in a dry, flaky heap, not a soggy, wet, inartistic mass. The second step is the permitting of the saliva to fulfill its mission and act upon starchy foods properly before they are swallowed.

MENU.

BREAKFAST.

Rice with Raisins and Milk. Toast and Coffee.

LUNCHEON NO. I.

Cottage Cheese. Boston Brown Bread. Buttermilk.

LUNCHEON NO. II.

Swiss Rice Soup. Crackers. Green Peas or Lima Beans. Oatmeal Gems. Fruit.

DINNER.

Egg Hash. Vegetable Ragout. White Bread. Rice and Cucumber Salad. Strawberry Ice. Coffee.

SUPPER.

Arroz con Tomatoes. Rice Muffins. Fruit Junket. Cup Cake.

BREAKFAST: The rice may be plain boiled the night before and heated in a colander over rapidly boiling water, or uncooked, soaked over night, then cooked fresh for breakfast. Add a half cup of raisins for each half cup of rice. This should sweeten it quite enough.

LUNCHEON NO. 1. *Cottage Cheese:* Slightly slash the top of a two-quart pan of clabbered milk and set in rather a cool oven till curd and whey have separated when place in cheese-cloth bag and let drain. When sufficiently dry place in a bowl and add a half teaspoon of salt, a dessertspoon of butter or tablespoon of cream.

Boston Brown Bread (steamed): One pint each cornmeal and graham flour (or two-thirds corn to one-third rye meal); one teaspoon each of salt and soda; one pint sour

d a half, when they will be found to be rfectly brown and much more creamy an when baked. But people who do t relish fried food, or cannot digest it ily, may find baked croquettes very atable.

Brown Sauce for Croquettes.–Put two lespoonfuls of butter into a frying-pan h one slice of onion, one of carrot, e clove, and a bay leaf. Cook all gether until the butter begins to turn own; then add one tablespoonful of flour, and stir until it turns dark own. Now draw the pan back, and dually add one generous cupful of ck. Add also a level teaspoonful of t and one-fifth of a teaspoonful of pper. Cook for five minutes; then ain, and it will be ready for use

CHICKENS, A LA DAUPHINE—Draw o spring chickens, proceed to bone em as for "jalantines," excepting that legs and wings must be left entire. e void must be then filled with quele of fowl, in which has been mixed ne chopped mushrooms and parsley; chickens should afterward be trussed, ing care to give them the same shape they would have were the bones not noved; and after rubbing them over h lemon-juice, cover the breasts with n layers of fat bacon, and secure their apes by wrapping them in sheets of ttered paper; then place them in a wpan, with carrot, onion and a garhed faggot; moisten with some light repoix,and set the chickens to simmer y gently by the side of a slow fire for out three quarters of an hour; when ne drain them upon a napkin, remove string, etc., and dish them up; sauce m with the clarified essence in which y have been braized, and serve. It is o customary to serve chickens, fowls, oons or poulards, when prepared in s fashion,with ragouts,a la Financiere, Parisienne, with Macedoine, or Jardres of vegetables, Italian, Poivrade, mato or Supreme sauces.

SWEETBREAD PATTIES.

Remove the pipes and membranes from a pair of sweetbreads and soak in cold water. Cook for 18 minutes in boiling salted water with one tablespoon of lemon juice. Then drain quickly and plunge in cold water to harden. When cold drain again, cut into dice and heat in a rich cream sauce that has been seasoned to taste with salt and white pepper. When very hot, stir in one tablespoon of shredded parsley and serve in heated patty shells or small tart cases. A few button mushrooms (canned) may be added to the sauce with the sweetbreads if desired.

[illegible] spoon of salt, ½ teaspoon of celery salt and 2 teaspoons onion juice. Mix with the chopped veal, bind with two or three well-beaten eggs, and bake in pan in slow oven for one and one-half to two hours. Use warm or cold.

One-quarter pound of chopped bacon or salt pork gives a good flavor this loaf. The proportions of veal and bread may be altered, and one-half more or less of either be used.

The foregoing recipe may be changed to a veal mousse by using cold cooked meat, four eggs, whites and yolks beaten separately, and cooking over hot water until firm.

minutes. At the end of the first five minutes baste again with the sauce. Serve on a hot dish, with the remaining sauce poured around them.

If the croquettes are for breakfast all the work except the baking may be done the day before. These croquettes may be put into a frying-basket instead of a pan, and kept in boiling fat for a minute

TURKEY STUFFINGS.

er and Chestnut.–Cover one pou
alf's liver with a good cooking wi
(claret is satisfactory), and simmer f
two hours. Set away in the wine un
cold. At the same time simmer a qu
of blanched chestnuts in water contai
ing the juice of a large sour orange a
a bay leaf. Grate the liver or r
through the meat-chopper, and slice t
chestnuts; mix the two lightly togethe
adding a scant cup of melted butter,
teaspoonful of salt, a saltspoonful of pa
rika, the zest of a small lemon and
pinch of grated nutmeg. This amou
will fill, loosely, the body and neck of
twelve-pound turkey.

Ceylon Stuffing.—Brown two tabl
spoonfuls of butter, stir in two onio
and one clove of garlic, chopped fir
cook three minutes, stir in a teaspoonf
of curry dissolved in a tablespoonful
milk, and cook three minutes long
stirring constantly. Then add half
pound of pork tenderloin, finely cho
ped, and cook on the back of the ran
for fifteen minutes; when slightly cool
add a quart of dry, well-boiled rice,
teaspoonful of salt (this to be added
the ingredients were not salted wh
cooking) a saltspoonful of black pepp
a scant cup of melted butter, and t
well-beaten eggs. Mix thoroughly a
use when entirely cold.

Mushroom and Chestnut.—Pull wit
fork into flake-like pieces a loaf of fr
baker's bread, discarding the crust. A
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blanched, boiled and cut in halves, c
quart of mushrooms, cut small wit
silver knife, two tablespoonfuls of fine
minced celery, a teaspoonful of salt a
a saltspoonful of white pepper; a
three-quarters of a cup of melted but
and mix. Use no moistening other t
the butter, as the dressing must be li
and fluffy.

Sausage and Englsh Walnut.—Sh
blanch and cook for twenty minutes
slightly acidulated water one pin
English walnut meats. Fry the liver of
the turkey and two small onions finely-
chopped in two tablespoonfuls of butter.
Add nuts, liver and onions to one pound
of nicely-seasoned sausage meat, and use
for filling the body of a ten-pound
turkey.

milk and one cup of molasses. Fill a greased mold two-thirds and cover tight, buttering cover also. Place in a steamer and steam four hours. Set in oven to dry, about ten minutes, when done.

LUNCHEON NO. II. *Swiss Rice Soup.* The following is Cornelia Bedford's recipe: Into two quarts of fast boiling water drop a half cup of well washed rice. Add a tablespoon of minced onion, a small teaspoon of salt, a sprig of parsley and blade of mace. When the rice is pulpy put through a colander and reheat to boiling point. Add one tablespoon flour blended with a little cold milk and stir till thickened. Add pepper to taste, more salt if needed and simmer five minutes. Beat two eggs, add one-half cupful of cream and, drawing kettle to side of fire, stir this in slowly and thoroughly. Sprinkle in two tablespoonsful of grated Swiss cheese and take immediately from fire. As served drop a pinch of chopped parsley over each plateful.

Oatmeal Gems: Use one and a half pints flour to one cup of oatmeal (or rolled oats). Sift one teaspoon of salt and two of baking powder through flour. Mix in this a tablespoon of shortening, two eggs and a pint of milk. Beat well and drop into hot, greased gem pans (two-thirds full). Bake in quick oven about twenty minutes.

Vegetable Ragout: (Miss Parloa is given the credit for originating the American form of vegetable ragout.) Dice (in proportion of) one pint each of new potatoes, carrots and white turnips and shell one pint of peas. Boil each vegetable separately. Meantime in a stewpan brown two tablespoons of butter and add three of flour, stirring until latter is brown. Stir in gradually a pint and a half of boiling water until a smooth, thick, brown sauce results. Season with pepper, salt, a little grated onion, pinch of sugar and, for five minutes only, drop in a bay leaf. Drain vegetables; pour over them this sauce and simmer five minutes before serving. Sprinkle with chopped parsley on serving.

Egg Hash: Allow about one and a half eggs to each person. Boil eggs for not less than fifteen minutes and when cool cut or chop fine. Have ready a thick sauce made with pint of milk thickened with two eggs and a little flour. Add a bit of butter, and seasoning. Serve on toast.

Rice and Cucumber Salad: Use one-third part cold, flaky rice to two-thirds chopped cucumber. Bind together with mayonnaise and serve on cress.

Strawberry Ice: If strawberries are still too high in price to permit of their being used alone add rhubarb or apricot syrup, letting strawberry flavor and color predominate. Make syrup of one cup of sugar to each quart of water. When cool add one pint of fruit juice.

SUPPER: *Arroz con Tomates* (Mexican dish): Place a tablespoon of oil or butter in saucepan and when hot add half an onion, chopped. Let it brown slightly, then add one good sized tomato, sliced, or two spoonsful mashed, canned tomato, and let simmer a few moments. Add one cup of partly cooked rice with enough water to cover and let boil till it absorbs all the water. (A little more tomato juice may be added if it becomes too dry.) Add pepper and salt after rice has commenced cooking.

Rice Muffins: To two cups boiled rice take one pint flour, one teaspoon salt, one tablespoon sugar, one-half pint milk and two eggs (three will be better). Mix smooth the rice with the milk, then add beaten eggs and gradually the flour in which baking powder and salt have been sifted.

Fruit Junket: Fill cups or large serving dish as preferred, with strawberries or other fruit, as thick as one likes. Prepare junket as per directions on packages of junket tablets, and when ready to remove it from fire pour it over the fruit. Let it set well in cool place without disturbing then put on ice to become perfectly cold before serving.

Sausages and Spaghetti.

8 link sausages
1 can spaghetti with tomato sauce and cheese

Cook the sausages in a hot frying pan, turning them frequently until they are a golden brown and tender. Pour off the excess fat, then add the spaghetti mixture and continue cooking until the spaghetti is thoroughly heated. Serve two sausages and a generous amount of spaghetti to each person. Serves four.

SAUSAGE CAKES BAKED WITH APPLES

1 lb. sausage meat 4 apples

Shape meat into small flat cakes and put in the centre of a dripping pan; core apples, cut into half-inch slices, and put around sausage. Bake in a hot oven until brown, basting with fat from sausage. Drain fat from pan before serving.

Mixed Grill.

A savoury and tempting mixture can be cooked in the frying pan just as well as in the broiling oven. The chop, sausage, bit of kidney, slice of tomato, will all lend themselves quite well to top-stove cooking. Another good combination is a neat filleted fish, with slices of rich golden fried potato and tomato that has been dredged with well-seasoned flour and cooked in some bacon fat in another pan or along with the potatoes, while the fish cooks separately. Still another excellent Mixed Grill can be put together with a rather flat meat cake (chopped beef, seasoned with salt, pepper, a little mustard and minced onion); on the meat cake sauted sliced tomatoes and mushrooms; with a single curl of bacon, will make an excellent dish.

the ends with a stiff paste of flour and water, wrap in a cloth and simmer for three hours on the back of the range.

Beef Loaf.

Chop 2½ pounds of round steak fine. Mix with it 2½ cups of rolled crackers, 2 eggs, 1 cup of milk, butter the size of an egg, salt and pepper to taste. Mold in baking pan and cover with boiling water. Bake from one to two hours. Equal parts of beef and pork make the loaf better.

Pork Tenderloin, Tomato Sauce

6 pork tenderloins, salt, pepper, egg beaten, bread crumbs, 1 can mato soup or uree.

Salt and pepper meat, rip beaten egg, then in bread crum and fry until nicely browned. I in baking dish, add can of tom soup diluted about two-thirds heated in skillet. Pour over me Bake about an hour.

IOWA BREAD.—My vacation was spent on a large farm lying on the Iowa side of the Mississippi river, says a writer in "Good Housekeeping." The mistress of the model farmhouse was also the "cook lady," and she made the finest bread I ever tasted. It was moist, fine-grained, fairly velvety in texture, and particularly sweet-flavored. The following is her recipe: Take one dry yeast cake (this will act as the leaven for four large loaves of bread and two dozen plump dinner or tea biscuit) and soften it in a coffeecup of lukewarm water, stir in flour enough to make a thick batter ("sponge" my hostess called it), beat well, cover closely and set where it will become chilled. Do this about supper time. In the morning scald two quarts of thickened, slightly soured milk, drain off the whey (use the curd for cottage cheese) and add it to the now foamy sponge. Add also a level tablespoonful of salt, and a heaping tablespoonful of lard. The whey of course must be cooled to a little over the lukewarm degree before adding to the yeast mixture. Now add flour sufficient to make a batter as thick as pound cake, and beat vigorously for at least fifteen minutes. Then add flour and knead until a soft elastic, non-sticking mass is the result. Twenty minutes is none too much to devote to this stage of the proceedings. Set to rise, and when doubled in bulk, cut down, and when it has risen again divide into five parts, mold four parts into loaves and one into biscuits, brushing the latter all over with melted butter; when doubled in bulk bake, the bread requiring about fifty minutes, and the biscuits twenty-minutes in a properly heated oven.

VEAL LOAF, MADE WITH LITTLE MEAT.

Put through a food-chopper two pounds of raw veal, and chop fine. Moisten one-half pound of stale bread with hot water by pouring over the slices, and then squeeze out superfluous liquid. Add to the moistened bread while still hot ½ cup of butter or butter substitute, 1 teaspoon of pepper, 1 tablespoon of salt, ½ teaspoon of celery salt and 2 teaspoons of onion juice. Mix with the chopped veal, bind with two or three well-beaten eggs, and bake in pan in slow oven for one and one-half to two hours. Use warm or cold.

One-quarter pound of chopped bacon or salt pork gives a good flavor to this loaf. The proportions of veal and bread may be altered, and one-half more or less of either be used.

The foregoing recipe may be changed into a veal mousse by using cold cooked meat, four eggs, whites and yolks beaten separately, and cooking over hot water until firm.

BAKED CROQUETTES.—The materials are: A pint of finely-chopped cooked meat, any kind will do, one cupful of milk, three tablespoonfuls of butter, one of flour, one level tablespoonful of salt, half a teaspoonful of pepper, three eggs, one teaspoonful of chopped parsley and one cupful of dried, pounded and sifted bread crumbs.

First beat the three eggs. Mix the seasoning with the chopped meat. Put the milk on the stove in a frying-pan. Mix the flour and butter, and stir the mixture into the milk when it begins to boil. Now add the seasoned meat, and cook for two minutes, being careful to prevent it from burning. At the end of the two minutes add half the beaten eggs. Stir rapidly for five seconds, and take from the fire instantly. Spread on a flat dish, and set away to cool. When the mixture becomes cool set it on ice to harden; at the same time cover the remainder of the beaten egg, and put it in a cool place. All this should be done one or two hours before the meal is to be served, that the mixture may have time to get cold and firm.

When the hour for cooking the croquettes comes form the mixture into balls or cylinders, using about a tablespoonful each. Sprinkle a board lightly with crumbs, and roll the croquettes into perfect shapes on it. Next pour the beaten egg into a soup-plate. Lay the croquettes in the plate, one at a time, and with a spoon dip up some of the egg mixture and pour it over each croquette. Lift the croquette by slipping a knife under it, and place it on a thick bed of crumbs. Roll it lightly until every part is covered with crumbs; then roll it to a clean part of the board. When all are finished make the sauce.

Butter the bottom of a shallow cake-pan. Put a thin layer of the sauce in the bottom; then lay the croquettes in the pan, being careful that they do not touch each other. Baste them with the sauce, and then put the pan into a very hot oven. Cook until brown—say for ten minutes. At the end of the first five minutes baste again with the sauce. Serve on a hot dish, with the remaining sauce poured around them.

If the croquettes are for breakfast all the work except the baking may be done the day before. These croquettes may be put into a frying-basket instead of a pan, and kept in boiling fat for a minute and a half, when they will be found to be perfectly brown and much more creamy than when baked. But people who do not relish fried food, or cannot digest it easily, may find baked croquettes very palatable.

Brown Sauce for Croquettes.—Put two tablespoonfuls of butter into a frying-pan with one slice of onion, one of carrot, one clove, and a bay leaf. Cook all together until the butter begins to turn brown; then add one tablespoonful of dry flour, and stir until it turns dark brown. Now draw the pan back, and gradually add one generous cupful of stock. Add also a level teaspoonful of salt and one-fifth of a teaspoonful of pepper. Cook for five minutes; then drain, and it will be ready for use

CHICKENS, A LA DAUPHINE.—Draw two spring chickens, proceed to bone them as for "jalantines," excepting that the legs and wings must be left entire. The void must be then filled with quenelle of fowl, in which has been mixed some chopped mushrooms and parsley; the chickens should afterward be trussed, taking care to give them the same shape as they would have were the bones not removed; and after rubbing them over with lemon-juice, cover the breasts with thin layers of fat bacon, and secure their shapes by wrapping them in sheets of buttered paper; then place them in a stewpan, with carrot, onion and a garnished faggot; moisten with some light mirepoix, and set the chickens to simmer very gently by the side of a slow fire for about three quarters of an hour; when done drain them upon a napkin, remove the string, etc., and dish them up; sauce them with the clarified essence in which they have been braized, and serve. It is also customary to serve chickens, fowls, capons or poulards, when prepared in this fashion, with ragouts, a la Financiere, a la Parisienne, with Macedoine, or Jardinieres of vegetables, Italian, Poivrade, Tomato or Supreme sauces.

SWEETBREAD PATTIES.

Remove the pipes and membranes from a pair of sweetbreads and soak in cold water. Cook for 18 minutes in boiling salted water with one tablespoon of lemon juice. Then drain quickly and plunge in cold water to harden. When cold drain again, cut into dice and heat in a rich cream sauce that has been seasoned to taste with salt and white pepper. When very hot, stir in one tablespoon of shredded parsley and serve in heated patty shells or small tart cases. A few button mushrooms (canned) may be added to the sauce with the sweetbreads if desired.

CAPONS, A LA PRINTANIERE.—Truss and boil two fat capons, and when they are done dish them up with a nice trimmed and glazed tongue, in the centre; sauce them with Printaniere sauce; garnish them around with a border of small deep cups, cut out of young turnips; these when boiled in white broth with a little butter, sugar and salt, should be drained on a napkin, and filled with carrots scooped out in the form of very small peas or olives, and with young green peas; these cups when disposed alternately around the dish, will be found to produce a very pretty effect.

CHARTREUSE, A LA PARISIENNE.–First prepare some quenelle force-meat, with the fillets of three fowls; trim the tails of sixty boiled crayfish, trim also eight inner or minion fillets of fowls, and then simmer these in a little clarified butter and lemon-juice over the fire till they are done; then put them on a plate covered with thin layers of fat bacon, to keep them moist, until they are wanted for further use. Then butter a large-sized charlotte mould, and dispose around the inner angle of the bottom a close border of crayfish-tails; while up the sides of the mould some long strips, or pipes, of black truffle (cut out with a tin vegetable cutter), must be arranged alternately with the prepared fillets of fowls, so as to form a decoration representing the "Grecian-key border;" around the top of this, which, when the mould is turned upside down, forms the base, place another close border of crayfish tails; after which, the bottom and sides of the chartreuse must be lined with a coating of the prepared quenelle force-meat, thus:

Butter a circular piece of paper, cut exactly the size of the mould, and spread thereon a layer of the force-meat an inch thick; smooth this over with a knife dipped in hot water, and then, with great care, take hold of the sides of the paper with both hands, and turn it upside down into the mould; pass the bottom of a small bain-marie filled with hot water over the paper, that the butter may become melted, by which the paper will be easily removed. Next, cut three pieces of paper to fit in with each other, so as effectually to line the mould; butter these, and then spread them with force-meat, as directed for the bottom piece, and apply them in the same way. Then smooth the cavity with a spoon dipped in hot water, and fill it to within an inch of its surface with a thickly-garnished ragout, a la Toulouse, cold. Cover the top with force-meat, leaving the piece of paper on, and keep the chartreuse in a cool place till within two hours of dinner-time. It should then be put to steam in a deep stewpan, containing sufficient water to reach nearly half way up the mould. The water must be kept continually boiling by the side of a slow fire, and the stewpan covered with its lid containing live embers of charcoal. Garnish the base of the chartreuse with some thin Toulouse ragout, glaze the sides lightly, and serve.

BRAIZED FILLET OF BEEF.—Braize a larded fillet of beef on an oval braizing-pan garnished with the usual quantity of vegetables, etc.; moisten with a bottle of Sherry or Malaga; when the beef is done glaze and dish it up, and garnish it around with macaroni prepared as follows: Boil three-quarters of a pound of macaroni, cut it into two-inch lengths, and put it into a stewpan containing some scollops of mushrooms, truffles, tongue and the fillets of one fowl; to these add a ragout-spoonful of Bechamel sauce, four ounces of grated Parmesan cheese, and a pint of butter; season with a little grated nutmeg and minionette pepper, toss the whole well together over the fire until well mixed, and use it as directed. Sauce the fillet around with the essence (clarified in the usual manner), and send the remainder to table in a sauce-boat, to be handed around with the fillet of beef.

BOILED TURBOT, A LA PROVENCALE.—Procure a small plump turbot, make an incision in the back, and, with a strong knife, cut away an inch of the spine, trim the fins close, score it rather deep on the back, and then place it on an earthen dish to steep for four hours in a marinade made of the following ingredients: Sliced carrot, onions, sprigs of parsley, bay-leaf and thyme, three cloves of garlic, pepper and salt, the juice of a lemon and a gill of salad-oil. Let the turbot be frequently rubbed and turned in this marinade, that it may be thoroughly impregnated with its flavor. About three-quarters of an hour before dinner remove every particle of vegetable from the turbot, place it, with the white side under, on a gridiron (previously rubbed with chalk or whiting), and set it to broil on a clear fire, of moderate heat; twenty minutes will suffice to broil it on one side; it must then be carefully removed on to a deep baking-sheet, upon its back, first placing the whole of the marinade in the baking-sheet or dish; moisten with half a bottle of light white wine, and then put the turbot in the oven to bake; observing that it must be basted every five minutes with its liquor. When the turbot is done lift it carefully on to its dish, put the whole of the marinade in which it has been baked into a stewpan with the remaining half bottle of wine; boil the whole together for five minutes, strain it with pressure through a tammy into a stewpan, and reduce it with some Allemande sauce; add a pint of anchovy butter, some chopped and blanched parsley, a spoonful of capers and a little cayenne; garnish the turbot around with this sauce, adding groups of mussels fried in batter, and some lobster cut into neat scollops, and tossed in lobster-coral to give them a scarlet hue. Send some of the sauce to table in a boat.

PUMPKIN PIE.–Have a deep pie-plate, one and a half inches deep by nine and a half wide; line it with four ounces of pie-paste. Cut a two pound piece off a sound pumpkin, peel it well with a knife, remove the seeds and soft parts, then cut it in twelve pieces, place them in a saucepan with three quarts of cold water, leave the pan on a hot stove, and let cook for twenty five minutes. Take from the fire, put the pumpkin in a drainer, leaving it for one hour, then press out the water thoroughly with the hand, and rub it through a sieve into another vessel. Add two ounces of powdered sugar, and break in three whole eggs; add a saltspoonful of ground cloves, a saltspoonful of ground allspice, half a saltspoonful of salt, and the same quantity of cinnamon; mix all together for two minutes, and pour in half a pint of cold milk, mixing well again for one minute, then strain through a sieve into another vessel, and use the preparation to fill up the pie-plate, then lay it carefully in a moderate oven, and let bake for thirty minutes. Take it from the oven, put aside to cool, and cut it into six equal parts; dress them on a dessert dish with a folded napkin, sprinkle with powdered sugar, and serve.

CHEESE FINGERS—There will be required for these fingers some trimmings of puff paste, one cupful of grated stale cheese, one fourth of a teaspoonful of cayenne, half a teaspoonful of salt and one egg. Beat the egg well. Roll the paste very thin, and cut it into strips about four inches long and less than half an inch wide. Mix the salt and pepper with the cheese. Strew the strips of paste with this mixture. Double the paste lengthwise. Pinch the edges and bake in a quick oven for twelve minutes. Wash over with the beaten egg and sprinkle with cheese. Return to the oven for about two minutes—just long enough to melt the cheese. These are served hot as a cheese course in a dinner; or they may be served with the salad.

EXTRACT OF SPINACH—Wash and pound in a mortar a sufficient quantity of spinach for a small dish, until it assumes a pulpy appearance; turn it out upon a strong kitchen rubber, the opposite ends of which are to be gathered up and held in the left hand by two persons, who must take care to fold the extremity of the cloth firmly around the handle of a wooden spoon, which will give them a strong purchase, acting as a windlass, and will enable them to wring the cloth so tightly as to press all the moisture out of the spinach. To receive this extract a stewpan should be placed ready; it should be held over the fire until it becomes coagulated, and must be put upon a hair seive to drain off any remaining watery particles. Work the spinach-green through the seive with a spoon, and this will form the extract.

SCOLLOPS OF MUTTON.—Sautez or fry the scollops brown, then pour off the fat, and add a small glass of Madeira, a dozen button-mushrooms, three ounces of truffles cut into scollops, a little cayenne and lemon-juice, and a small piece of glaze; toss the whole together, allow the scollops to simmer briskly on the stove-fire for three minutes, and serve.

Mayonnaise.—Take a clean, cold bowl and drop into it the yolks of two fresh eggs that have been chilled. Stir lightly with a silver fork, then add one-half teaspoonful each salt, sugar, mustard a half saltspoonful of cayenne. Mix well, then begin pouring in pure oil a little at a time. You will need a cupful and a half, altogether. Beat steadily until it begins to thicken, then add the oil in larger quantities, increasing until you can add a tablespoonful at a time. After a little exchange the fork for a egg beater. When the dressing is thick and glossy, add two tablespoonfuls lemon juice and the same amount of tarragon vinegar, alternating with the rest of the oil. If you wish to increase the amount of mayonnaise you can whip the whites of the eggs and add them at the last. If you wish to make richer, add a half cup whipped cream. To color mayonnaise red, add a little lobster coral dried and pounded to a powder. If you wish a green mayonnaise add spinach juice or chopped parsley. To make the mayonnaise a tartare or sauce piquant; as it is variously called, simply add chopped olives, pickles, parsley, capers and onion to the plain mayonnaise.

SOUFFLE OF APRICOTS.—Remove the stones and peel eighteen ripe apricots, then put them, together with the kernels, into a stewpan with twelve ounces of pounded sugar; stir this over the fire with a wooden spoon, and as soon as the fruit is boiled down to a jam withdraw it from the fire and mix it with half the usual quantity of preparation for a potato-flour souffle; the same number of eggs used.

BATTER FOR FRUIT FRITTERS.—Use one cupful of flour, half a cupful of milk, two eggs, one tablespoonful of sugar, one tablespoonful of melted butter, half a teaspoonful of salt, and the yellow rind of one-fourth of a lemon, grated. Mix the dry ingredients together. Beat the eggs light, add the milk to them. Pour this on the dry mixture, beat well and add the melted butter. When convenient use oil instead of butter in a batter, because it mingles freely with every part of the mixture. Butter congeals slightly unless the mixture is warm. This batter is very good with only one egg.

CHEESE balls are delightful little morsels to serve with salad. Grate dry dairy cheese and mix it with a little salt and cayenne pepper. Moisten with enough beaten white of egg to allow forming into loose balls. Fry in deep fat until a pale brown. Serve cold.

GRAHAM FRUIT PUDDING.—Two cups of Graham flour, one cup of currants or raisins, one cup of sweet milk, one cup of molasses, one egg, one teaspoon of salt and one teaspoon of soda. Mix all together and pour into pudding pail or mold, and boil two and one-half hours. The batter should be rather thin. Serve with the following sauce: One tablespoon of butter, the same of cornstarch rubbed together to a smooth paste with a cup of sugar. Pour in a cup of boiling water and cook one minute, then add a tablespoon of good cider vinegar. Let boil up once and serve.

Tomato Figs.—Small red or yellow tomatoes should be used. Scald and peel them, weigh and place them in a stone jar with an equal amount of sugar, and let them stand, closely covered, for two days, then pour off the syrup and boil and skim until no more scum arises. Pour it over the tomatoes and stand for two days, as before. pour off the juice and boil and skim the second and third time. After the third time they are fit to dry if the weather is good, if not, let them stand in syrup until drying weather. Spread them out on shallow china or earthenware dishes, and dry in the sun. It will take about a week of good weather. Spread thin cheesecloth over them to protect while drying. Pack in boxes, parrafin lined cake and bisket boxes are nice for this pursose. Put white paper between the layers. They will keep for years.

Pickled Martynias.—This is an old fashioned pickle that will appeal to many housekeepers, because they will closely associate them with their childish enjoyment of grandmother's incomparable goodies. The pods should be gathered when young and tender enough to thrust a needle through them easily, as later on they become hard and useless for pickles. Leave half an inch of stem on each and lay them in salt water for two days, then cook tender in weak vinegar, but do not allow them to get soft enough to break. Drain well from this, place in jars and prepare vinegar for them in the proportion of an ounce each of cloves, allspice and black pepper to a gallon of vinegar. Scald all together with a half teaspoonful of made mustard. Pour hot over the martynias, cover closely and keep in a cool place, and they will soon be ready for use. They are like pickled walnuts and are nice to serve with roast beef.

Tarragon Vinegar.—This has a fine aromatic flavor, a valuable adjunct to salads and sauces. Strip leaves from the fresh cut stalks of tarragon. Put half a pint of them in a wide-mouthed clean bottle and cover with a quart of cider or wine vinegar, let stand for two weeks, then strain into bottles and cork tightly.

French Pickle.—Slice into an earthern jar one peck green tomatoes and six large onions; pour over them a cup of salt. Let stand twenty-four hours, then drain. Add one quart strong vinegar, three pounds of sugar, quarter pound white mustard seed, a teaspoonful each of cloves and ginger, two of mustard and one of cayenne pepper. Cook slowly for about fifteen minutes.

Spiced Salt.—Mix together and sift several times four ounces salt, one ounce thyme, one ounce summer savory, half an ounce of cloves, quarter of an ounce of cayenne pepper, half an ounce mace, one ounce black pepper, one ounce sweet marjoram, one ounce celery salt and half an ounce allspice. Put in wide-mouthed bottles and keep closely covered or corked.

Nougat Cream. Shell and blanch one-quarter cupful of almonds and half cupful of pistachio nuts. Shell half cupful of English walnuts and chop all togeteher until very fine. Add these to a rich vanilla cream, when the cream is nearly frozen, beating them in thoroughly with a wooden paddle, adding at the same time a few drops of pistachio extract. This makes a dainty dessert.

French Dressing.—With many people the French dressing is usually hit or miss. There is however, a set formula that insures having the proportions right every time. Put into a bowl or bottle a half teaspoonful salt and a saltspoonful pepper. Add four tablespoonfuls olive oil, stir with a fork or shake if in a bottle. Add one tablespoonful lemon juice or vinegar, mix thoroughly and pour over the salad.

To Keep Horseradish.—Horseradish may be kept fresh and strong for a long time preserved in the following manner: Gather or purchase in the spring, when it is at its best. Wash thoroughly, using a small brush, scrape and cut all imperfections. Then grate or put through a meat chopper. Pack in glass jars with glass or porcelain lined tops, in its own juice. Seal and keep in cool, dark place.

Spiced Vinegar.—Add to one quart of good cider vinegar, one ounce of celery seed, one tablespoonful each of spearmint and peppermint, one tablespoonful chopped parsley, three small onions, four whole cloves, one teaspoonful whole pepper, half a grated nutmeg, one tablespoonful salt and one tablespoonful sugar. At the end of three weeks strain off into bottles and cork tightly. This is fine for flavoring salads and in making meat sandwiches.

Basil Vinegar.—Sweet basil is an aromatic herb classed among the sweet herbs. It is used in flavoring soups, sauces especially fish sauce, ahd salad dressing. Have freshly gathered basil leaves, clean them thoroughly and put in wide-mouthed bottles, cover with cider vinegar or white wine and let stand two weeks. If a vinegar of cxtra strength is needed draw the water off after a week or ten days and pour over fresh leaves and after fourteen days strain off, bottle and cork tightly.

Apple Chutney.—Peel and core half pound of sour apples and cut in small pieces, put through a meat chopper if you have one. Then put into a mortar and pound the pulp, adding half pound of cleaned currants and one large or three small cloves of garlic. When nice and smooth add a tablespoonful of brown sugar, one dessert spoonful cayenne, one of salt and quarter of a teaspoonful of pepper. Mix well and then thin to desired consistency with good apple vinegar. Add more salt and sugar if desired.

Pickled String Beans and Green Peppers.—Cut young, tender string beans in desired lengths. Remove the seeds and hard division walls from sweet green peppers and cut same size as the beans. Scald each separately with water that has just come to a boil, and as soon as they turn a bright emerald green, drain and cool. Then put in jars and pour strong vinegar over them and seal. Wax beans or butter beans make a pretty pickle prepared in the same way.

Valentine Salad—Two tablespoons granulated gelatin, 2 cups tomato puree (or canned tomato soup) 1 cup boiling water, 1 teaspoon salt, ½ teaspoon celery salt or paprika, 1 teaspoon onion juice, 1 tablespoon vinegar. Green peppers, lettuce and stiff mayonnaise. Soak gelatin in tomato puree 5 minutes, adding boiling water and seasonings and dissolve over hot water. Pour into small heart molds rinsed out with cooking oil, and chill. When ready to serve, lay perfect lettuce leaf on small plate and unmold jelly heart onto it. Have small arrows carefully cut from peppers with sharp knife, and lay diagonally across heart. Pipe mayonnaise (with pastry decorator tube) around heart in fancy designs to look like fancy lace valentine. (Makes 6 small hearts).

Pineapple Salad

Cut sliced pineapple in half, and arrange attractively on a nest of lettuce hearts. Make cheese balls from soft cream cheese, and place several on the salad. Sprinkle with finely chopped shelled walnuts, and serve with cream mayonnaise, which is made by combining mayonnaise and whipped cream in equal quantities.

Chartreuses, or Puddings of Green Vegetables and Roots, Ornamental Croustades, Turbans and Mazarines, by Dr. Thudichum.

[Concluded from last week.]

The predilections of the Carthusians extended from concretes to abstracts, and from pies ascended to liqueurs; this was effected by a process of evolution which passed through an apple pudding.

The Chartreuse of Apples begins with the apple jam, which German and English cooks affectedly and falsely call apple marmalade. Then the angelica enters as an ornamenting incrustation over the yellow, red, and white apples cemented by the jam; the whole is to be boiled in a water-bath, and turned out on a plate. Here ended the apple chartreuse, and apples assumed their ancient rights and shapes. But the angelica wandered to the brandy bottle, and chartreuse became a spirit, the Carthusians manufacturers of liqueurs: "Sic transit gloria Carthusianorum."

The compound chartreuses, as they may be called, described in cookery books, are more numerous than distinguished; they contain a mixture of meat and vegetables. All kinds of meat, fowl, fish, and vegetable may be used; but we should prefer to see every such dish described under a proper name, and not abused as a farce on a chartreuse.

Boudins of forcemeat, which some erroneously range under chartreuse, should be considered elsewhere.

By ornamental croustades are meant such structures of the fried bread class as are not intended to be eaten, but only to contain edible preparations. Almost every kind of ragout, fricassee, garnish, or sauce in any combination so as to form an entree, such as are directed to be used in combination with pates-chauds, vol-au-vents, casseroles of rice, borders of potato paste, timbills, and any other similar case, can be used in connection with croustades; but these receptacles certainly offer no advantages whatever over the traditional classical cases. The very mode of making croustades seems calculated to wear a cook's time upon trumperies, and draw his attention away from worthier objects.

As to the pates-chauds correspond the diminutive petits pates or patties, so to the ornamental correspond the small croustades, in Italian called crustadini; they may be made of small sections of bread, or of any of the materials of pastry crusts.

Turbans and mazarines are not commonly used in France, so that not even their names are found in modern French works. They are mainly complicated preparations of forcemeat combined with fillets of fowls, hares, rabbits, fish, with fat livers, or with ox-palates, etc. They are mostly constructed on a basis of baked crust; over this a layer of forcemeat is spread, and on this the fillets, larded or studded in any way fancy may suggest, are placed and agglutinated by farce, with which all intervals are filled up. The farce may be boiled or baked as an independent cylinder, or as a boudin in a mould, and then placed upon the basis of the crust. To this cylinder the fillets are applied, and fixed with more forcemeat, or skewers, or string or paper, or thin slices of bacon. When the preparation has been built up it is baked in the oven or steamed.

We have seen recipes for so-called mazarines which yield mere forcemeat puddings (or boudins), steamed in a buttered mould and turned out on a dish; a cavity left or made in the middle of the forcemeat was to receive the ragout and sauce; the fillets, etc., and crayfish tails were fixed on the battlements of the timball as mere garnishes without any organic connection with it. These preparations do, therefore, not essentially differ from the forcemeat puddings (entrees de farce, as Careme so well named them), described above. They show no specific features, are in many respects inconvenient inversions of the principles which are observed in the preparation of the best entrees in pates, vol-au-vents, timballs, etc, and do not allow of that close association of meat and sauce which constitutes the charm of ragouts and of most other entrees. We, therefore, judge them much inferior to the entrees in cases described above, and think that the principal culinary authors were right in omitting to take notice of them or attach importance to them.

New Orleans Jambalaya with Shrimps (Polexendre Lafevre) –Take three dozen large fresh shrimps; boil them. When cold peel them. Cut up an onion, chop it fine, fry it in a tablespoonful of lard. One cup of the best Carolina rice, washed several times over in cold water, should then be added to the onion. Let them fry brown together, stirring constantly. Flavor with thyme, bay leaf, chopped parsley, chevril. Salt and pepper to taste. When brown add water enough to cover the whole. Let it boil down until the rice is well cooked. Then let it dry a bit on the side of the stove. If in a hurry put it in the oven a moment.

Mince Meat.—Cover four pounds of a round of beef with boiling water, and let it simmer for five hours; then let it cool in the water, and when it is cold free it of fat and chop quite fine, but not to a powder. There should be a generous quart of the chopped meat. Add to it three quarts of pared and chopped apples, a pint of finely-chopped suet, a quart of stoned and chopped raisins, a quart of English currants, a quart of molasses, three pints of sugar, half a cupful of ground cinnamon, a tablespoonful of cloves, two of allspice, two of mace, six grated nutmegs, half a cupful of salt, and some citron.

Mix these ingredients thoroughly with the hands, and then add three quarts of good cider. Let the mince-meat stand over night, and in the morning, after beating it slowly to the boiling-point, and simmering for one hour, turn it into stone jars and set it in a cool place.

If you like you may add wine or brandy when you put the mince-meat away or when making the pies, but it is nice without either. It is an improvement, however, to put a quart of stoned raisins into the mixture.

This mince-meat will keep for three months in ordinary stone jars, even if there be no brandy or wine. The crust for the pies should be either puff paste or rich chopped paste. The upper crust should be very thick, and the pies should bake for an hour. Mince pies are always better if baked several days before they are served.

Malakoff.—Take six fresh eggs and beat the whites stiffly, after separating them from the yolks. Add a tablespoonful of granulated sugar with every egg. When well beaten together line a mould carefully with caramel syrup, sides and bottom; put in the whites of the eggs and close hermetically. Put in a pan of boiling water; let it boil twenty or thirty minutes. You can test it by inserting the blade of a knife in the middle. If the eggs do not cling it is cooked. Reverse it very carefully, without breaking its form, in a dish. Make a nice soft custard with the yolks; flavor with vanilla bean. When cold pour over your mould and serve. It is a most delicious dessert and highly appreciated.

Ajoua Bienville's Macaroni.—Take a pound of macaroni, boil it, drain it very carefully and send it in very hot. Do not let it stand. Have a chafing-dish put on the table. Put in it a layer of macaroni and a tablespoonful of sweet fresh butter. Powder over it a tablespoonful of grated Parmesan cheese. Then repeat with succeeding layers until there is a sufficient quantity. Stir it all together and serve at table.

Lamb's Feet, a la D'Uxelles.—Braize and trim the feet, cover them with a coating of D'Uxelles sauce, and when this becomes firmly set by cooling bread-crumb them twice over in the usual manner and fry them in hog's lard; when done drain them upon a cloth, dish them up with fried parsley upon a napkin, and serve some Italian sauce separately.

Washington Pie.–For two pies make cake the same as for orange cream pies. When the cakes are cold place one on a plate, spread a thin layer of raspberry or strawberry jam on it; put a second cake on top of this, and spread jam on it; place a third cake on the other two, and sprinkle with powdered sugar. Treat the other three cakes in the same manner. Any cup cake, plain or rich, may be used for Washington pies; and any fruit jam may be substituted for strawberry or raspberry.

French Toast.—Cut from a loaf of baker's bread a dozen slices about one-third of an inch thick. Beat together two eggs and one-fourth of a teaspoonful of salt, and add a cupful and a half of milk. Put a part of the mixture in a soup plate, and dip a few slices of bread into it; and continue adding a little mixture and dipping the slices until all the mixture has been used. Spread the bread on a platter, and let it stand for half an hour. At the end of that time rub the bars of a toaster lightly with butter, and toast the bread brown on both sides. Send to table hot.

Rothschild Timbales.–Decorate the bottom of each buttered timbale mold with a thin round slice of truffle measuring three-quarters of an inch in diameter; around the sides range six lozenge shaped pieces of the truffle, each one divided by a round bit of truffle an eighth of an inch across, and more of the same sized and shaped pieces at both tips of the lozenges, making eighteen small rounds in all. Fill the bottom and sides with a chicken cream forcemeat, and lay in the centre a ball, half an inch in diameter, composed of foies-gras taken from a terrine and rubbed through a sieve; fill the mold with more forcemeat, then poach and finish the same. Serve separately a puree of chestnuts, diluted with veloute sauce and cream to the consistency of a sauce, incorporating into it at the last moment a piece of melted fresh butter.

Marinade Sauce.—Cut into thin slices a quarter of a pound of carrots and as many onions; lay them in a saucepan with two ounces of butter, and a bunch of parsley garnished with a bay leaf, as much thyme, basil, and a clove of garlic, two minced shallots and four cloves. Fry the whole lightly without coloring in the butter, and then moisten with two quarts of water, and one pint of vinegar or more, according to strength, and a tablespoonful of peppercorns; let cook for one hour, then strain through a sieve, return it to the fire, and reduce to half; add one quart of espagnole and reduce again to the consistency of a sauce.

Cranberry Whip.—To the whites of three eggs add a pinch of salt and beat to a light foam, add half a cupful of powdered sugar and beat again until very stiff. Now add, a teaspoonful at a time, two-thirds of a cupful of cranberry jelly, continuing to beat until the mass is very light and thoroughly mixed. Serve very cold in sherbet glasses

Banana Whip, Frozen.—Peel the skins from half a dozen ripe bannanas and press the fruit through a sieve, adding at once half a cusful of strained orange juice mixed with half a cupful of fine powdered sugar. Have ready half a box of gelatine soaked in half a cupful of cold water until soft, and then stirred over hot water to dissolve; stir this into the fruit mixture and place the bowl in cold water, and continue to stir until it begins to stiffin, then whip until it is light and foamy. Now fold in carefully a pint of double cream whipped to a stiff froth. Turn into a mold wet with cold water, place a tightly fitting cover on it and bind the seam with a strip of muslin dipped in melted butter. Pack the mold in course salt and cracked ice—and stand in a cold place for four hours.

Hot Mustard Sauce.—For a generous half-pint of sauce use one tablespoonful each of mustard, butter, flour, and taragon vinegar, one slice of onion, one clove of garlic, half a teaspoonful of salt, one-eighth of a teaspoonful of cayenne, half a pint of stock and two tablespoonfuls of cold water. Cook the butter, onion, garlic and vinegar over a rather hot fire for five minutes; then add the flour, and stir until smooth and frothy. Draw the saucepan back to a cooler part of the fire, and gradually add the stock. Mix the mustard with the cold water, and add this and the salt and pepper to the sauce. Boil for five minutes; strain and serve. This sauce is for roast beef or veal.

Orange Omelet.—Use four eggs, two tablespoonfuls of sugar, a saltspoonful of salt, a tablespoonful of butter, three tablespoonfuls of rum, and three tablespoonfuls of milk. Warm a large omelet-pan. Beat the whites of the eggs rather light. Add the salt, sugar, yolks and milk to them, and beat well. Put the butter in the omelet-pan, and place on the hottest part of the range. Pour in the egg mixture, and shake vigorously until it begins to thicken; then fold and turn on a warm dish. With a spoon pour the sauce over the omelet, letting it run down on the dish. Just before the dish is placed on the table touch a lighted match to the liquor. Be sure that the sulphur is burned from the match before using it.

French Beans, a la Maitre D'Hotel.—Pick and string the beans, cut them up, and shred each bean into three or four strips; wash them in plenty of water, drain them in a colander, and throw them into a stewpan containing boiling water and a handful of salt, and boil them briskly until they become tender—they must be drained in a colander, then immersed in cold water for five minutes, and drained upon a napkin to absorb all the moisture. Next, put a gravy-spoonful of Bechamel or Supreme sauce into a stewpan with four ounces of fresh butter, a tablespoonful of chopped and parboiled parsley, and a very little nutmeg, toss the whole together over the fire until hot; then dish them up.

Aromatic Mustard.—This is delightfully pungent and you will be delighted to have a jar or two on the pantry shelf when you learn its value. Upon one tablespoonful of fresh grated horseradish, an ounc of bruised ginger root, and five long red peppers, pour half a pint of boiling vinegar. Allow to stand closely covered. for two days; then take five teaspoonfuls of ground mustard, one teaspoonful of curry powder, a dessertspoonful of salt, and mix well together. Strain the vinegar over this, adding a dash of cayenne if wanted, very pungent. Mix smooth and keep in tightly corked bottles or jars.

SEMOLINA PUDDING, A LA BADEN.—Take twelve ounces of semolina, seven ounces of pounded sugar, eight ounces of butter, eight eggs, a pint of cream, a tablespoonful of orange flower water, an ounce of ratafias and a little salt. Mix the semolina with the sugar, the orange flower water, half the butter, two eggs, the cream and salt, in a stewpan; stir this over a stove-fire until it boils, then work it perfectly smooth, and keep working the paste over the stove-fire until it ceases to adhere to the sides of the stewpan; then withdraw it from the fire, ond gradually mix in the remainder of the eggs and butter, and also the bruised ratafias. Next, spread the inside of a plain mould with butter, and fill it with the preparation of semolina; put the bottom of the mould in a deep sauta-pan, half filled with hot water, and place it in the oven to bake for about an hour and a quarter; when done turn the pudding out on to its dish, pour either a fruit or custard sauce over it, and serve while warm.

PORK CUTLETS, A LA LAURORA.—Cut off six covered cutlets from a rack of pork, beat to flatten to half an inch in thickness, then season with salt and pepper; fry them in butter, and when done range them on a dish capable of being placed in the oven; covered over with well-seasoned bechamel cream sauce, thickened with raw egg-yolks, and adding some very finely cut up chives. Press a few hard-boiled egg-yolks through a sieve, holding it over the chops, and when the top is well covered pour on some butter and brown in a brisk oven.

GALANTINE OF EEL.—Skin a large Niagara eel, take out the middle bone, season and fill it with fish quenelle forcemeat, mixing into it truffles and pistachios, seasoning it well. Inclose this dressing in the eel and lay it in a well-buttered Savarin mold, baste over with white wine mirepoix stock and cover with bards of fat pork. Place this mold in a low saucepan containing a little water and push it into a slack oven; when the fish is properly done remove and leave it to cool off in the mold under the pressure of a light weight, then turn it out and dress it on a round dish; cover over with Cambridge butter; decorate with cuts of truffle Serve with sauce.

SWEET POTATO DAINTIES FOR THANKSGIVING

AMONG the Southern housekeepers before the war the art of preparing the sweet potato was brought to perfection. Many of their excellent receipts have been handed down to us, and now, as then, the vegetable is always prepared in connection with some special dish. Housekeepers of the present day wishing to serve this dainty accessory to game, poultry or fish at the Thanksgiving feast, may be guided in their selection from the following:

SWEET POTATO WAFFLES.—Mix one tablespoonful of butter and one of sugar to a cream, and when thoroughly blended stir in one well-beaten egg; add a pint of milk, a small cupful of flour sifted with a teaspoonful of baking powder, and enough cooked mashed sweet potato to make a smooth batter. Season with salt, cayenne and nutmeg. Bake in hot waffle irons until a golden brown, dust lightly with powdered cinnamon, and serve piled on a napkin with roast duck.

SWEET POTATO PUFFS.—Steam six large sweet potatoes until tender, then peel and mash them, adding one tablespoonful of powdered sugar, two tablespoonfuls of butter, a saltspoonful of salt, a few drops of onion juice and a pinch of paprika. Beat until very light with a silver fork, and then stir in quickly the stiffly beaten whites of two eggs. Pour at once into custard cups, placed in a pan of boiling water, and bake twenty minutes in a hot oven. Serve in the custard cups, garnishing each with a sprig of parsley, as an entrée or as a vegetable accompanying turkey.

CREOLE SWEET POTATOES.—Prepare half a dozen large sweet potatoes of equal size, by parboiling them for twenty minutes; peel them carefully and cut directly in halves. Place the pieces thus obtained in a shallow baking pan, sprinkling with salt, celery salt, white pepper and a very little allspice; pour into the pan a cupful of rich stock and bake in a quick oven, basting frequently until tender and slightly browned. Serve as a border around planked fish.

ESCALLOPED SWEET POTATOES WITH MUSHROOMS.—Slice eight cold boiled sweet potatoes into a buttered baking-dish, arranging them in alternate layers with small button mushrooms; season each layer with a generous amount of butter, a teaspoonful of tomato catsup, a saltspoonful of salt, a pinch of powdered mace and a little chopped parsley. When the dish is filled within an inch of the top, pour in gradually a coffee-cupful of rich cream, cover the top with browned breadcrumbs and bake thirty minutes in a moderate oven.

SWEET POTATO PATTIES.—Boil half a dozen sweet potatoes, peel and mash very smooth, adding half a cupful of thick cream, a scant teaspoonful of salt, a saltspoonful of paprika and a tablespoonful of powdered sugar. Cut a sheet of rich pie crust (that has been rolled out very thin) into small squares; place a tablespoonful of the prepared sweet potatoes in the centre of each and turn over in triangle form, crimping around the edges with the tines of a silver fork. Brush over the tops with a little milk and powdered sugar and bake twenty minutes in a hot oven. Serve on a folded napkin, garnished with blanched celery.

SWEET POTATO CANAPES.—Cook until tender three large sweet potatoes, remove the skins and press through a vegetable sieve, adding a pinch of salt, a little cayenne, the grated yolk of one hard-boiled egg, a tablespoonful of melted butter and half a cupful of grated cheese. Spread on rounds of hot buttered toast and crisp in a hot oven. Arrange on a warm platter garnished with fried parsley and thinly sliced lemon. These are to be served with the salad course.

MARGARET HILL.

PLAIN OMELETTES.—Break into a shallow bowl as many eggs as wanted; add half a teaspoonful of salt to every four eggs. Beat until light and foamy, and add a tablespoonful of milk to the number of eggs. Melt, but do not burn, a tablespoonful of butter in the omelette pan; into this pour the eggs. Set it where it will cook quickly, but not burn, as eggs scorch easily. With a fork break in several parts to allow the uncooked portion to run down, and gently shake the pan back and forth. When creamy throughout, sprinkle with pepper and fold half over the other. Let stand for a minute, then turn into a hot platter.

Omelette with asparagus tips is made by cooking two cupfuls of asparagus tips in boiling water with half a teaspoonful of salt. When tender, drain, add a tablespoonful of thick, sweet cream and a teaspoonful of finely minced parsley. Prepare the omelette, and when cooked cover one half with the asparagus mixture, fold, slip on the platter and pour the balance of the asparagus about it.

NOURISHING BEEF BROTH.—Cut one pound of lean beef into small pieces; put it over the fire in two quarts of cold water, add a little salt, bring slowly to a boil, then simmer for two hours; strain, stir in half a cupful of tapioca, previously softened by being soaked for an hour in cold water to cover, and cook for thirty minutes longer. Add more salt if needed. Rice may be substituted for the tapioca; or the broth, after straining, may be thickened with arrowroot or corn-starch, cooked ten minutes, then seasoned with milk or cream in the proportion of three ounces of milk, or half as much cream to each half pint of broth.

Make mutton broth in the same way. To remove grease from broths and soups pass clean white wrapping-paper over the top with a rapid motion.

Spaghetti and Cheese Romaine.—Take two cupfuls of broken spaghetti, one cup rich minced cheese, one of milk, butter the size of an egg and yolks of two eggs. This dish should be quite a rich yellow. Cook the spaghetti in plenty of salted boiling water for twenty minutes, then drain dry. Put the cheese, butter and half the milk into a saucepan Add seasoning of salt and pepper and then the spaghetti. Turn it into a baking dish and bake a yellow brown as quickly as possible. Do not cook it too long or it will be tough.

THE MAKING OF BREAD, AND OTHER DAINTIES MADE FROM DOUGH

A perfect loaf of bread can be achieved only through study of the materials entering into its composition and through knowledge gained by practice.

The best flour for bread is made from the hard wheats. These contain a large proportion of gluten, which gives the flour a yellow tinge and a gritty feeling. Gluten nourishes the blood and muscles, so flour containing it must be healthful. Gluten also possesses the quality of making a tough, elastic dough, a most important consideration when the dough is to be expanded by a gas, as in bread-making. A given quantity of flour containing gluten will swell more on being moistened than the purely starchy flours; hence, although the first cost may be a little more, the best flour is more economical in the end.

The yeast in bread-making should be the purest and best. Yeast is a microscopic plant of the lowest order, and several varieties are known. Some of these are improved by careful cultivation, and these pure yeast cultures, sold as compressed yeast, when fresh, are the best. Yeast is subject to the same laws of growth as other plants. Extreme cold and heat are alike fatal to it.

The yeast planted in warm dough raises the mass in the following manner: The flour contains starch; the yeast in growing changes a portion of this starch to dextrine, a kind of sugar, and, continuing its work, the sugar is further changed to alcohol and carbon dioxide, a gas which puffs up the dough. This is alcoholic fermentation and is the same process as that which is undergone in the fermentation of liquors. If the process is stopped at this time, either by stirring the dough or by baking, the bread remains sweet, but, allowed to continue its course unchecked, after a time acetic fermentation begins, and sour bread is the result. The learner will soon be able to detect the difference between the fragrant, pleasant odor of bread dough that is just right and the pungent, sour smell resulting from too long rising.

As to the wetting to be used in bread-making, each person must be guided somewhat by circumstances. All milk is most nutritious; some use water alone, but the preference in most cases is given to half milk and half water. With many the use of shortening seems to be a necessity, although it is condemned by some teachers of domestic science. By it the natural toughness of the dough is overcome and its nutritious quality increased. If all water is used, the bread will require more shortening, but even then let this be something beside an inferior quality of lard. A very small amount of sugar adds to the good quality of the bread and supplies the loss of the natural sugar of the wheat.

In successful bread-making, under normal conditions, the liquid used should be at a temperature of 80° F., and lower than this in extremely warm weather. Enough flour should be used to make a dough that does not spread but keeps its shape, and the more the dough is beaten the better will be the result. Instead of covering with a cloth, as most persons do, use a closely fitting cover, that no crust may form over the top during the process of rising, which must be accomplished in a room whose temperature at first is 70° F. and gradually falls to 60°F., or even lower. Do not, if it can be avoided, put the bread to rise with one side exposed to the heat from the range. With the temperature indicated, the bread should rise perfectly on the kitchen table. After the yeast has done its work, the dough occupies more than twice its original space. If it cannot be attended to at once, cut it through with a knife, thus forcing the yeast to do the same work over again; but when it has risen the second time, let there be no further delay in kneading.

Kneading is a process by which the dough is made tender and fine grained. It is best learned by observing some one skilled in the art, and by practice. The dough should be of such consistency that the merest dusting of the board and hands with flour will suffice. Too much flour added at this stage will make the finished loaf hard and dry. Divide the kneaded loaf into halves, make each into a round shape, and put close together in a pan which will measure about nine inches in length, three inches in depth, and five in width at the base and a little more at the top. Cover this time with a cloth, and let rise again until double its bulk, and, if possible, away from the range, as by so doing the bread will be finer grained; then bake at once. Baking kills the yeast germs and fixes the air-cells which are formed in the rising; it also dissipates the alcohol and carbon dioxide. Owing to the large amount of water contained in the dough, the temperature of the inside of the loaf does not rise above 212° F.; but the outside soon browns, or, in other words, the starch is changed to dextrine. The same change is seen in bread properly toasted. In the process of digestion all starches must be similarly changed, so the importance of thorough baking is apparent.

WONDERS.—Cut up half a pound of fresh butter into one pound of sifted flour; add three-quarters of a pound of white sugar, a heaping teaspoonful of cinnamon and a glassful each of white wine, if desired, and rose water. Beat six eggs until light, then fold them into the other mixture. If the dough is too soft, add, a little at a time, more flour. Roll out in a rather thick sheet. Cut into strips, then form each strip into a figure eight, and fry. When done sprinkle over with powdered or granulated sugar.

PLAIN DOUGHNUTS.—Beat two eggs until light and add to them half a pint of sugar and the grated rind of one lemon. Beat ten minutes, then stir in half a pint of sweet milk, and lastly a pint and one-half of flour with which have been mixed two teaspoonfuls of baking powder, a little salt and some grated nutmeg. Turn out on a well-floured moulding-board, roll into a thick sheet. Cut out with a biscuit cutter, then with a smaller cutter remove a round from the centre of each. Fry until a golden brown.

CREAM DOUGHNUTS. — Beat together until light two eggs, one cupful each of sour cream and sugar, a saltspoonful of salt and the juice of one lemon; then add flour enough to roll. Cut into circles and fry in boiling fat. Serve hot with powdered sugar and cinnamon mixed.

KATHERINE E. MEGEE.

PLAIN GINGERBREAD.—Stir to a cream one cupful of brown sugar and three tablespoonfuls of butter. Add one cupful of New Orleans or Porto Rico molasses (never use syrup), two beaten eggs, and half of a tablespoonful of ginger. Mix thoroughly, then stir in two and one-half cupfuls of flour sifted with two teaspoonfuls of baking powder. Turn into a deep baking-pan and bake for one hour in a moderate oven. Just before putting into the oven, gloss over with a mixture made by stirring together a beaten egg and the same amount of rich cream.

GINGER SNAPS.—Soften half a cupful of butter and mix with it the same amount of brown sugar, half as much lard, and one cupful of molasses; add one teaspoonful of ginger, half a teaspoonful of ground cloves, three ounces of preserved orange-peel, one teaspoonful of salt, and half a teaspoonful of soda dissolved in one tablespoonful of boiling water; mix well, add one cupful of sifted flour, turn out on a well-floured dough-board, knead, roll out as thin as possible, cut in circles and bake in a quick oven. Snaps to be crisp, should be baked on a bright day.

GAME PIE.—Line a French pie dish with rich biscuit crust. Cut venison into thin, small pieces and place it in a stewpan with a glassful of red wine, a tablespoonful of catsup, an onion stuck with cloves, parsley and peppercorns. Simmer until tender, remove the onion, pour into the crust, cover and bake; remove the pie from the dish and garnish it with parsley and lemons.

PUMPKIN PIE.—Take a fine ripe pumpkin and boil it soft or until all the water is boiled away. Wash well and strain. To two teacups of sifted pumpkin, add one cup of sugar, and one tablespoonful of melted butter, one teaspoonful of ground ginger, one of cinnamon, one-half of cloves and allspice. Beat the yolks and whites of three eggs separately, add them and two teacups of milk with a small pinch of salt to the mixture. This amount will fill two pies.

Horseradish Sauce.—Take one tablespoonful turmeric, one of mustard, one of sughr. one cup of fresh grated horseradish, four tablespoonfuls strong vinegar, four tablespoonfuls olive oil. Beat all well together and bottle. Serve with cold fish.

POTATOES PREPARED IN DAINTY WAYS

New recipes for cooking and serving potatoes are always in demand, and the following will serve to add variety to the housekeeper's list.

POTATO SOUP.—Boil ten large potatoes, then peel as thinly as possible; slice and put them in a saucepan with one large sliced onion, two heaping tablespoonfuls of butter and a little pepper. Let them stew in the butter for a few seconds, then pour over them two quarts of white stock and let the whole simmer until the potatoes are very soft. Rub through a strainer and put over the fire, adding half a pint of new milk or cream and a little grated nutmeg. Sprinkle on the top some chopped parsley or the white of egg beaten stiff and seasoned with pepper and salt. Pour the soup boiling hot into the tureen; add the white of egg in tablespoonfuls; cover with the top of the tureen, let it stand for a few minutes and serve.

POTATO AND CHEESE SOUFFLÉ.—Melt a small tablespoonful of fresh butter in a saucepan, and stir into it a tablespoonful of mashed potatoes and, when the two are well mixed, add a little milk or cream and about three ounces of grated Parmesan cheese. Stir the mixture over a gentle fire till it is the consistency of cream, but do not let it boil. Add a little white pepper, and salt, if required. Take it from the fire and stir at intervals until it is cold. Beat the yolks of three eggs very light and stir in. Add also a little milk and, last of all, the whites of five eggs beaten to a very stiff froth and folded in lightly. Put into a buttered pudding dish, set at once in a hot oven, and serve as soon as it has raised and is brown.

POTATO BALLS WITH EGG.—Make into balls mashed potato flavored with a little finely chopped parsley or minced shallot. Save from the yolk of an egg two teaspoonfuls and mix with two teaspoonfuls of water. Spread thickly with the back of a teaspoon over the potato balls and set in the oven for a few minutes. Serve hot.

POTATO AND BEET SALAD. — Boil three white potatoes and when they are cool, cut them in halves, then across in thin slices, and put them in the centre of the salad dish. With a fork mix in a little finely grated onion. Have three boiled beets, mince them finely and place around the potatoes to form a border of the rich, red color. Take a hard-boiled egg, press the yolk through a sieve or strainer over the potato, then press the white over the minced beets. Lastly, pour over the whole a French dressing made in the following manner:

2 teaspoonfuls of powdered sugar,
1 saltspoonful of salt,
1 mustard-spoonful of mustard,
A very little grated onion,
2 teaspoonfuls of Chili vinegar,
2 teaspoonfuls of tarragon vinegar,
4 tablespoonfuls of sweet oil and as much ordinary vinegar as may be required to suit individual taste. If liked, add a few sprigs of parsley.
Keep on the ice until served.

POTATO SERVED WITH LETTUCE.—Take cold mashed potato and season with shallot; add this to a mayonnaise dressing and serve in lettuce leaves.

POTATO FILLETS.—Select long potatoes, pare, cut into fillets about one-fourth of an inch square and drop into ice-water to crisp. Then partly cook in deep boiling fat; take out, drain, bring the fat again to a boil, drop in the fillets and cook until done.

POTATO SAUTÉS.—With a vegetable cutter cut potatoes into small balls and drop into ice-water. Place over the fire a frying-pan containing some meat drippings, and when hot enough to color the potato balls a delicate brown, drop them in, season with salt and pepper, cover closely and cook until mealy, shaking the pan frequently to prevent burning.

KIDNEY POTATOES. — Select fine, smooth potatoes, boil in their skins, then skin, dredge with flour and brown with the dinner roast.

SWEET POTATOES WITH BACON.—Fry several slices of breakfast bacon cut thin and thoroughly chilled until crisp. Have ready a sufficient number of sweet potatoes cut into thick rounds; fry a light brown in the drippings. Arrange on a hot platter, garnished with the strips of bacon and thin slices of lemon. Serve with roasted chicken.

SWEET POTATO SOUFFLÉ.—Boil four medium-sized potatoes and mash until free of lumps. Scald together half a cupful of sweet milk and one tablespoonful of butter; mix with the potato and beat until very light; then add, one at a time, the yolks of four eggs, beating each in well; fold in the whipped whites; turn the mixture into a buttered ramekin and bake for twenty minutes in a brisk oven.

KATHERINE E. MEGEE

THESE little cakes fried in boiling lard or oil are always most acceptable in the cold months when we can indulge in rich foods. To be in perfection, the dough should be as soft as is possible to handle, and very little flour should be used in rolling them out. The dough can be made very soft if instead of using a rolling-pin a tablespoonful of the dough is placed on the floured board, sprinkled with flour, and then gently flattened and pressed to the desired thickness by the fingers. These cakes are generally cut in large rounds or rings, but they are much more delicious if cut with so small a cutter that when boiled they are not larger than an English walnut. The crullers made by the following rules, if rolled in powdered sugar when cold and put in tin boxes lined with oiled paper, will, except in the cases noted, keep fresh six weeks or two months.

Berlin Crullers.—Beat two eggs until light, add one cupful of sugar, beating all the time, then add one cupful of thick, sour cream, one teaspoonful of vanilla and one-half teaspoonful of salt. To three cupfuls of flour add two level teaspoonfuls of baking-powder; sift and add it gradually to the other ingredients. Roll; cut into rings with a small, round cutter; cook until brown in hot fat. When cold roll in powdered sugar and put in tight tin boxes.

CRULLERS AND DOUGHNUTS

The success and wholesomeness of these midwinter sweets depend largely upon the quality and temperature of the fat in which they are cooked.

Instead of using lard for the purpose, a day or two before needed procure several pounds of clean, whole leaves of beef suet. Place it over the fire in a porcelain-lined kettle and pour over it about a pint of water. When it begins to cook, stir frequently to prevent scorching. After it is all rendered, strain carefully through a flannel cloth into glass jars and set away to become cold. Crullers or doughnuts fried in such fat may be eaten even by those whose digestion is not of the best.

To cook the cakes properly, the fat must be deep and of exactly the right heat—375°—which may be recognized by a blue vapor arising from its surface. When this temperature is reached, it may be held by dropping into the fat a small crust of bread, which will also give the fat something to act upon, and thereby prevent burning. The time required for cooking depends upon the thickness of the cakes. Usually it takes from five to eight minutes. The process is greatly expedited if a wire frying-basket is used.

The use of eggs in cakes of this variety prevents the dough from absorbing the fat.

Cocoanut Crullers.—Make the dough according to the rule for superior crullers and, before adding the flour, stir in one-half pound of dried cocoanut. Roll the dough one-quarter of an inch thick, cut out with a round cutter half an inch in diameter; boil to a delicate brown. When cold and sprinkled with powdered sugar these little balls taste like confectionery.

Nut Crullers.—Make the dough by the rule for superior crullers, substituting a teaspoonful of vanilla for the grated lemon peel. Just before adding the flour stir in one and a half cupfuls of finely chopped almonds or English walnuts. This is a very rich cruller, and is much better after being kept a few days than when first made.

Superior Crullers.—Beat four eggs until light, then beat in one cupful of sugar. To this add the grated rind of one lemon and half a nutmeg grated, half a teaspoonful of salt and a gill of sweet milk. Now stir in gradually one quart of flour into which two teaspoonfuls of baking-powder are mixed. Roll to the thickness of half an inch, cut into small rings and fry in hot lard. When cold roll in powdered sugar.

PLAIN DOUGHNUTS to be eaten with coffee. One cup of sugar, one cup sour milk, one egg, scant teaspoon of soda or salaratus; mix with flour as soft as you can roll them. Fry in very hot fat.

they may be used with cold flaked fish *rechauffé*.

Creamed potatoes may be served enenjoyably by very simple methods. Cut up very finely left-over cold boiled or baked potatoes, put down in a pan with milk to cover and a generous piece of butter, let cook moderately for fifteen or twenty minutes or until the milk becomes perfectly creamy and season with pepper and salt. If something still richer be desired, add half a cupful of cream a moment before taking the potatoes from the fire, or, in the absence of cream, a tablespoonful of unsweetened condensed milk. When desired a sprinkling of minced parsley may be added.

For hashed brown potatoes, cut or chop finely a quart of cold baked or boiled potatoes and put them down in a frying-pan in which has been dissolved a tablespoonful of butter and an equal quantity of tried-out suet or beef dripping. Let the potatoes simmer in this and season with pepper and salt; have the pan covered. When the potatoes seem rich and moist throughout and browned underneath add a sprinkling of finely minced parsley and with a large, flexible knife loosen the potatoes from the bottom of the pan, turning the sides over toward the middle as in making an omelet, and slip them carefully onto the serving dish. For a pint of potatoes use half the quantity of butter and drippings.

Once a day is sufficient to eat potatoes. Rice and other cereals, macaroni, spaghetti, baked bananas, etc., will be found agreeable changes.

Bananas go well with beef, lamb, poultry, in fact with any kind of meat. A simple and enjoyable method of cooking bananas is as follows:

Remove the skins, sprinkle the bananas lightly with sugar, add to each a few drops of lemon juice and bake in a hot oven for about twenty minutes, basting occasionally with the juice formed. Bananas are said to contain more nitrogenous and nourishing matter than any other fruit.

Sweet potatoes may be boiled or baked according to the directions given for white potatoes, but they require less time. They also make delicious croquettes and puddings, grated raw in the latter instance. Left-over sweet potatoes may be cut in slices and sautéed until a light brown on both sides.

RICE.—As a vegetable rice will present a pleasant change either alone or in combination with other things. It must be well washed in several waters and then put on to boil in a large saucepan or stewing kettle with a very liberal supply of salted water which has reached the boiling point and placed over a hot portion of the range, that the water may boil very rapidly after the rice has been sprinkled in gradually, to avoid stopping the boiling. It must then cook continuously for twenty to thirty minutes or until the grains are soft. Do not cover the kettle. When the rice is done drain off every drop of water, sprinkle lightly with salt and then place the rice covered with a napkin on the side of the range or in the oven, to steam until dry.

Combined with tomatoes rice will be found an enjoyable feature of the menu. The rice may be cooked according to the directions already given, then added to strained, cooked tomatoes which have been nicely seasoned with an onion, a couple of cloves, three or four whole black peppers and a bay-leaf. Use a cupful of tomato sauce to a pint of boiled rice. Put them on together in a flat pan to heat slowly, mixing them together carefully with a fork and adding a good piece of butter. Rice boiled in milk will make an agreeable dessert for young children, with butter, nutmeg and sugar added at the last.

MACARONI, ETC.— Macaroni, spaghetti, vermicelli and Italian paste are also wholesome and easy to digest. Macaroni and spaghetti must be put down like rice in boiling water or, better still, beef, veal or chicken stock. The vessel must be shaken occasionally that the macaroni may not adhere to the bottom. When done to tenderness the macaroni may be blanched by being placed in a colander and having cold water run through it. It may be served in many appetizing forms. Baked, it is put in a dish in alternate layers with grated cheese, seasoning with paprika, salt, butter and a little dry mustard; milk is poured over to cover and the macaroni baked brown in a hot oven. A cream sauce may be made and poured over the macaroni, a generous quantity of grated Swiss or Parmesan cheese being heaped over this. Again, a tomato sauce may be made, combined with rich, good stock, a few mushrooms and other savory seasoning. Macaroni makes a fine filling for boiled fowl and may also be made into delicious timbales.

BEANS.—These are pronounced the most nutritious of vegetables and compare favorably in strength-giving quality with meats.

Green string beans and wax or butter beans are first to be well washed, the ends cut off, the strings removed and the beans cut small in crosswise or thin lengthwise pieces, as preferred, and cooked in boiling salted water in an uncovered kettle until tender, then all the water should be immediately drained off and a seasoning of salt, pepper and butter added; or they may be served with a cream sauce. When not perfectly fresh beans should stand in cold water an hour or more before being cooked. Lima beans are cooked after the foregoing formula, but will take longer to cook than the green string or wax beans.

Succotash when properly made is delicious. The Lima beans should be young and tender. They are to be cooked alone until very nearly done, and the corn, if very fresh and young, may be cut from the cob and put in about ten minutes before the succotash is to be taken from the fire; butter, pepper and salt are then added. A small piece of salt pork cooked with the Lima beans will give an additional relish. There should be very little water in the cooking vessel when the corn is added. If the corn is not young and fresh the whole grains of corn should not be used, but simply the interior of the shells and the milk; the inner portion of the grains may be extracted by scoring each row of kernels with a sharp knife directly through the middle and then pressing out the juice or milk and tender inside portion, leaving the shells on the cob. A large silver fork should be used for this purpose.

White dried beans are very wholesome and may be cooked plainly and served with a French or mayonnaise salad dressing. These beans must soak in water all night, then be put on early in cold water to boil and let simmer gently until tender. A piece of bacon or pork cooked with the beans is said to aid in the digestion of the latter.

CAULIFLOWER AND CABBAGE.—In selecting cauliflower choose the whitest and most closely formed. Always wash well, removing all outside leaves and the stalk. To remove any insects and worms the head of cauliflower should be placed for an hour, upside down, in a vessel of water to which has been added a tablespoonful of salt or, better still, one of vinegar. Then place it, head downward, in boiling salted water until tender, removing any scum which may arise. If the cauliflower is at all discolored, boiling it in milk or half milk and half water will make it white. It may be served plain boiled, with a cream or Hollandaise sauce, or baked *au gratin*. Cauliflower must be removed from the water as soon as it is cooked. This rule, indeed, is imperative with all vegetables.

An inviting entrée may be made by using the sprigs of the cauliflower cut off and plunged into boiling water for a couple of minutes. Take them up, drain well and cover the bottom of a saucepan with shavings of bacon and pack in closely the sprigs of cauliflower upside down, laying in between the stalks a forcemeat made of veal or chicken highly seasoned; mix in a cupful of fine breadcrumbs, a dessert-spoonful of minced parsley and a small grated onion, a cupful of finely chopped mushrooms and two minced truffles. Add a couple of well-beaten eggs and pour over all a cupful of stock. Simmer gently for about twenty minutes or until the cauliflower is tender and the remainder of the mixture quite solid but not pasty. Turn all upside down into a baking dish, place in the oven for a couple of minutes to brown and then serve.

"Ladies' cabbage" is a dish that may be presented to the most fastidious with assurance of approval. Wash and cut up finely the choice portion of a small head of cabbage, rejecting the coarse outer leaves. Put down in a pint of boiling, salted water and let cook rapidly for ten or twelve minutes. Drain off all the water and add in its place a cupful of rich milk. When this comes to a boil stir in a heaping teaspoonful of flour that

has been smoothly blended with half a cupful of milk. Stir until smooth, add a good-sized piece of butter, salt and pepper and serve. This mixture may, for a change, be put into a baking dish with half a cupful of cream added, then covered with fine crumbs dotted over with butter and baked to a light, even brown.

PEAS.—Peas are healthful and nutritive and may be cooked after the directions given for beans. If they are not particularly tender, a little bicarbonate of soda and a few mint leaves will improve their quality and flavor. Peas should always be mashed when given to young, growing children. Canned peas need only to be rinsed off with cold water and then put on with a little water to become heated, as they are already sufficiently cooked. Add butter, pepper and salt and serve.

BEETS.—Beets are said to promote the appetite. Young beets will cook in an hour; old beets require two or three hours and sometimes longer. Care must be taken not to break the skin of this vegetable while it is being boiled, as loss of the juice will affect both the color and the flavor. When beets are taken up from the fire, drain them and allow cool water from the faucet to run for an instant over each beet to facilitate the removing of the skins, which will at once slip off on pressure of the thumb and finger. Baked beets are very fine. These or boiled beets should be cut in thin slices, and butter, pepper and salt added while they are very hot.

PARSNIPS.—These are considered nourishing and wholesome and are relished especially with salt meats or fish. The vegetable will boil in half an hour or more. When they are done to tenderness the skin is to be removed. Slices cut lengthwise, sprinkled with salt and pepper, dipped in butter and then in flour may be sautéed until a light brown.

Parsnips may be mashed, combined with bread-crumbs, flour, beaten egg, butter and seasoning and made into croquettes.

TURNIPS.—Like other vegetables turnips are to be put down in boiling water salted, they will take from thirty to forty minutes or more to cook, according to size. Boiled plain they are most frequently used in connection with carrots, parsnips, onions, etc., as an accompaniment to boiled beef. Cut into dice turnips are served (with carrot also) with mutton and lamb. Fried, or rather sautéed, slices of boiled turnip are used with the sauce of braised duck; and turnips boiled to tenderness are at times mashed with potatoes and served. To make stuffed turnip, cut a slice from the top of a boiled turnip, scoop out a portion of the centre, mash this with an equal quantity of potato, season with salt and pepper, add a well-beaten egg and a little cream, refill the turnip and cover over with the slice cut off. Brush over with beaten egg and brown in a hot oven.

CARROTS.—An excellent flavoring medium for soups and sauces is found in carrots. Young carrots should never be peeled, but simply washed and scraped; they will boil in less than an hour. They will be found enjoyable cut in dainty slices and served with a sauce made of cream, eggs and parsley.

ASPARAGUS.—This is one of the most popular, delicious and healthful of vegetables. The stalks must be scraped off and put into cold water, then tied in bundles and the tough ends cut off to make all of equal length. Boil in salted, boiling water for half an hour or a little less. Remove the asparagus from the water as soon as it is tender and place it on buttered toast to serve, with cream or Hollandaise sauce or melted butter.

Asparagus tips may be used in numerous enjoyable ways; they may be added to an omelette, served with a cream sauce in patties or on toast, or used as a decoration with boiled salmon or with salmon mayonnaise; combined with shrimps as a filling for green peppers, with a rich white sauce or a mayonnaise.

SPINACH.—This vegetable must be washed and re-washed and allowed to stand in several waters until all sand or earth is removed. No water except that which adheres to the leaves after these several washings will be required for the cooking. After cutting off the roots and thoroughly cleansing the spinach put it down in a saucepan and cover tightly. Cook for about ten minutes, add a tablespoonful of salt to half a peck of spinach, cover again and cook for ten minutes more, being careful that it does not burn. Toss it up with a large spoon or fork once in a while. When done to tenderness, drain as dry as possible and turn out into a colander until as much moisture as possible has been extracted. Chop the spinach very fine and put it over the fire in a flat pan, adding a tablespoonful of butter, a little onion juice, pepper to taste and half a cupful of cream; stir all well together and pile in a mound in a hot vegetable dish. Garnish with hard-boiled eggs.

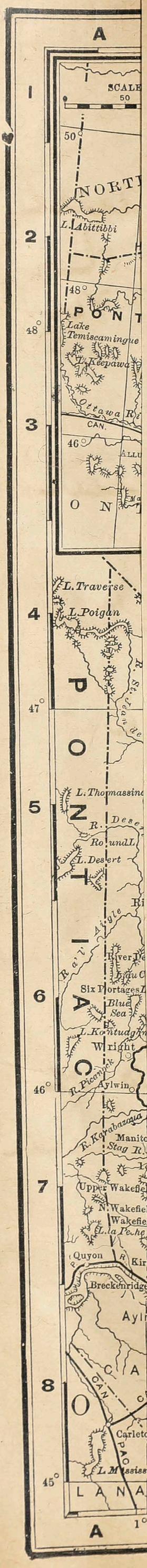
CUCUMBERS.—To prepare stewed cucumbers, peel the vegetable and cut it into lengthwise quarters and then into pieces about one inch long. Put it into boiling, salted water for fifteen to twenty minutes, drain well and serve with a cream sauce. Cucumbers should be peeled and placed on the ice as soon as received so that they may become crisp. Salt will make them flabby.

ONIONS.—The onion is esteemed highly for its healthful properties. Bermuda onions or white or yellow onions are delicious boiled and served with a cream sauce. Put the onions down in boiling, salted water for thirty to forty minutes; drain well. Cut in slices and fried in butter they are enjoyable with beefsteak. Spanish onions make a delightful salad. Stuffed with a forcemeat of chicken or beef and mushrooms and a bit of ham or bacon and savory herbs and bread-crumbs they are epicurean.

POTAGE SAUTE.—Have in a saucepan three ounces of lean pork cut into small pieces, one sliced white onion, three small sliced leeks, two sprigs of bay leaf and one tablespoon of melted butter. Place the pan on the fire, stir with a wooden spoon and cook until a nice golden color; add six large, peeled, well-washed and sliced raw potatoes; moisten with two and a half quarts of hot water; season with a teaspoon of salt, half a teaspoon of pepper and a saltspoon of grated nutmeg. Mix all well together; cover the pan and let slowly simmer for forty-five minutes. Carefully clean and suppress the stalks of one quart of fresh sorrel, cut into thin slices. Place in a saucepan with half an ounce of butter and briskly cook for five minutes, continually mixing with a wooden spoon. Then strain the puree into the sorrel pan, through a Chinese strainer; mix all well together and let boil for thirty minutes; add a pint of cold milk, mix again and let it come to a boil; then add one egg yolk beaten up in half a gill of cream, mix well and heat without boiling for two minutes. Pour into a hot soup tureen and serve.

BAKED SHAD, MADRID.—Procure half of a fine fresh two-and-a-half pound shad. Scale, remove the backbone and neatly wipe. Season with a teaspeon of salt, half a teaspoon of white pepper, well rubbed in all over. Lightly oil the bottom of a roasting tin, place the fish in the tin, spread a tablespoon of oil over the fish, then place in the oven to bake for ten minutes. Draw the pan to the oven door, slice three fine ripe tomatoes, carefully place the slices on the top of the fish, then finely mix four sound shallots with a small green pepper and sprinkle over the tomatoes. Season the top with half a teaspoon of salt and a saltspoon of Spanish saffron, well distributed, then reset the pan in the hot oven and bake for fifteen minutes longer. Remove, lift up the fish with a skimmer, dress on a hot dish, pour the gravy over and serve.

ROAST SHOULDER OF MUTTON,—Procure a tender, fat shoulder of mutten, entirely bone it, season all over with a good teaspoon of salt, half a teaspoon of pepper, roll up the shoulder and tie with strings. Place some trimmings of larding pork in a small roasting pan, lay the shoulder on top, baste it with a tablespoon of melted butter, set it in the oven for thirty minutes, turning the shoulder and basting the meat with a littlc hot water occasionally. Remove and place the shoulder in a baking dish. Finely slice two mediun sized onions, place in a frying pan with the fat from the shoulder pan and cook for ten minutes, tossing occasionally. Add four me dium sized finely sliced, peeled raw potatoes to the onions, season with a teaspoon of salt and cook for fifteen minutes more, frequently tossing meanwhile. Arrange potatoes around the shoulder on a dish, pour a little melted butter over ail, set in the oven for thirty-five minutes more, remove, untie the shoulder and immediatlely send to the table.



Oatmeal Cookies: —

3 cups rolled oats
2 " flour
1 " butter or half lard
1/2 " sugar
1/4 " warm water
1/2 teaspoon soda.

A. H. H.

Molasses Cake: —

1 cup butter
1 " brown sugar
1/2 " molasses
1 " milk
1 1/2 pints flour
1 1/2 teaspoons B. powder
1 egg
Mix liquids first. Balls.

E. N. P.

Cookies: —

2 eggs
1/2 cup butter or half lard
1 " white sugar.
Flavor lemon & nutmeg
3 teaspoons B. powder sifted with flour to make consistency to roll.

B. P.

fill the center of each biscuit. Let rise again and bake a light brown. To prepare the yeast for use, crumble it into a cup with a tablespoonful of sugar and a quarter of a cup of warm milk. Mix and use as soon as it rises. Compressed yeast can be used same as in bread making.

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MAP OF QUEBEC.

Size of type indicates importance of places.
Indicates PROVINCE CAPITAL.
Indicates County Seat.
SCALE OF STATUTE MILES.
30 MILES TO THE INCH.

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Tomato Pickle:—

1 pail green tomatoes
25 cents worth large onions.
Slice these & place in alternate layers with salt sprinkled over them. Let stand over night then pour brine off. Cover with vinegar. Add
3 good cups brown sugar and (in a bag) —
1 tablespoon each of pepper allspice and cloves
8 or 9 small red peppers. Cook

N. S.

Vanilla Wafers

1 cup butter beaten to cream
1 " sugar stir well
1 tablespoon water: whites of
2 eggs - yolk of one beaten and added to above
1 teaspoon b. powder flour to thicken.

A. H. H.

The first thing necessary when about to cook pork and beans is a bean pot of the right shape; an ordinary pudding dish will not cook them so as to get the right color. The mouth of the pot must be small. Take medium sized beans and soak over night, pour the water off next morning, adding more water and boiling for a few moments. Remove from fire and drain, pouring them into the bean pot; seasoning with salt and pepper and about one tablespoonful of molasses. Score the salt pork and place on top of beans. Nearly cover with water and place in slow oven, cooking about five or six hours. Watch carefully that they do not get dry—you may need to add water once or twice.

BROWN BREAD.—Three cups Indian meal, two cups rye meal, one cup molasses, one egg, one quart of milk, one teaspoonful of soda and one of salt. One cup of seeded raisins. Steam in a double boiler for three hours, and then place the pan in the oven for one hour to thoroughly dry.

BROWN BREAD WITHOUT FRUIT.—Two cups Indian meal, one cup graham flour, one cup white flour, one cup of molasses, a small teaspoon of soda, also of salt, and three cups of boiling water.

BEAN POT ROAST.—Two pounds rump steak cut in inch pieces; put a layer of meat in the bean pot, then sprinkle a little flour, salt and pepper over it, then more meat, flour, etc., until the meat is used; add water to cover and be sure to have water just cover the meat when done. Bake in moderate oven four hours. A little chopped onion may be added if liked.

DOUGHNUTS.—One and one-half cups of sugar, three eggs, one tablespoonful of melted butter, one cup milk, half teaspoonful lemon, half teaspoonful of vanilla, two large teaspoonfuls of baking powder, nutmeg to suit taste; flour enough to roll out rather stiff. Cut in rings and drop in boiling lard.

BREAKFAST SQUASH CAKES.—One cup sifted squash, left over from dinner, one cup of milk, one egg, two teaspoonfuls of baking powder, one teaspoonful of melted butter, one cup of flour; bake in a round pan.

Nowhere in the land can you find sweeter and finer clams than on Narragansett Bay, in Rhode Island, and on the shores of the little bays in the vicinity of Boston. Consequently the people there have learned to cook them in various ways. One of the most popular is in a chowder.

SWAMPSCOTT CLAM CHOWDER.—Cut one quarter of a pound of salt pork into small pieces, fry until brown in a porcelain kettle; shred one small onion and brown it, add one quart of thinly sliced potatoes, one large teaspoon of salt, one small teaspoon of black pepper, one pint of water from the clams and one quart of hot water; boil until the potatoes are cooked, add one quart of solid clams, mix smoothly one tablespoonful of flour in a pint of milk, add it and let the chowder boil up once.

CLAM CAKES.—Chop one pint of clams and add to a good egg batter, fry as you would griddle cakes.

JOHNNY CAKES (Baked). — One cup corn meal, two cups of flour, two teaspoonsful of cream tartar, one teaspoonful of soda and one of salt; all sifted together. One small piece of butter, large spoonful of sugar, one egg, one and one-half cups of milk. Bake in long tin or in gem pans.

JOHNNY CAKES (Fried).—One teacup of Indian meal, well salted, scald with one pint of boiling milk; when cool add one tablespoonful of sugar; yolks and whites beaten separately of two eggs, and one teaspoonful of baking powder, fry on griddle.

Swiss Fish Salad.—After removing the skin and bones carefully, flake two cupfuls of cold boiled fish; cut half a pound of cold cooked shrimps into dice and dress with four tablespoonfuls of tarragon vinegar, a little salt, if needed; cayenne to taste, half a teaspoonful celery salt; mix with two tablespoonfuls of capers. Mix with the fish, add a sweet green pepper, seeded and cut rather fine; moisten well with mayonnaise dressing and serve on a bed of lettuce. Garnish with hard-boiled eggs or a few whole shrimps and mayonnaise dressing.

Codfish Salad.—Soak about a pound of fish over night; then boil tender, drain and set away to cool. Just before serving time, flake the fish, carefully removing the skin and bones. Have some spiced beets cut into dice and a cold boiled potato cut into ssrips of sliced. Toss lightly together and turn on to a bed of crisp lettuce or cress. Sprinkle a few tiny white onions or capers over the top and serve very cold. The fish and potatoe make a tasty salad without the beets, and onion juice and minced parsley may take the place of the tiny onions or feinste perizwiebein.

Dutch or Hollandaise Sauce.—This is really a warm mayonnaise, using butter instead of olive oil. It is the best sauce for serving with salmon or other boiled fish if you desire it hot. It requires a quarter pound butter, half a lemon, the yolks of two eggs, a little salt and half a teaspoonful white pepper. The secret of its successful making is to preterve an even temperature. The sauce should not approach the boiling point, as the eggs would cook and the sauce curdle. Put the eggs in a small saucepan and add the butter gradually, stirring constantly with a wooden spoon. It will soon thicken like a mayonnaise. When the butter is all in, add salt and pepper, and lastly the lemon juice, stirring until well mixed. If the stock becomes too thick add a litttle stock or hot water. Surround the fish with parsley and slices of lemon and serve the sauce in a bowl. A few sliced cucumbers should be served with the fish.

Stuffed Biscuit.—Into a pound of sifted flour put a level teaspoonful of salt, a scant pint of luke-warm milk, a tablespoonful of lard or butter, one egg and one cent's worth of prepared yeast. Mix thoroughly with a wooden spoon, working the dough until smooth. Cover and set in a warm place to rise. When light turn out on a floured kneading board and roll out into a sheet about half an inch thick. Cut in rather large circular shapes and place in greased baking pans, far apart enough not to touch. Rub over with butter or lard melted, take the pits from cooked prunes and chop them up with a little tart apple and fillI the center of each biscuit. Let rise again and bake a light brown. To prepare the yeast for use, crumble it into a cup with a tablespoonful of sugar and a quarter of a cup of warm milk. Mix and use as soon as it rises. Compressed yeast can be used same as in bread making.

Sour Cream Salad Dressing—Another excellent salad dressing for potatoes or cabbage has sour cream for a foundation. Add to a small cup thick sour cream, three tablespoonfuls cider or tarragon vinegar, a teaspoonful each salt and sugar, a saltspoonful paprika or pinch of cayenne. For a potato salad a teaspoonful onion juice or mixed onion and a tablespoonful minced parsley will be found an addition.

Apple and Celery Salad—Peel and core some tart, well flavored apples, cut into eighths or narrower, and then cut across the sections into thin slices. Cut clean, crisp celery into thin, crescent shaped slices until you have a quantity equal to the apple. Mix in sufficient mayonaise to moisten well or use the French dressing if preferred. Arrange in individual portions in lettuce leaves arranged cup fashion, dot the top with a teaspoonful of the mayonnaise and serve at once. Apple must not stand after peeling, as it discolors. This is often known as a Waldorf salad, whether served in lettuce leaves or in red apple cups.

Beet Salad—Cut boiled beets in thin slices, arrange on lettuce leaves, cover with French dressing and serve. Beets may be chopped, instead of sliced, if preferred. A popular combination with beets is celery, in equal quantities, while in Germany celery, beets and herring broken in pieces, well mixed with French dressing, are much liked.

String Bean Salad—Select young, tender beans, cut the strings from both sides, then cut each bean into two lengthwise, then across. Throw them in cold water as fast as cut. When ready to cook cover with boiling, salted water, cook twenty minutes and drain, throw into cold water ten minutes, then cover again with boiling water, to which two or three tablespoonfuls olive oil have been added. Cook fifteen minutes or longer until tender. Season with salt and pepper and serve hot for the first day. Put the beans remaining in the ice box. When ready for the salad, drain free from liquor, arrange on lettuce leaves and cover with French dressing or sauce tartare.

Cabbage Salad—Chop or shave fine a half medium sized head of cabbage that has been left in cold water until crisp, then drain. Season with salt and pepper, then pour over it a dressing made in this way: Beat the yolks of two eggs, add two tablespoonfuls melted butter and beat again. Add two tablespoonfuls thick sour cream, two tablespoonfuls sugar, a sprinkle of mustard and half a cupful of vinegar. Beat until thoroughly mixed, pour over the cabbage and toss lightly until uniformly seasoned.

Steamed Squash Served in Shell.—Saw off the top of a Hubbard squash and bake or steam the larger portion until tender, then scoop out all the pulp, leaving the shell. Mash the pulp through a vegetable press or sieve and season with salt, pepper and butter. Add a little cream and stir the whole over a fire for a few minutes, but do not let it brown. Fill the shell, heaping it up dome shaped and mark off in melon-like sections with a buttered knife. Reheat in oven a minute, then serve on a doily placed on a heated dish.

Stuffed Haddock.—Have your fish dealer dress the fish, removing the eyes as well. Wash well and wtpe dry and stuff in the usual manner. Draw the tail through the eye sockets and keep it in place by a skewer run through the tail, close to the head. Lay thin slices of fat pork over the top of the fish and bake it in a covered pan until the flesh will flake from the bones. When nearly done remove the cover and pieces of pork, baste well with the fat in the pan and cover with fine bread crumbs and let brown nicely. Serve with any good fish sauce.

Stuffing for Baked Haddock.—To a cupful of crumbs add a teaspoonful each of chopped onion and cucumber pickle, a teaspoonful of melted butter, the yolk of an egg and salt and pepper to taste.

Oyster Shortcake.—Make a rich but delicate shortcake dough with baking powder, using milk instead of water to make a soft, smooth dough. Bake in jelly cake tins in rather thin layers and butter each as it comes from the oven. Drain a quart of oysters, putting their liquor on to scald. Heat one and one-half cups of milk. rub a tablespoonful of butter with same of flour and stir into the scalded milk and sttr and cook until smooth and thick. A half cup of cream and one cup of milk make a mueh finer sauce. Strain and skim the oyster juice, add a teaspoonful of butter, half teaspoonful salt, and seasoning of pepper. Add the oysters and let them scald until they "ruffle." Then remove the oysters and place them on the shortcake. Pour the oyster liquor into the sauce, mix well and put a layer over the oysters. Cover with another layer of the cake, add more oysters and pour the hot filllng over the whole. Serve at once while very hot.

Chartreuse of Salmon.—Wash a cup of rice and parboil it for five minutes in plenty of water. Drain, place in a double-boiler with about three cupfuls of mtlk or clear stock and steam until tender, season to taste with salt and curry powder. Line a buttered mould with rice and fill the center with a pound of cooked salmon (canned will answer) flaked with a silver fork and seasoned with pepper and salt to taste, and juice of half a lemon, cover with rice and steam for thirty minutes. Serve with oyster or egg sauce.

A Nice Marcaroni Dish.—Boil the macaroni, broken in short lengths, in plenty of salted water. When tender drain and blanch. Have ready a rich cream sauce to which you have added the same quantity of blanched oysters as you have macaroni. Mix this with the macaroni and turn into a china baking dish made very hot. Have ready four thick slices of bread cut diamond shape and nicely toasted. Arrange these with points in center, on top of the macaroni, pour over them a thick saucer made of a quarter pound rich grated cheese, melted and diluted with yolk of one egg and one-quarter cup of good cream. Season with salt and paprika. The paprika may be lightly dusted over the cheese on the toast. This is a pretty dish and well adapted to take the place of meat for a lenten dinner.

SCONES

Scones for four persons require a cupful of flour sifted with two teaspoonfuls of baking powder and a little salt; rub through this butter the size of half an egg, using only the tips of the fingers; stir in with the blade of a knife a well-beaten egg, and add as much rich milk (less than a gill) as will enable you to roll them out on a floured board; cut in squares, brush with the beaten white of an egg (reserve a part of the white from the egg mixed with the flour), sprinkle with sugar, cut in diamonds and bake in a quick oven.

ICED PUDDING, PORTUGAISE.—Prepare a pint only of vanilla ice cream, adding in the freezer half a gill of Malaga wine. Thoroughly pick and soak in water for fifteen minutes two ounces of Malaga grapes, drain, remove the seeds, and add to the vanilla with an ounce of candied, chopped orange peel and half a pint of whipped cream. Mix well with the spatula, then fill up a quart mould with the preparation; tightly cover the mould, bury it in the same ice cream pail and let it freeze for two hours. Remove, dip in luke-warm water for a few seconds, unmould on a cold dish with a folded napkin and serve.

Fried Scallops, Finnoise Sauce —Season with a teaspoon of salt and half a teaspoon of paprika, one and a half pounds very fresh scallops. Roll in flour, dip in beaten egg, then roll in fresh bread crumbs and plunge in boiling fat to fry for six minutes. Lift up and drain on a cloth, dress on a dish with a folded napkin, dccorate with six quarters of lemon and a little parsley greens, and serve with a Finnoise sauce separately.

Sauce Finnoise —Cut into very small, square pieces, a good-sized sound green pepper. Place it in a saucepan with one half an ounce of butter and heat on a brisk fire for two minutes, without browning. Then mix in one teaspoon of flour; stir well. Pour in two gills of very fresh red tomatoes, pressed through a sieve Season with two saltspoons of salt, one saltspoon of pepper and three saltspoons of fine sugar. Mix well and let it reduce to one-half, occasionally mixing. Add, little by little, a good half an ounce of butter, continually mixing while doing so, until the butter is thoroughly melted. Remove and use as required.

Rice Pudding au Nectar.—Boil four ounces of rice in boiling water for five minutes, thoroughly drain on a sieve, then place it in a sucepan with a pint of milk, half a teaspoon of vanilla essence, the rind of a mandarin and three ounces of sugar Lightly mix and let slowly boil for forty minutes, remove the rind, then add half a gill of honey, two gills of cream and four egg yolks. Sharply mix with the spatula for three minutes, transfer the rice to a baking dish, sprinkle two tablespoons of shredded cocoanut over the rice, set in the oven for twenty minutes, remove and serve either hot or cold.

Nice Rich Pumpkin Pie —Pare a nice, rich pumpkin, slice thin and boil in just enough water to prevent burning. When tender drain and rub through a colander. To each pint of the pulp add a pint of rich milk, two beaten eggs, one cup of sugar and spice to taste, with the grated peel of half a lemon. Bake with under crust for half an hour. A nice change in flavoring a pumpkin pie is to use vanilla and a little grated nutmeg, without other spices; or sherry wine, brandy and a little grated peel of an orange.

Brunswick Stew.—Cut the fowl, weighing four pounds, into pieces as for a fricassee. Put it into a deep stewpan with a close fitting cover, add a small white onion sliced, a quarter pound of lean bacon in one piece, or, better still, a ham bone. Cover with boiling water and keep simmering gently for one and one-half hours. Then add a pint of very tender Lima beans, a pint of corn cut fresh from the cob, a tablespoon of chopped parsley and a half teaspoon of salt and quarter of a teaspoon of pepper. Cover again and simmer an hour longer. Take out the bacon or ham bone, and serve. Cook this stew over a moderate fire, and stir frequently to keep from burning.

Oysters.—We are told that oysters are not very nutritious, but are eaten more as a provocative to the appetite than for the actual food value they might possess. But we must not take this statement too literally, and class the oyster entirely among the non-essentials and luxuries. A fresh oyster is easily digested, rejecting the muscle and gills when they are to be served to an invalid. Coupled with this is the fact that they tickle the palate, and this quality goes a long way in making articles of food valuable as nutrients. It is doubtful if there is any other food article so well qualified to give the epicurian more delight than the oyster, when properly prepared. Nor is there anything quite so convenient or just the thing for a night supper.

Oysters Broiled on the Shell.—Perhaps there is no better way of serving the oyster than this. Select large oysters, with shells of good shape. Scrub them with a stiff brush and open them carefully, saving the juice. Throw the oysters into boiling water and let them remain a minute or two, according to size. Lift them out with a skimmer and lay them at once into the shells, using only the deep shell. Place the shells on a gridiron, over a brisk hot fire. The moment the oysters begin to boil in the shell, season with salt, pepper, butter and a few drops of lemon juice. Serve hot, on the shell.

Deviled Oysters.—Clean, drain and chop slightly a pint of oysters, using a silver knife, not steel. Melt four level tablospoons of butter; then stir in four level tablespoons of flour, and add a scant cup of milk. Stir and cook two or three minutes, then season to taste with salt, cayenne and half a tablespoon of finely minced parsley. Add the chopped oysters, the yolk of an egg slightly beaten, and a teaspoon of lemon juice. Fill the buttered shells or cases two-thirds full of the mixture, cover with buttered crumbs and place in a hot oven, about fifteen minutes, to brown.

Frizzled Oysters. — Pour four tablespoons of butter in a frying pan, and place it over the fire. To a pint of oysters use three well beaten eggs and a cup of cracker crumbs. Mix the eggs and cracker crumbs together gently, and turn them into the frying pan; then turn in the oysters, liquor and all. Add a small saltspoon of salt and a third of a saltspoonful of pepper. Shake the pan over the fire thoroughly and turn the oysters over, allowing them to cook until the eggs are well done, but not hard. Serve with a garnish of celery stalks and tender leaves.

Deviled Egg Sandwiches.—Take hard-boiled eggs, remove shells and chop the eggs very fine, or put through the meat chopper. Season highly with salt, pepper, cayenne, dry mustard and a little Worcestershire sauce. Mix with a little finely chopped green pepper or highly spiced pickle, and moisten to a paste with mayonnaise, made dressing or olive oil. Spread this on thinly sliced buttered bread, with shredded lettuce or cress between; cut in shapes and serve.

Oysters a la Poulette. — Scald two dozen oysters in their own liquor until plump, and then drain. For two dozen oysters allow two tablespoons of butter, four tablespoons of flour, a cup of oyster juice, a cup of milk or cream, yolks of three eggs, salt, pepper, cayenne and nutmeg to taste. Melt the butter, stir in the flour, and when perfectly smooth add the milk or cream and the seasoning. Remove from the fire and stir in the eggs, slighty beaten. Return to the fire and stir until thick and smooth. Add the oyster juice before the milk or cream. Serve without delay, or the sauce may curdle.

Oyster Pie.—Drain the liquor from a pint fine oysters, strain and put on to boil with a lump of butter the size of a walnut; pepper to taste, add a thickening of stale bread crumbs beaten thoroughly with half a cup of milk. Boil a few minutes, then throw in the oysters and cook for five minutes. Remove from the fire, and when merely warm beat in the yolks of three eggs. Line a buttered dish with paste, and fill the dish with crumpled white paper or an old napkin to support the upper crust. Bake until lightly browned, then remove the paper or napkin and fill the dish with the oyster mixture. Set back in the oven just long enough to heat thoroughly, and serve.

Oyster Imperial.—Butter a baking dish and put a thin layer of fresh bread crumbs in the bottom, over-lay with oysters, season with salt, pepper and celery salt. Sprinkle a little cold boiled minced ham over them, then add bits of butter. Add another layer of crumbs, oysters, etc., until the dish is full, having the top layer of crumbs dotted with butter. Bake in a moderately hot oven about half an hour.

Oyster Sauce.—Put two tablespoons of butter in a saucepan with a teaspoon of minced onion and parsley and fry a light brown. Add a cup of oyster liquor, a cup of oyster meat with the hard muscular part and gills removed. Season to taste, with salt and pepper, and add the yolks of two eggs. Stir and cook until thick, but do not let boil.

Oyster Salad.—Scald a pint of oysters in their own liquor until plump, then drain and while still warm moisten with a little French dressing. Let it stand until cold and mix with an equal quantity of tender erisp lettuce, and dress with mayonaise. For a particularly dainty salad, remove the gills and the muscular part of the oysters.

Delicate Omelet.—This should, if possible, be made in a chafiing dish at the table, but may be very successfully made on the range if a very smooth fryingpan is used. It is more delicate and dainty than a dish of scrambled eggs, which it closely resembles. Put two level tablespoons of butter and one of minced parsley in the pan, and when the butter is hot turn in five well beaten eggs mixed with a scant cup of milk, a saltspoon of salt and half as much pepper. Stir from the bottom of the pan until it is of a smooth, fine consistency. Turn out on a heated dish, garnish with parsley and serve.

Country Family Soup. — Procure two quarts of fr[illegible] green peas, shell them, plunge the shells in a gallon of boiling water and scald for five minutes, then drain on a sieve. (Keep the peas for dinner next day.) Heat two tablespoons of good lard in a large saucepan, add quarter of a pound of lean salt pork cut in small pieces, two sliced leeks, two sliced medium onions and one bay leaf; gently brown on the fire for ten minutes, add the shells, cover the pan and let sweat for ten minutes; then add four good-sized sound peeled potatoes sliced, one quart of broth, and two quarts of water; season with one and a half teaspoons of salt and half a teaspoon of pepper. Lightly mix, re-cover the pan and gently boil two hours. Remove, pass the soup through a sieve into a basin, then through a Chinese strainer into a soup tureen, and serve with a plate of bread croutons separately.

Mutton Chops, Lilleoise.—Neatly trim and flatten six tender mutton chops. Season with half a teaspoon of salt, two saltspoons of pepper and a saltspoon of grated nutmeg. Mix on a plate three tablespoons of fresh bread crumbs with an ounce of lean, finely grated ham, a teaspoon of freshly chopped parsley and one saltspoon of crushed bay leaf. Dip the chops lightly in beaten egg, then roll gently in the mixture, arrange on the broiler and broil each side five minutes. Dress on a hot dish, pour three gills of tomato sauce in a sauteuse and let reduce on the fire to half the quantity, pour it around the chops and serve.

Halibut, Scalloped, with Cheese — Remove bone and skin from a three-pound piece of fresh halibut, cut in thin slices and place on a dish. Season with a teaspoon of salt, three saltspoons of pepper, a saltspoon of grated nutmeg, squeeze the juice of half a sound lemon, sprinkle a teaspoon of parsley over and turn well in seasoning. Place in a sautoire an ounce of flour and the same quantity of butter and knead thoroughly, then dilute with a light pint of milk and let come to a boil. Season with a half a teaspoon of salt, a saltspoon of cayenne and half a saltspoon of grated nutmeg, add two egg yolks and two ounces of grated Parmesan cheese Stir a little, and boil one minute longer. Pour a little of the sauce at bottom of a china baking dish, arrange a layer of fish over the sauce. Cover the fish with more sauce, then place another layer of the fish, etc., until finished. Cover with the sauce and sprinkle two tablespoons of bread crumbs over. Distribute half an ounce of butter in small bits on the top. Set in a moderate oven to bake forty-five minutes. Remove and serve from the same dish

Eggs Cocotte, au Jus.—Place in a small saucepan a gill of demi-glace, a tablespoon of sherry, half a gill of broth and half a saltspoon of cayenne pepper, and let boil for five minntes, lightiy mixing meanwhile. Divide into six egg cocotte dishes, carefully crack two fresh eggs in each, season with a half a teaspoon of salt and two saltspoons of pepper, lay them on a tin, set in the oven for five minutes, remove and serve.

Chicken Negus.—Singe a tender three-pound chicken, draw, then cut in twelve even pieces. Season all over with a teaspoon of salt and half a teaspoon of pepper, gently turn in flour, dip in a beaten egg and lightly roll in bread crumbs. Heat two tablespoons of melted butter in a sautoire, arrange in the chicken and gently brown eight minutes on each side, then set in the oven ten minutes. Remove and keep hot. Slice in rings three medium white onions, turn well in flour and place in a frying basket, then fry for five minutes. Lift up, shake well in the basket, sprinkle over a half teaspoon of salt, dress on a large dish. Arrange the chicken on top of the onions. Prepare and place tomatoes on crusts around the chicken, and send to the table with a Bearnaise sauce separately.

Cauliflower Salad —Cut off the stalk, trim off the outer leaves of a large, sound white head of cauliflower; detach bouquets from the stalk, plunge in two quarts of boiling water with a gill of milk and a teaspoon of salt and boil twenty-five minutes. Drain on a seive and let thoroughly cool off. Place bouquets in a bowl, season with four light tablespoons of dressing, carefully mix without breaking the pieces and serve.

Potage Spaghetti, Lucernoise.—Prepare and strain a consomme in a saucepan, pour in one pint of tomato sauce and let boil until required. Pour four ounces of spaghetti in a quart of water with half a teaspoon of salt for ten minutes, remove, drain on a sieve and cut in half inch pieces; add to the consomme with a polenta quenelles garnishing, boil ten minutes longer, pour the soup into a tureen and serve with two ounces of grated Parmesan cheese separately.

English Bread Pudding.—Cut into half inch pieces half a pound of stale crustless bread, soak in a little cold milk for five minutes; then squeeze out the milk and place in a bowl, stir with a wooden spoon a few minutes, then add two ounces of butter, three ounces of sugar, three egg yolks, two whole eggs, four ounces of well-picked currants, six crushed macaroons, half a teaspoon of vanilla essence, one saltspoon of salt and two gills of cream. Sharply mix with a wooden spoon until well amalgamated. Lightly butter a quart pudding mold, drop the preparation into it, place in a saucepan, pour in hot water up to half the height of the mold and set in the oven for forty minutes. Remove, unmold the pudding on a hot hish, pour a Sabayon sauce over and serve.

Jellied Ham.—A very good way to use up the broken bits of lean boiled ham. At the same time it gives you a tasty, pretty dish for luncheon or tea. Put all the lean meat, rejecting the gristle, through a food chopper, then season with pepper, mustard, or other spice or seasoning you like; make a tomato jelly in sufficient quantity to bind the meat together and form a nice mold. Pour into a plain brick-shaped mold, which you may decorate, if you want a fancy dish, with hard boiled eggs, pickles, olives, or green peppers cut in fancy shapes. Set on ice to harden, and serve with lettuce and mayonnaise.

Savory Soup.—Put a soup bone over the fire in two quarts of cold water and simmer for three hours. Half an hour before serving add half a cup of rice that has been soaked in cold water until soft, three tablespoons of oatmeal, one teaspoon of salt and a quarter of a teaspoon of pepper.

Duckling Curry, Lucknow.—Cut in two inch long Julienne strips one each small carrot, turnip and seeded green pepper, a celery root, bean garlic, and a peeled and cored apple. Place all these articles on a plate with two peeled, seeded, fresh chopped red tomatoes. Singe and cut the head and feet off a tender four pound duckling, neatly draw and wipe, then cut in twelve equal pieces. Melt a good tablespoon of butter in a saucepan, add the duckling and gently brown for fifteen minutes, being careful to turn the pieces occasionally. Sprinkle in a tablespoon of flour and a good teaspoon of curry powder mix well with a spatula for three minutes, moisten with a pint of broth and season with a heavy teaspoon of salt, half a teaspoon of pepper and a saltspoon of grated nutmeg. Tie in a bunch a sprig of thyme, a bay leaf, clove a sprig of tarragon, a branch of parsley and a piece of lemon rind, then add to the duck with all the waiting vegetables. Thoroughly mix, cover the pan and cook on the range for ten minutes, then set in the oven for forty-five minutes. Remove, take up the boquet, scoop out the white part of a fresh cocoanut, place in water with two tablespoons of cream; then pound to a paste, strain through a cheesecloth into a saucepan and mix well while heating for two minutes. Dress the duck on a hot dish, arrange boiled rice around and serve with Bombay duck, chutney, etc., separately.

Fried Parsnips.—Peel six medium parsnips, cut in one and-a-half-inch pieces, then cut each in one-third-inch square strips. Wash in cold water, place in a saucepan and pour in enough hot water to cover, add half a lemon and a teaspoon of salt. Cover the pan, let gently boil for forty-five minutes, drain and then place in a deep dish. Squeeze over the juice of half a lemon, adding a teaspoon of chopped parsley, half a teaspoon of salt, two saltspoons of pepper and two tablespoons of oil, mix well and let infuse from thirty-five to forty minutes. Prepare a frying batter, plunge the parsnips into it, roll well, then drop in boiling fat and fry for ten minutes, turning with the skimmer occasionally. Lift up, drain on a cloth, dress on a hot dish and serve.

Escalopes of Venison.—Procure a two and a half pound piece of stale venison from the round, cut in twelve equal slices, season with a teaspoon of salt, half a teaspoon of black pepper. Thoroughly heat a tablespoon of melted butter in a sautoire, arrange the venison in the pan, one piece beside another, and briskly cook on the fire for three minutes on each side. Lift up with a fork, dress on a hot dish, one overlapping another, add six finely chopped shallots to the pan and fry for three minutes. Pour in a half a gill of white wine, add twelve finely sliced

canned mushrooms, then let reduce to almost a glaze. Pour in one gill of demi-glace, boil for six minutes more, pour the sauce over the escalopes and serve.

Omelet Souffle with Apples.—Place three tablespoons of powdered sugar in a bowl with six egg yolks, three tablespoons of flour, half a saltspoon of salt, half a teaspoon of vanilla essence and sharply beat up with a wooden spoon for five minutes. Whisk up a gill of cream to a stiff froth, add to the yolk and gently mix with a wodden spoon. Now beat the whites of six eggs to a froth, add to mixture and lightly mix with a skimmer. Cut three sound apples into quarters, peel, remove the cores, finely slice and place them in a frying pan with a half ounce of butter. Sprinkle a little sugar over, and cook on a brisk fire for five minutes, tossing them occasionally. Add two tablespoons of currant jelly, carefully mix without mashing the apples and keep hot. Heat two tablespoons of clarified butter in a large frying pan, drop in the preparation, cook for two minutes, then set pan in the oven for six minutes or until firm. Remove, glide the omelet on a piece of white paper, turn it again into the pan and cook for one minute more. Glide it again on paper, arrange the apples in the center, roll it up in omelet shape, dress on a hot dish, sprinkle a little powdered sugar over and serve.

Swiss Rarebit.—Finely chop ten ounces of rich, crustless Swiss cheese. Place a gill of white wine in a saucepan and as soon as it comes to a boil add the cheese with a saltspoon of cayenne pepper and two teaspoons of Worcestershire sauce. Briskly mix with wooden spoon until thoroughly melted, add three egg yolks and sharply mix while heating for three minutes. Heat six individual shirred egg dishes, place six freshly prepared crustless toasts, evenly divide the prepared cheese on them and immediately send to the table.

Breaded Lamb Chops, Bearnaise.—Cut and trim neatly six French lamb chops, season all around with a teaspoon of salt and a half teaspoon of pepper. Mix on a plate two ounces of finely grated, cooked, lean ham and four tablespoon of bread crumbs; roll chops in flour, dip in beaten egg and then roll well in the mixture. Thorougly heat a tablespoon of melted butter in a frying pan, lay in the chops one beside another, gently cook for five minutes on each side, and arrange on a hot dish, one overlapping another, crown-like. Arrange six slices of broiled bacon around the dish, adjust a curled paper at the end of each chop and serve with a Bearnaise sauce, separately.

Sponge Pudding.—Butter a mould thickly and fill it three parts full of small sponge cakes soaked in sherry, then fill up the mould with a rich cold custard. Put a buttered paper over the mould and bake it. Serve with wine sauce.

Elizabeth Pyewell recommends the following as a palatable warm-weather dinner:

Little Neck Clams
Lobster a la Newburg
Tomato Soup
Fricasseed Chicken Rice
Crab Salad
Asparagus Potatoes au Grau
Cream au Marasquin
Strawberries and Cream
Cafe Noir

Lobster a la Newburg. — Saute two cups of lobster cut in small pieces in two tablespoonfuls of hot butter in a frying pan, add a dash of cayenne or one tablespoonful of green pepper, minced; allow this to simmer in the butter; it is improved by two tablespoonfuls of sherry. When this is thoroughly heated dilute two well-beaten eggs with two cups of hot cream (not too rich) and add to the above; put this into a double boiler else it is liable to curdle. When mixed through serve immediately.

Tomato Soup.- Put the soup on in the morning early, cover one quarter of a shin of beef with five quarts of water, allow to boil for one hour and a half, then add one can (half peck of raw tomatoes), eight onions, pepper and salt. Strain the whole twenty minutes before dinner, then add ten crackers rolled very fine and a quarter of a pound of butter. This soup is better the second day. Croutons can be used instead of the rolled crackers, in which case rub a tablespoonful of flour with the butter before it is added and allow it to boil ten minutes.

Crutons.—These are pieces of bread cut in small squares; they are fried brown in butter and either put in the soup after it is made or served separately on a plate. Many chefs make the mistake of simply toasting bread and cutting it in squares afterward. This ruins any soup.

Fricassee of Chicken — Cut two chickens into pieces. Keep all the white meat and the best pieces for the fricassee. The trimmings and inferior pieces will serve for making the gravy; put these pieces in a kettle (porcelain preferred) with a quart of cold water, one clove, pepper, salt, a small onion, a little bunch of parsley and a small piece of pork. Let it simmer for half an hour and then put on the pieces for the fricassee; allow to boil slowly until they are done, then take them out and keep in a hot place. Next strain the gravy, skim off every particle of fat and add to it a cupful of flour and a small piece of butter rubbed to a smooth paste. Let this boil, take it off the fire and stir in the yolks of three eggs, mixed with two tablespoonfuls of cream; also the juice of half a lemon. Do not let boil after the eggs are in else they will curdle. Stir it well, keeping it hot a moment, then pour over the chicken and serve with a circle of boiled rice.

Asparagus.— Trim off the rough ends and cook the remainder in boiling water, slightly salted, until tender. Drain and serve on toast. Spread the toast with butter and add more to the asparagus. After it is laid on add salt and a dash of pepper. Pour over a little drawn butter sauce.

Potatoes au Gratin.—Season hot potatoes or baked potatoes scooped from the halved skins with butter, salt, cayenne, grated cheese and cream; refill the skin or use shells covered with buttered crumbs and baked until brown, or use layers of sliced cold boiled potatoes, cheese and white sauce; cover with crumbs and bake fifteen minutes.

Crab Salad —Take the meat of boiled crab, chop it and mix a mayonnaise sauce with it. Clean the shells, put in the mixture and garnish with parsley or cresses and sliced lemons.

Creme au Marasquin (Old Recipe). —Whip a pint of cream until it thickens, add powdered sugar, a glass of marachino and one ounce of isinglass, dissolved in water; the latter must be liquid but cold.

Crecy Soup.—Scrape, peel and wash nine carrots, two onions and half a head of celery; put them into a saucepan with a quart and half a pint of cold water, a tablespoonful of vinegar, a tablespoonful of sald, a dessertspoonful of sugar and a grain of cayenne. Boil for two hours and a quarter; break up the vegetables in the water and when they are quite in a pulp rub the whole through a hair sieve; stir into the vegetables two ounces of fresh butter and add three pints of stock; put the whole in a stewpan and stir over a brisk fire for twenty minutes, then send to the table This soup should be the color of carrot and the consistency of cream. The above will make two quarts.

To Preserve Strawberries—Pick off the stems carefully; the strawberries must be large. To every quart of stemmed fruit add one quart of finely powdered loaf sugar (granulated will answer as well); sprinkle the sugar through them, let them stand fifteen minutes, put them in the same vessel over a very slow fire until the syrup begins to form, then put them over a very hot fire and let them boil quickly for fifteen minutes, being careful to remove all scum as it rises; then have ready preserving jars and put them hot into the jars, but not so hot as to crack the glass.

Preserved Pineapples.—Take two or three fine, ripe pineapples, which wash, but neither pare nor take off the leaves. Put them whole into a preserving kettle, with cold water sufficient to cover them; then place them over a slow fire and let them boil until perfectly tender all through. Take them out and let them drain. When quite cool take off the leaves and pare them, then, after cutting them in half, divide again into quarters. Should there be any hardness in any of the pieces remove it. Weigh them and to every pound of pineapple allow one pound of sugar. With this cover the bottom of a large dish; on it place a layer of pineapple, then a layer of sugar until all the pieces are covered, reserving a layer of sugar for the top. In this way let them remain for twenty-four hours, then remove them from the syrup and let them drain, after which place them in small jars. Put the syrup into the preserving kettle and let it boil slowly, being particular to skim until the scum ceases to rise, then pour while hot an equal quantity in each jar. Cover and keep in a cool, dry place.

Homoeopathic Sponge Cake (Old Recipe).—Twelve eggs, one pound of sugar, three quarters of a pound of flour, three tablespoonfuls of water. Separate the eggs, beat the yolks, sugar and water together until very thick and light, then whisk the eggs—the whites—until stiff and dry, which stir in lightly with the flour, half of each at a time. Butter and line the pan with white paper and bake in moderate oven.

Le Mondain.—Fill an oyster plate with fine cracked ice. Place a cocktail glass in the center, with four lettuce leaves arranged around it. On two of the leaves put some cold boiled crab flakes, and on the remaining two some cold lobster cut in small pieces.

Cherry Pudding.—Put pitted and sweetened cherries an inch deep or so in the bottom of a pudding dish. Take one cup of sugar beaten to a cream, with two tablespoonfuls of butter, add one egg, one cupful of milk, two cupfuls of flour and two tablespoonfuls of baking powder; mix well, flavor with nutmeg or lemon, pour over the cherries and bake. Then turn from the dish, having fruit on top, and serve with warm, sweet sauce.

Sweet Sauce.—Beat to a cream half a cup of butter and one cup of sugar; thicken one and one-half cups of boiling water with a very little cornstarch (just enough to make it creamy); let it boil, draw to the back of the stove and stir the butter and sugar in quickly. Flavor with vanilla or nutmeg or anything preferred. Sherry is excellent.

Lamb Cutlets, Duchess Style.—Take two pounds of lamb cutlets, one large cup of cream, one tablespoonful of onion juice, four tablespoonfuls of butter, one of flour, two eggs, the yolks of four more, two tablespoonfuls of finely chopped ham, one of lemon juice, salt and pepper to taste. Put two tablespoonfuls of butter in a frying pan, season the cutlets with salt and pepper, and when the butter is hot put them into the frying pan and fry gently for five minutes; set away to cool. Put the remainder of the butter in a small frying pan and when hot stir in the flour. Cook a minute, but do not brown. Stir in the cream. Have the ham, the yolk of eggs, the onion and lemon juice beaten together. Stir into the boiling sauce for about a minute, and remove from the fire. Season well with salt and pepper. Dip the cutlets in this sauce, carefully covering every part, and set away to cool. When cold, dip them in beaten egg and bread crumbs. Fry in boiling fat for one minute. Arrange them in a circle on a hot dish, with a mound of green peas in the middle, and serve the sauce in a separate dish.

Braised Lamb.—Take the forequarter of lamb weighing five or six pounds, and have butcher remove the shoulder blade. Put a spoonful of beef drippings or butter into your roasting pan, add one sliced onion, half a turnip sliced. Brown these well, then draw the vegetables to the side of the pan and put in the piece of lamb, and dredge with flour. Brown on one side, then turn and brown on the other. Add a pint of water, a boquet of sweet herbs and dust with salt and pepper. Put on a closely fitting cover and place in a moderately hot oven for one and a half hours. Dish the meat and serve with a brown sauce made by thickening the gravy in the pan, first removing all the fat and straining.

Savarin Domino.—Make sponge or baby cake in form of ring. Fill center with pine apple, pears, oranges and bananas stewed with plenty of juice. Add one pony of rum and serve hot.

M. Fillipini follows the former style of Francatelli, who arranged a menu for each day in the year and, following the menu, the recipes for the dishes. We quote below some samples of Fillipini's work.

Wednesday, third week of July, the following menu is given for breakfast.

Watermelon

Cornmeal Mush — Egg, Bateliere

Kippered Herrings — Corn Beef Hash

Cinnamon Cakes

Watermelon.—Cut a cold, medium sized, sound, ripe watermelon in six even pieces. Dress on a large cold dish, and serve with powdered sugar separately.

Eggs, Bateliere.—Have three quarts of water with a gill of vinegar and a tablespoon of salt, and as soon as it thoroughly boils crack in six fresh eggs and poach four minutes. Lift up with a skimmer, and gently drop them in cold water. Poach six more in the same way, lift from the cold water, neatly trim and drain on a cloth. Finely chop twelve anchovies in oil, place them on a plate with a teaspoon of anchovy paste, mix well, and spread paste over the eggs equally; turn lightly in Parmesan cheese, then drop in boiling fat and fry one minute. Lift up, dress on a dish with a folded napkin, decorate with six quarters of lemon and serve.

Kippered Herrings.—Lightly butter a baking tin, then place three fine, fat kippered herrings thereon; spread a few little bits of butter over each fish. Set in the hot oven for ten minutes. Remove, arrange them on a hot dish on toast. Spread a little melted butter over, and then serve with quarters of lemons.

Corned Beef Hash, (American Style).—Have a tender, lean piece of corned beef from the rump part, of one pound. Wash it well in warm water, then place it in a saucepan with three quarts of water, or see that the water is twice as high as the top of the beef in the pan. Cover the pan and boil for two hours. Remove, drain. Finely hash the beef with twice its quantity of boiled potatoes. Mix both well together. Hash very fine one medium sized onion and one green pepper, and nicely brown these in a small saucepan with a tablespoon of melted butter; then add the beef and potatoes. Moisten with two gills of hot broth or hot water. Season with two saltspoons of pepper but no salt. Mix well and let cook until all the water is absorbed. Dress the hash in an omelette form on a dish. Arrange a few bread croutons around the hash and serve.

Salade Delice.—Nice fresh escarole and chicory. Ripe pear, peeled and core removed, and sliced thin. Dress in a salad bowl with French Dressing (into which has been put one large spoonful of "Chili Sauce.").

Breast of Lamb, with Tomatoes. — Wipe the lamb with a damp cloth, remove the bones, season with a teaspoonful of pepper. On the inside of the lamb put a layer of bread crumbs mixed with one egg, one tablespoooful of butter, even teaspoonful of salt and a quarter teaspoon of pepper. Roll the lamb and tie up, and put in a saucepan with the bones, and brown over the fire. Dredge a tablespoonful of flour over the meat and brown, then add a quart can of tomatoes, or quart of tomatoes peeled and sliced. Season with salt and pepper, add enough of boiling water to make tomato sauce the consistency of gravy. Cook the lamb slowly for an hour.

Lamb Chops, with Mushrooms.—Fry six thick lamb chops for five minutes in hot fat, turning to brown on both sides, then add a cup of water or stock, the juice from a can of mushrooms and the mushrooms sliced. Boil fifteen minutes, season to taste with salt and half a teaspoonful of curry. Pour the sauce into a deep platter, with the chops in the center, and serve with a border of rice.

Lamb Hash.—Take a cupful cold cooked lamb, chopped fine. Put one tablespoonful of butter and one of flour in a saucepan, and melt without frying; then add a small half pint of milk and stir until boiling; add a saltspoonful of salt, a good pinch of cayennne and a half teaspoonful of onion juice and the lamb. Stir until mixed and add a pinch of nutmeg. Turn out on toasted bread, and place a poached egg on round of each and serve.

Lamb's Kidneys a la Terrapin.—Cut six lamb's kidneys in halves, throw into cold water and allow them to come to a simmering point, and cook fifteen minutes. If allowed to cook longer they will be tough and hard. Make a cupful of cream sauce add the kidneys cut in small cubes, also a hard boiled egg chopped small, a teaspoonful of minced parsley, a squeeze of onion juice and salt and pepper to taste. Heat thoroughly for a few minutes and serve. Two tablespoonfuls of sherry may be added to improve the flavor of this dish.

Haggis.—Chop fine the uncooked heart, liver and tongue of lamb or mutton, mix with half their weight some chopped bacon, half a cup stale bread crumbs, grated rind of lemon, quarter teaspoonful pepper, and little more salt if bacon does not season it sufficiently. Mix with two well beaten eggs, and pack in a buttered mold. Cover closely and place in a steamer or kettle, filled with boiling water, and cook slowly for two hours.

Eggplant Farci.—Cut the eggplant in half and scrape out nearly all the meat, leaving a thin shell. Put the meat into a saucepan with two tablespoons of minced ham or veal, or chicken, if you have a little left over. Cover with just enough water to cook it soft, then drain. Add two tablespoons of grated bread crumbs, a tablespoon of butter, half a minced onion, half a teaspoon of salt and a dash of pepper. Fill the shells with this mixture, spread the tops with butter and bake about fifteen minutes in a quick oven.

Lemon Pie.—Grate the rind of two lemons, peel off the white skin and pulp the lemon fine, add two cups of granulated sugar and beat up light with two eggs. Line a pie tin with thin paste, and pour in the mixture. Cover with a thin layer of paste and bake for half an hour in a quick oven.

Lemon Meringue.—Grate the yellow part of the rind of a lemon and mix it with one and one-half cups of sugar, half pint of water the juice of the lemon and thicken the whole with one tablespoon of flour. When cold stir in the beaten yolks of three eggs. Line the pan with paste, put in the mixture and bake. When nearly done spread over it the whites of the eggs beaten to a stiff white froth with six tablespoons of powdered sugar; let brown a delicate color, and remove from the oven.

Lemon Rice Pudding.—Wash a quarter pound of rice in cold water, cover with boiling, slightly salted water, and boil ten minutes. Drain and cover with three cups of milk and cook in a double boiler until the rice is quite tender. Then stir in three rounded tablespoons of butter, two ounces of sugar, two beaten eggs and the juice and grated rind of a lemon. When well mixed turn into a pudding dish and bake in a slow oven until set like egg custard. Make a meringue with the whites of the eggs and powdered sugar. Decorate the top of the pudding, brown lightly and serve hot or cold.

Lemon Sorbet.—To one quart of lemon water ice, rather stiffly frozen, add a meringue of the whites of two eggs, beaten with four tablespoons of powdered sugar, half a pint of champagne and a quarter of a pint or one gill of kirsch. Serve in punch glasses.

Lemon Sponge.—Dissolve half a box of gelatin in one and three-fourths pints of water, three quarters of a pound of sugar, juice of three lemons and grated rind. Stir over boiling water a few minutes, then strain into a basin and set in ice water. When it begins to thicken add the beaten whites of three eggs and whip all to a stiff white foam, turn into a suet mold, glass or porcelain-lined, and set on ice to harden. Serve with vanilla or wine sauce, made of the yolks of the eggs beaten light, with half a cup of sugar and a pint of milk. Cook in a double boiler until creamy, remove from the fire, cool and add one teaspoon of vanilla or two tablespoons of sherry wine, and set aside in a cold place.

Chinese Mutton.—This is a nice way to utilize the pieces left over from a boiled leg, or roast of mutton. Cut the meat up as neatly as possible, in small cubes, and place in a stewpan with half a can of green peas, the coarse outer leaves of lettuce, a large tablespoon of butter, salt and pepper to taste, and enough broth or hot water to cover well. Cook very gently for half an hour, then add a little thickening and half a cup of small pickled white onions stewed in butter until a golden brown. Cook a little longer, then serve with a border of plain boiled rice. This is very good without the onions.

Cinnamon Cakes.—Half a pound of sifted flour, two raw eggs, half an ounce powdered sugar, quarter ounce baking powder, one saltspoon of salt, half a teaspoon of ground cinnamon and half a pint of cold milk. Place the flour in a bowl, crack in the eggs, add sugar, salt, cinnamon, baking powder and milk. Mix with a whisk until thoroughly thickened. Lightly grease a large fryingpan with a little melted lard, and as soon as the bottom of the pan is thoroughly hot immediately pour in the preparation, using a two-and a-half-inch ladle, making four at a time, and cook for one minute on each side. Dress on a hot dish, cover with a napkin, proceed to prepare the others in exactly the same way, and serve with maple syrup and sugar separately.

Chicken Gumbo, St. Germain.—Totally bone and remove the skin from a small tender fowl, and cut the meat into half-inch square pieces. Chop two medium white onions, two leeks, two seeded sound green peppers and two ounces raw lean ham, place these in a saucepan with two tablespoons of melted butter and gently brown for ten minutes, occasionally stirring meanwhile. Moisten with three quarts of water, add bones only of the fowl, season with a teaspoon and a half of salt, half a teaspoon of pepper, and boil for twenty minutes. Add a half pint of shelled green peas, and boil for fifteen minutes: then add the cut-up meat, two ounces of raw rice, twelve fresh tinned okras cut in half-inch pieces, and two peeled and seeded tomatoes, cut the same size. Slowly boil for forty-five minutes, take up the bones, skim the fat from the surface, pour the soup into a tureen and serve.

Salad, Waldorf-Astoria.—Cut into julienne strips one good-sized pickled beetroot, two medium, sound peeled and cored apples, two very tender well-cleaned stalks of white celery, four Spanish sweet peppers, and place all in a bowl. Crack and carefully pick out the perfect meats from thirty-six sound hazel nuts, cut each one in quarters and place with the rest, toss them well in a bowl, season with four tablespoons of dressing, mix well, wipe the bowl all around and serve.

Puree of Turnips, Tomatee.—Peel eight medium, white turnips, finely slice and place in a saucepan with an ounce of melted butter and gently cook for fifteen minutes, occasionally stirring, then add two medium, peeled raw potatoes cut in small pieces and two finely sliced onions. Tie in a bunch two branches of parsley, one branch of chervil, one bay leaf, a sprig of thyme, two cloves, and add to the pan. Moisten with a quart of broth and two quarts of water, season with two teaspoons of salt and two teaspoons of pepper, sharply mix with wooden spoon until it comes to a boil, then slowly boil one and a half hours. Press through a sieve into a basin, then through a Chinese strainer into a saucepan, let it come to a boil, add a pint of tomato sauce, mix well, boil for ten minutes, pour into a hot soup tureen and serve.

The following is the menu arranged by Mr. Fillipini for Christmas Day :

Orange Oyster Cocktails
Celery Olives Salted Almonds
Consomme, White House
Terrapin, Baltimore Chicken Saute
French Flageolets au Beurre
Mignons of Beef, Immacule
Fresh Mushrooms sur Cloche
Punch, New Century
Canvasback Duck, Currant Jelly
Romaine Salad
Christmas Ice Cream Presidential Patience

Orange Oyster Cocktails.—Neatly wipe three medium-sized red oranges cut in halves, then scoop out meat, including white skin, without disturbing the shells. Place the six half shells on six small oyster plates and arrange finely shaved ice around up to two-thirds the height of shells so as to have them stand firm. Place forty-eight freshly opened oysters in a bowl, add six drops of Tabasco sauce, six tablespoons tomato catsup, half a teaspoon Worcestershire sauce, a teaspoon of freshly grated horseradish and two tablespoons of Dumas sauce. Mix well together, evenly divide the oysters into the six shells and serve with a teaspoon on each plate.

Consomme, White House. — Prepare a Consomme, strain into another saucepan and keep it simmering. Boil an ounce of rice in half pint of water for ten minutes, thoroughly drain on sieve and add to consomme. Wash and drain on sieve two ounces of Brazilian tapioca, gradually add to consomme, continually mixing while adding, and let boil fifteen minutes, stiring at bottom occasionally. Add three tablespoons of canned green peas, two tablespoons sherry, lightly mix and boil five minutes, pour the consomme in a soup tureen and serve.

Terrapin, Baltimore.—Plunge a large diamond-back terrapin in boiling water for two minutes, take up and with a coarse towel pull off skin from the head, neck and feet. Place terrapin in a saucepan containing two gallons of boiling water and one tablespoon of salt, let boil for an hour, or until feet are soft to the touch, lift up with a skimmer and let drain for ten minutes. Remove both shells, cut off nails with a pair of scissors and take out intestines, also the gall bag from the liver, being very careful not to break it, as that would spoil the terrapin. Cut the liver into small squares and keep on a plate with the eggs until required. Cut all the meat and bones of the terrapin into half-inch pieces and place in a small saucepan with a gill of sherry, two tablespoons of port wine and a tablespoon of brandy. Tie in a small cheesecloth half a sprig of thyme, a crushed bay leaf, clove, blade of mace and twelve allspice, add to the terrapin and season with a good teaspoon of salt and two saltspoons of cayenne, cover the pan and let gently cook forty five minutes. Take up cloth with herbs, add a truffle cut in small squares, the liver, eggs, one and a half gills demi-glace, lightly mix and let gently boil for ten minutes. Shift pan to a corner of the range, mix in slowly an ounce of fresh butter, shuffle pan while adding, transfer the terrapin to chafing dish or silver soup tureen and serve.

Chicken Saute, Souvenir.—Singe, cut heads and feet of two one-and-a-half-pound spring chickens, remove legs, wings, breasts, and second joint bones from legs, season with a light teaspoon salt and half teaspoon pepper. Heat two tablespoons melted butter in a sautoire, arrange the legs and breasts one beside another, and gently fry five minutes on each side. Cut in julienne shape the rind of half a sound orange, twelve canned mushrooms and three canned sweet Spanish red peppers and add to chicken. Pour in a gill of white wine, gently mix, let sauce reduce to one-third the quantity, then add two gills of tomato sauce, with twelve tarragon leaves, lightly mix and cook fifteen minutes, shuffling pan occasionally. Dress chicken on a hot dish, boil sauce on fire for five minutes and pour over the chicken, sprinkle a little finely chopped parsley on top and serve

Mignons of Beef, Immacule. — Neatly trim a two pound piece filet of beef, cut into six even filets and season with a teaspoon of salt and half teaspoon pepper. Heat well a tablespoon melted butter in frying pan, add the mignons, briskly cook for three minutes on each side, lift up and keep hot. Prepare six round toasts, two inches in diameter and half inch thick, butter on both sides, place on a tin and set in oven until a nice golden color. Remove, spread a teaspoon of pate de foie gras over each, dress on a hot dish, place mignons and spread evenly a Bearnaise sauce over them, place two thin strips of truffles cross like over all and serve.

Punch, New Century.—Prepare an orange punch, strain half pint preserved strawberries through a sieve into a freezer, pour in two tablespoons of rum, thoroughly mix with the spatula, divide the punch into six sherbet glasses and serve.

Canvasback Duck, Currant Jelly. — Pick, singe, draw and neatly wipe two fat canvasback ducks, season inside of each with a teaspoon of salt, evenly divided, then run in the head from the back of each duck. Nicely truss, place a small branch of celery inside of each bird, and lay in a roasting pan. Spread a teaspoon of melted butter on the breast of each bird, sprinkle a little salt over them, set in brisk oven to roast for sixteen to eighteen minutes, remove, untruss, take out celery from interior of each and dress on a hot dish. Skim fat off surface of gravy and drop in two tablespoons of hot water, lightly mix and boil on the range for one minute, strain gravy over the ducks and serve with six pieces of fried hominy and currant jelly separately.

Christmas Ice Cream.—Prepare a pint only of vanilla ice cream. Place two gills of thick cream in a copper basin, set basin on ice, sharply whisk cream to a stiff froth, add an ounce of powdered sugar, briskley beat up for two minutes longer, add to vanilla with two tablespoons of marashino and mix well with the spatula. Beat up the whites of three eggs to a stiff froth, adding two tablespoons of fine sugar six drops vanila esssence and gently mix. Place a pint of milk in a sautoire with an ounce of sugar, let come to a boil, take up the egg-whites preparation by spoonfuls, drop into boiling milk and let boil for two minutes. Carefully turn over, cook for two minutes more, lift up with the skimmer, place on a cloth and let thoroughly cool off. Line bottom of a quart-brick ice cream mold with a sheet of paper, drop in half the qnantity of the ice cream preparation and arrange the eggs crosswise on top of vanila. Drop in the balance of the vanilla cream, arrange another sheet of paper on top, tightly cover the brick, bury it in an ice cream tub with broken ice and rock salt around and let freeze for one and a half hours. Remove, and immerse in lukewarm water a few seconds, then take out and wipe all around, unmold, remove papers, turn on a cold dish over a napkin and serve.

Presidential Patience.—Place one half pound of sifted flour in a large bowl, break in a fresh egg, the whites of four, six drops of vanilla essence, an ounce of grated sweet chocolate, and sharply beat up with the spatula for four minutes. Slide a half-inch tube into a pastry bag and drop in the preparation. Lightly butter and flour a pastry tin, press paste into the tin in chestnut-tike forms, keeping them apart, and place aside in a dry warm place for an hour. Set in a brisk oven for about eight minutes, or until an exceedingly good golden color ; remove, let stand on table for a few minutes, detach from pan with a knife blade, place on a compotier and serve.

Peach Snowballs.—Select a dozen ripe, good sized freestone peaches. Pare them and roll each one in powdered sugar, stick a small silver berry-fork in each and dip in a soft icing of melted fondont. Let them dry a few moments, then roll them in freshly grated cocoanut.

Tomato Puree.—Add to a quart of tomato meat a bay leaf, slice of onion, a sprig of parsley, a blade of mace, two or three whole cloves and eight peppercorns. Simmer for twenty minutes, or until the tomatoes are a soft pulp, then rub them through a sieve and thicken the pulp to the proper consistency, with butter and flour rubbed to a soft paste.

Beurre Noir Sauce.—Take two tablespoons of butter, one of vinegar, one of minced parsley, a teaspoon of onion juice, half a teaspoon of salt and a quarter teaspoon of pepper. Put the butter in a frying pan, and when hot add the parsley and other materials. Let it boil up once, then pour over broiled blue fish or fresh mackerel.

Fruit Cream.—Sweeten half a pint of double cream with two tablespoons of sugar, and whip it to a stiff dry froth. Fold in a quarter of a package of gelatine that has been soaked in four tablespoons of cold water for half an hour. and dissolve over hot water. Beat again thoroughly to mix the gelatine and cream; then fold in bananas cut in small cubes, or any other kind of fruit or mixture of fruits you fancy. Turn into a mold and set on ice to harden.

.....Baker. M
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THE TURKEY, as the principal dish to be served on the Christmas table, is now in prime condition. There is no meat so delicate and toothsome as a tender young hen turkey, and it is gladly welcomed as a most delightful change from the coarser meats. As the meat of the turkey is naturally dry, it is better if it is roasted in a covered pan, thereby retaining all the delicate flavor. No basting then being necessary, and much less time is required for cooking than by the old methods. On account of the dryness of the meat, the dressing should be made quite rich by the addition of plenty of melted butter or finely minced pork. If the bird is roasted in an open pan it should be larded well, or generously rubbed with butter and the exposed parts covered with fat bacon.

TO STEW AN OLD TURKEY, OR GOOSE.—If perchance your turkey or goose is past its roasting age, the fullowing is a method employed with success. If the bird is not fat, lard it well. Put into a large stewing kettle half a pound of bacon, cut in slices, quarter pound of knuckle of veal, three sprigs of parsley, two of thyme, a bay leaf, six small onions, a carrot, salt and pepper. Then put in the fowl wet with half a pint of vinegar and same of broth. Cover as nearly airtight as possible and place over a slow fire, or in a moderately heated oven, and cook at the simmering point for two and a half hours. Remove the bird to a heated platter, strain the broth and cook down to a jelly. This is good served hot or cold.

A RICH TURKEY STUFFING. — Chop the turkey livers with a small onion, and put in a saucepan ; cook without browning for about ten minutes. Mix thoroughly with a pound of sausage meat. Shell twenty-four large chestnuts, blanch and boil tender in salted water. Chop or mash these, and mix with the other materials.

ROAST TURKEY, PARTLY BONED.—Clean and singe the turkey and wipe it all over with a wet cloth. Lay the bird on its breast and cut down the middle of the back in a straight line, using a sharp, pointed knife. Then take hold of the skin at the neck and, keeping the blade close to the carcass, cut downward. Find the joints which unite the wings and the body and unjoint them, leaving the bones of the wings in the flesh. Then still cutting close to the bones, reach the thighs and unjoint them, leaving the bones in the legs. Free the carcass entirely from the flesh, taking care not to cut through the outer skin of the bird, especielly along the breast bone. When all the flesh has been taken from the bones, lay it, skin downward, upon the table and season it with salt and pepper. Place the liver on the skin of the neck, from which the crop has been removed. Next lay on the flesh of the bird an oyster forcemeat, or the flesh from a boned fowl or two, depending on the size of the turkey ; a layer of thinly sliced boiled smoked tongue, and a pound of sausage meat. When the bird is sliced down, it will show the thin layers of different colored meats. Draw the skin together at the back with a wrapping string. Truss the bird with string or skewers, and press it into its original shape. Tie a large thin slice of fat pork over the breast, and bake in a hot oven about twenty minutes to the pound. If you wish to serve it with aspic jelly, put the bones in a fish kettle, sew the turkey up in cheesecloth, lay it on the bones which serve as a rack, and barely cover the bones with water. Steam until turkey is tender, adding a little more water if required. It may be served hot and without the aspic jelly, if you prefer. Make a giblet sauce. The turkey may be browned by taking it from the steamer and spread evenly and thickly with butter. Place it in a hot oven and baste often. If you want a frothed surface, dredge the turkey with flour before basting it.

OYSTER FORCEMEAT. — Strain the liquor from a quart of oysters and pour it over sufficient soft breadcrumbs to fill the body of the turkey. Pick over the oysters and remove all bits of shell, then add them to the crumbs with a teaspoon of salt, pepper to taste, a stalk of celery minced very fine.

ASPIC JELLY.—To five cups of the strained broth from the turkey bones, add two ounces of gelatine dissolved in a cup of cold water for half an hour. Season to taste with salt and celery extract, strain into a plain mold so that the jelly may be cut into cubes, if used as a garnish. If you pour the liquor carefully from the bones, and strain it through several thicknesses of cheese-cloth, it will be pertectly clear.

RAGOUT OF LAMB, PARISIENNE.—Cut into two-inch-square pieces one and a half pounds of neck and one and a half pounds of the breast of lamb. Heat two tablespoons of lard in a braising pan, add the meat. Season with two teaspoons of salt and half a teaspoon of pepper and lightly brown about twenty minutes, turning the pieces once in a while. Remove all fat from the pan, sprinkle over two tablespoons of flour, stir well, then moisten with one and a half pints of water and a pint of tomato juice. Mix well and let come to a boil. Add twelve small white onions, previously browned in a little butter, and twelve small new potatoes, peeled. Tie in a bunch two branches of parsley, two branches of chervil, six branches of chives, a sprig of thyme, one bay leaf, one clove and one bean garlic and add to the pan ; place a lid on and boil for five minutes, then set in the oven twenty-five minutes. Add then half a pint of shelled peas and twelve canned mushrooms, lightly shuffle the pan and reset in the oven for forty-five minutes longer. Remove, take up the bouquet, skim the fat from the surface of the ragout, and dress on a deep dish. Sprinkle a little parsley over and serve.

ROAST PHILADELPHIA CHICKEN. — Singe, cut the head and legs off, draw, wipe neatly and truss a tender two-and-a-half-pound roasting chicken. Lay it in a roasting pan ; season with a teaspoon of salt and half a teaspoon of white pepper ; pour two tablespoons of cold water into the pan. Glaze the chicken all over with a tablespoon of melted butter, then place in a moderate oven to roast for forty-five minutes, taking care to baste it frequently with its own gravy, turning it over once in a while. Dress on a hot dish. Untruss, decorate the dish with watercress and serve.

PLUM PUDDING. — Carefully remove the fibres and strings from half a pound of fresh beef-kidney suet ; finely chop with two tablespoons of flour and place in a large bowl, adding half a pound of well picked and washed currants, half a pound of seeded Malaga grapes, a quarter of a pound of fresh bread crumbs, two ounces chopped candied lemon peel, half pound of fine sugar, half a teaspoon of ground cinnamon, one saltspoon ground nutmeg, half pint of good rum and three eggs. Briskly mix the whole together with a wooden spoon for five minutes. Dip a piece of cloth in cold water and wring it out. Spread the cloth on a table, lightly butter it with the hand and sprinkle a little flour over it ; shake the cloth to remove the excess of flour. Place the contents of the bowl in the centre of the cloth, bring up the four corners together so as to entirely enclose the pudding, and tie it all around. Have plenty of boiling water in a large pan and plunge in the pudding. Cover the pan and let boil for two and a half hours. Remove it from the water and hang up for ten minutes. Cut the string and carefully turn on a hot dish Dredge with three tablespoons of sugar, pour over it one gill of rum, set it on fire and immediately serve with a hard sauce separately.

CELERY SAUCE.—Take two tablespoons of butter, two heaping tablespoons of flour, half teaspoon of salt, quarter teaspoon of pepper, with a dash of red pepper and a pint of the liquor with which a fowl was steamed (which will be a rich, strong broth) Melt the butter, stir in the flour, and when smooth add the hot broth. Return to the fire, season and stir until it becomes thick and smooth ; then add a pint of white celery that has been cut into small pieces, and boiled in just enough water to keep it from burning. Do not add the celery to the sauce until nearly time to serve it, as it will not be so nice.

CAKE, LOUISIANA.—Plunge six ounces of sweet almonds and two bitter ones in boiling water for five minutes. Drain on a sieve, then peel and pound four ounces of them in the mortar to a paste ; place in a bowl with four egg yolks, two gills of milk, three ounces of granulated sugar, one teaspoon of kirsch and half a teaspoon of vanilla essence ; then briskly mix with a spatula for one minute, add two ounces of butter, mix again briskly for one minute, add two ounces of flour and mix well. Add two ounces of raisins, half an ounce of chopped citron, half a teaspoon of baking powder and gently mix for half a minute. Lightly butter a large pudding mold, split the peeled almonds in two, decorate the bottom of the mold with them, then fill the mold with the preparation. Set in the oven to bake for forty minutes. Remove, let cool for five minutes, unmold on a dish, sprinkle a little powdered sugar over and serve.

given by Mrs. Peterson over the KYW radio today:

BAKED MEAT PATTIES.

Three cups chopped meat, 1 cup rice or soft bread crumbs, 2 tablespoons finely grated onions, 1 teaspoon salt, ¼ teaspoon pepper, 1 egg, 1 cup buttered bread crumbs.

Mix ingredients in the order given. Drop egg, unbeaten, into mixture and stir until thoroughly mixed. Shape into patties, roll in buttered bread crumbs, place on a baking sheet and bake forty-five minutes in a moderate oven (350). Serve with mushroom sauce.

Devil Cake.

Custard Part.

1 cup grated chocolate
1 " Brown sugar
½ " sweet milk
Yolk of one egg
1 teaspoon of vanilla. Stir all together in a saucepan and cook slowly. When very thick set to cool.

Cake part:

1 cup brown sugar
½ " butter
2 " flour
½ " milk
2 eggs. Cream butter and sugar add yolks of eggs well beaten, then the milk. Sift and add flour & whips whites to a stiff froth. Beat all well; then add custard and last of all 1 teaspoon of soda dissolved in a little cold water

Mrs.

Home-ground Wheat Bread.

One and one-fourth cups water or skim milk.

One and one fourth teaspoons salt.

One tablespoon sugar.

Three cups home-ground wheat flour.

One half cake dry yeast or one gill liquid yeast.

Set a sponge at night, using half of the flour. In the morning add the rest of the flour, beat well, put into a greased pan, allow to rise until it doubles its bulk, and bake.

Leslie's Cake.

1 cup sugar, 2 eggs, ½ cup butter, 1 " luke warm water, flour to make thin batter, 2 heaping teaspoons baking powder; flavor.

parsley.

White Cake.

1 cup white sugar
½ " butter
½ " milk
½ " corn starch
½ " flour
1 teaspoon baking powder
whites of 4 eggs
Roll sugar until very fine and cream well with butter. Dissolve corn starch in milk (luke warm) add flour and baking powder and whip whites of eggs until stiff. This makes a very thin batter. Bake in slow oven 30 minutes.

Mrs

Rolled Oats Bread.

Two cups boiling water.
One-half cup brown sugar.
Two teaspoons salt.
One yeast cake.
One-fourth cup lukewarm water.
One and one-half cups rolled oats.
Five cups flour.

Dissolve the yeast cake in the lukewarm water. Pour the boiling water over the rolled oats, salt and sugar, and let stand until lukewarm; add the dissolved yeast and flour. Let rise until very light, beat thoroughly and turn into two buttered bread pans. When the loaves have doubled their volume bake them an hour in a moderate oven.

The white meat of a chicken which has been roasted or boiled is chopped very fine, and to one cupful of it is added a quarter of a cup of blanched almonds or English walnuts, also chopped fine. This is softened with sweet cream to a paste that will spread easily on the bread. It is better when seasoned with salt and paprika. It can be used on either graham or white bread.

Rye Bread.

One quart milk.
Two tablespoons sugar.
Four teaspoons salt.
Two tablespoons butter.
One cake compressed yeast.
Three cupfuls flour (one cup being wheat and the remainder rye).

Follow the directions for making wheat bread according to the short process until after the bread has been molded the second time. At this point the dough should be placed in a six-quart bowl lined with a cloth into which flour has been rubbed. When the dough has risen to the top of the bowl turn out on a hot sheet iron (a dripping pan inverted will do), over which one tablespoonful of flour has been sprinkled, and put it immediately into a very hot oven. After ten minutes lower the temperature somewhat and bake for one hour. This recipe, is a modification of an old German household method of making rye

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Cheese Straws

Roll out pastry to ¼ inch thickness. Sprinkle with grated American cheese or with a soft snappy cheese pressed through a sieve. Fold pastry over and roll out again; this time sprinkle with paprika and more cheese. Fold and roll again. Cut in strips ½ inch wide and about 4 or 5 inches long. Bake in hot oven (400° F.) until a light brown.

Lemon Foam

4 c. boiling water
¾ c. sugar
White of 4 eggs
6 T. cornstarch
Juice of 1 lemon
Salt

Mix cornstarch with a little co water and add to the boiling wate Add lemon juice, sugar and salt a let all cook until clear. Then add t stiffly-beaten whites of the eggs a pour into a wet mold to cool.

Rhubarb Cornstarch

1 qt. rhubarb juice
Whites of 2 eggs
1 ½ c. sugar
6 T. cornstarch

Prepare the rhubarb juice by boili the rhubarb until well cooked a then straining it through a jelly ba Bring the juice and sugar to a bo Wet the cornstarch with a little co water and add to the sweetened jui Stir until thickened then fold t stiffly-beaten egg whites into Serve very cold with cream.

Snow Pudding

1 qt. milk
½ c. sugar
White of 4 eggs
6 T. cornstarch
½ tsp. vanilla
A pinch of salt

Reserve half a cup of milk, put the rest of the milk in a double boile and bring to a boil. Mix the cornstarch with the cold milk and add slowly to the boiling milk. Stir until it is smooth, then add sugar, salt and let it cook for ten minutes. Have the white of the eggs beaten stiff and fold in before taking from the stove. Add the vanilla and pour into a wet mold This may be used with cream or a sauce may be made, using the yolks of the eggs.

Sauce for Snow Pudding

2 c. milk
⅓ c. sugar
½ tsp. vanilla
Small pinch of salt

Bring the milk to the boiling point Mix the egg yolks and the suga thoroughly and add a little of th milk. Add the salt and combine with the hot milk. Stir steadily until i begins to thicken. Remove from th stove at once and add vanilla.

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with a wrapping string. Truss the bird with

a little powdered sugar over and serve

Special Ways of Cooking Rabbits.—The meat of the rabbit is unquestionably good food, and yet it occupies an equivocal place on the list of edibles. Why this is so is easily explained by the fact that in this country rabbits are so numerous as to be a nuisance to the farmers in many sections. If the scarcity of game requires guarding and fostering it is rated as a luxury—because it cannot be plentiful enough to become cheap. On the other hand the common wild rabbit, to be found in nearly every State, is seldom allowed to grace the menu of a high class dinner, or to appear on the bill of fare of the expensive restaurants, except when young rabbit masquerades as chicken—a meat it far surpasses in cleanliness, when one compares the habits of rabbit and fowl. As potted chicken, puree, croquettes, or in a pie, the rabbit is often permitted to consort with the high and luxurious. If it does occasionally appear as rabbit on the menu for a high class dinner, it is not served as a game course, but in some elaborate form as an entree. But, of course, no self-respecting gourmet will fancy the plain methods of cooking rabbits. To appeal to him the wily cook will resort to subterfuge, in order to win success. Therefore the plebian origin of a French delicacy may be cunningly hidden. Any preferred way of cooking chicken will answer for the rabbit.

Lapereaux Grilles.—Have a young rabbit nicely dressed, flatten it out with a cleaver, brush with butter and cook on a broiler over a clear sharp fire. When done place on a hot platter, spread with maitre d'hotel butter and garnish with a border of buttered toast in triangular shapes.

Lapereau a la Poulette.—Cut young rabbits into pieces and fry in butter until firm, but not long enough to brown them. Drain off the butter and let the meat get cold. Then lard the fleshy parts with strips of fat bacon. Put the pieces into a saucepan with a spoonful of flour, a bouquet of pot herbs, a cupful of white wine and enough of stock or bouillon to moisten. When the meat is half done, add a few small white onions, pickled, if you have them on hand, and a few button mushrooms cut in pieces. Simmer over a slow fire until the cooking is finished. When well done, strain the sauce over the beaten yolks of two eggs and pour it over the meat nicely arranged on a heated platter, and just before serving squeeze the juice of a lemon over it. Garnish with carrot and turnip balls, green peas and parsley.

Venetian Rabbit.—Cut into pieces three young rabbits. Melt an ounce of butter in a saucepan, add an ounce of chopped ham, a small bunch of parsley, a little onion juice and a pinch of herbs. Fry a nice brown, then add half a cup of white broth or stock, and stew slowly until tender. Strain the sauce, add the yolks of three eggs slightly beaten, a tablespoon of capers and salt and pepper to taste. A little hot cream added, is a great improvement.

Rabbit en Casserole.—Have the rabbit dressed and cut in pieces at the joints. Season with pepper and salt, and fry a golden brown in a spoonful of butter and the fat from slices of bacon cut in strips. Arrange meat in a casserole with half a pint of port wine or claret, and cover closely. Place in the oven, then add a pint of stock or thickened sauce, a tablespoon of lemon juice, half a sweet red pepper pod and a bouquet of herbs. Bind a strip of muslin over joining of lid and dish, cover this with a thick flour paste and place the dish in a moderate oven for about three hours. When dishing up, remove the herbs. Garnish with blanched mutton onions and mushrooms sauted in a little butter.

Rabbit Saute, with Fine Herbs.—Cut two rabbits into pieces at the joints and put into stewpan with half a cup of butter, and fry briskly five minutes. Add chopped shallots, parsley and mushrooms, and fry five minutes longer. Dredge with an ounce of flour and mix well. Moisten with two glasses of white wine and pint of white broth. Season with salt, pepper, a little grated nutmeg and a bunch of parsley. Stew for half an hour, remove the parsley, add the jnice of a lemon and two ounces of butter, cut into small pieces. Mix well by tossing the pan, then dish up, garnish with heart-shaped pieces of fried bread and serve.

Rabbit Salad. — Roast a tender young rabbit, take off the meat and cut it into thin slices ; put it in a bowl with salt, pepper, chopped shallots, a little minced parsley, and moisten with olive oil and vinegar. Line a salad bowl with lettuce leaves, reserving the lettuce hearts for decorating. Arrange the rabbit on the bed of lettuce, mask with mayonnaise and garnish with four hard-boiled eggs, quartered ; a few capers, stoned olives and the lettuce hearts cut in quarters.

Panned Rabbit.—Cut up in joints and place in a a baking pan ; sprinkle over the meat a tablespoon of minced onion, the same of minced parsley and dot with plenty of butter. Add one cup of boiling water or stock, place in a good hot oven and bake for thirty minutes, basting two or three times. When nearly done dust with pepper and salt, dish up and garnish with triangular pieces of toast with a teaspoon of currant jelly on each piece. Make a gravy from the juices in the bottom of the pan, pour over the rabbit and serve.

Salmi of Rabbit.—Put two fine rabbits in a baking pan, add a slice of onion, a stalk of celery cut fine and a small piece of bay leaf. Brush the rabbits with melted butter and cook half an hour. Take them from the pan and place where they will keep hot. Add two tablespoons each of butter and flour to the pan and brown until of dark color. Add a pint of hot water and stir well. When smooth add a teaspoon of salt, one tablespoon of Worcestershire sauce, one tablespoon of capers and twelve stoned olives. Again place the rabbits in the pan, cover closely and simmer thirty minutes. Dish with the olives for garnish, strain the sauce over the meat and sprinkle with minced parsley.

Boudins of Chicken, Richelieu.—Soak three ounces of bread crumbs in cold milk for five minutes, then squeeze out all the milk and place bread in a mortar with three egg yolks and pound to a smooth paste. Skin and bone a tender raw chicken of one and a half pounds, then cut the meat into very small square pieces. Heat two tablespoons of melted butter in a saucepan, add one small finely chopped onion and fry for three minutes without browning, then add two light tablespoons of flour ; stir well, pour in one and a half gills of cream, a gill of milk and two tablespoons of sherry ; mix until it comes to a boil. Add the chicken, one small truffle cut in small squares, six canned mushrooms cut the same way, half a teaspoon of salt, two saltspoons of cayenne and one saltspoon of grated nutmeg. Mix well and cook fifteen minutes, occasionally stirring meanwhile. Add the pulp, sharply stir till well amalgamated. Transfer to a vessel and let it cool off. Divide preparation into twelve even parts, roll out each piece on a lightly floured table to sausage form, dip in beaten eggs and roll in bread crumbs. Heat two tablespoons of melted butter in a frying pan, arrange in the boudins one beside another, and fry to a nice golden color. Pour a Madeira sauce on a dish, place the boudins over and serve.

Rice, Creole.—Place in a saucepan one medium chopped onion and one chopped seeded green pepper, pour in one tablespoon of melted butter and fry for six minutes, stirring meanwhile. Add six ounces of raw rice and cook on the range five minutes, and stirring meanwhile. Then add three peeled and finely chopped red tomatoes and one pint of broth. Season with a teaspoon of salt and mix well. Cover pan, and as soon as it comes to a boil set in the oven for thirty-five minutes. Remove, dress rice on a hot dish and serve.

Frankfort Pudding.—Place in a bowl four ounces of butter and sharply work it with a wooden spoon until well lightened, then add, one by one, four egg yolks, and sharply stir with the spoon while adding them ; add two ounces of finely chopped, peeled almonds, two ounces of sugar, two ounces of rye bread crumbs, one ounce of chopped candied lemon peel, half a teaspoon of vanilla essence, one saltspoon of ground cinnamon, half a saltspoon of salt, and then sharply stir five minutes. Beat the whites of the four eggs to a stiff froth and add to the preparation, gently mix, then drop the preparation into a quart pudding mold. Set the mold in the oven for thirty minutes. Remove, unmold on a large dish, pour a cherry sauce over and serve.

Cherry Sauce.—Cut fifteen candied cherries into quarters, place in a saucepan with two ounces of sugar, two tablespoons of currant jelly and one and a half gills of water ; boil eight minutes, then pour in a tablespoon of marashino and a tablespoon of kirsch, lightly mix and use as required.

PLOMBIERE A LA RICHMOND.—Make a Genoese biscuit preparation as herein described: Mix in a basin one pound of powdered sugar, twelve whole eggs and a grain of salt; beat this over a slow fire and remove to incorporate slowly one pound of sifted flour and one pound of warm melted butter, also the well-chopped peel of an orange. Take a round mold seven inches in diameter by one and a half in depth, butter and flour the interior, then fill it three-quarters full with the preparation and bake in a slack oven, spread the remainder of the paste on a sheet of paper to a quarter of an inch in thickness and bake this also in a hot oven. After removing the thin biscuit from the fire cut it into half rounds two inches in diameter with a channeled pastry cutter; leave them to cool, coat over with apricot marmade, then cover with a layer of orange sugar icing. When the round Genoese is cooked and cold apricot it over, and in the centre, on the apricot, place a round piece of strong paper six inches in diameter and ice the whole with rum icing. Lay it on a grate and make an incision around the biscuit at half an inch from the edge; remove the icing and paper from the centre, scoop out the cake, set it on a dish and put it on ice until ready to serve. Imbed a plombiere mold on ice, fill the bottom and sides with a coating of maraschino ice cream and fill the inside with a preparation made with three-quarters of a pound of pounded roasted hazel-nuts, adding slowly a quart of cream to them; put this into a vessel with an orange peel, infuse for one hour and strain forcibly through a fine sieve, add a gill of vanilla syrup and eight ounces of sugar, freeze, then put in as much whipped cream. Mold it in layers, alternating each one with hazel-nut macaroons Then unmold the plombiere into the cavity of the cake, surround the base of the plombiere with the above half-rounds of Genoese and serve separately a sauce made with well-drained whipped cream flavored with kirsch, to which has been added candied apricots cut in small squares of a quarter of an inch, previously macerated in kirsch.

WILLIAM H. CRANE'S POT ROAST.—The David Harum pot roast is prepared as follows: Lay a round of beef in a broad, deep pot. Pour in a cup of boiling water and add two slices of onion; cover closely and cook ten minutes to the pound. Transfer to a dripping pan, rub with butter, dredge with flour and brown in a quick oven. Strain and cool the gravy left in the pot, take off the fat, put the gravy into a saucepan. Season with pepper, salt and a little kitchen bouquet and thicken with a tablespoonful of brown roux. Boil up once and serve in a gravy boat or pour round the base of the beef.

BELASCO'S SALMI OF GOOSE.—There are many ways of preparing a salmi of goose, but if the directions in the following recipe are closely adhered to the result should be as pleasing as was the one constructed by the chef. Cut the remains of a roast goose into small pieces about an inch long and half as wide. Have ready a gravy made by boiling down the bones and toughest scraps until you have a cup of strong stock. Add to this a carrot, a young turnip, a tomato, an apple and a stalk of celery, all cut into dice, and the vegetables parboiled for ten minutes. Simmer in the gravy until you can run them through your vegetable press. Put in the meat and cook slowly until tender. Thicken with browned flour.

HENRY MILLER'S PREFERENCES.—There are two dishes for which I may be said to have a slight preference. These are finnan haddie and fried green peppers. I send you herewith my recipes: For finnan haddie the fish must be thoroughly washed and left in cold water for about an hour, when it is put into scalding water for five minutes. It should then be wiped very dry. Butter and lemon juice must then be well rubbed into the fibre of the fish. Broil over a clear fire for fifteen minutes. Serve either with a hot butter sauce or with sauce tartare, although I incline to the former.——Select some nice fresh green peppers, and, after splitting and removing the seeds, lay them in cold salted water. When they feel very crisp wipe them off with a cloth. Melt some butter in a fryingpan and when hot fry the peppers in it.

ARNOLD DALY'S "HOT BITE."—My favorite recipe for a hot bite after the performance is to mix three tablespoonfuls of grated cheese, one tablespoonful of butter and then sift in some onion, finely chopped, and sprinkle with paprika and salt and pour it all into the chafing dish, which should be hot, and then stir it until the cheese is melted. Then pour in six eggs and stir until they are cooked. This, served on toast, makes an after-theatre-dish which has won me the envy of some of my fairest friends.

ROBERT EDESON'S CRAB MEAT AND MUSHROOMS.—The chafing dish produces some palatable dishes, of which the following is as toothsome as any: Take two cupsful of crab meat, cut into dice, and half a can of mushrooms cut into dice of the same size. Make a sauce of two tablespoonsful of butter and one heaping tablespoonful of flour, stirred until smooth. Mix the crab meat and mushrooms well together; season with paprika, salt and a dash of onion juice. Turn into the smoking sauce, cook three minutes, then remove from the flame. Add quickly three table-

BAKED PERCH, SOUBISE.—Trim off fins, scale and wipe six fresh perch. Arrange on a lightly buttered tin. Season with half a teaspoon of salt, three saltspoons of pepper and squeeze in the juice of half a sound lemon. Set in oven twenty minutes. Remove, pour a Soubise sauce over, sprinkle a little grated Parmesan cheese on top, reset in the oven for eight minutes. Then remove and serve.

STEAKS, TARTARE.—Pass twice through a chopping machine two pounds of lean filet or tender sirloin of raw beef, place on a plate. Season with a teaspoon of salt and half a teaspoon of pepper, then mix well. Divide into six even parts, and roll each part into oval shape, then place on a large cold dish. Make a little fountain in the centre of each on top and carefully place in an egg yolk. Thoroughly clean twelve even leaves of lettuce, then divide a medium finely chopped onion over three leaves. Place a teaspoon of capers over three other leaves, garnish three other leaves with a teaspoon of finely chopped vinegar pickles, and then evenly divide a tablespoon of finely chopped parsley over the last three leaves. Neatly arrange alternately around the dish and send to table.

LEG OF MUTTON, LONDONDERRY.—Entirely bone a tender leg of mutton. Season all over with a good teaspoon of salt, half a teaspoon of pepper and two saltspoons of grated nutmeg. Tie it well all around, giving its former shape. Heat two tablespoons of melted lard in a braising pan, lay mutton in the pan and brown on fire for fifteen minutes, turning it over occasionally. Place a mirepoix around the leg and brown five minutes more. Add four tablespoons of currant jelly, half a gill of port wine, two tablespoons of brandy, two gills of demi-glace and two gills of tomato sauce. Tightly cover the pan and set in the oven for one hour, turning and basting occasionally. Remove and dress on a hot dish. Skim the fat from the surface of the gravy, then reduce the sauce to half the quantity. Strain sauce through a Chinese strainer over the mutton and serve.

LETTUCE WITH PEAS.—Detach the leaves from two large heads of lettuce, thoroughly wash them in different changes of fresh water, then drain on a cloth. Heat one and and a half tablespoons of melted butter in a saucepan, add lettuce with a teaspoon of salt and one teaspoon of sugar and cook ten minutes, occasionally stirring meanwhile; pour in two tablespoons of flour, stir well while heating two minutes, moisten with two and a half quarts of broth, add one pint of freshly shelled peas and half a teaspoon of pepper. Tie in a bunch two branches of parsley, one branch of chervil, two leeks, one sprig of thyme and one bay leaf; add this bouquet to the soup, cover the pan and gently boil for forty-five minutes. Lift up the bouquet and pour soup into an earthen soup tureen, then arrange six slices of toasted French bread over the soup, sprinkle two tablespoons of grated Parmesan cheese on top and set in the oven ten minutes. Remove and serve.

SEA BASS, ETUVEE.—Scale, cut off fins and wipe two fresh sea bass of a pound and a half each, cut in inch pieces crosswise, and keep on a plate until required. Mix in a saucepan one and a half tablespoons of melted butter with two tablespoons of flour and cook until a light brown, stirring meanwhile. Add twelve small white onions, mix a little, brown for five minutes, moisten with one gill of claret, two gills of white broth, mix well and boil for five minutes. Add the fish, with a finely chopped bean garlic, a teaspoon of finely chopped parsley, a teaspoon of salt and three saltspoons of pepper, gently mix, cover pan and set in oven for forty minutes. Remove, lift up the fish and onions with a skimmer, dress on a hot dish, then boil sauce for ten minutes; squeeze in juice of half a sound lemon, add half an ounce of butter by little bits, mix a little, strain through a Chinese strainer over the fish and serve.

SQUABS, AMERICAN.—Cut off heads and feet from six fat, tender squabs, singe, draw and neatly wipe, then fill with a stuffing a l'Americaine. Truss and arrange a thin slice of larding pork on the breast of each bird, season evenly all around with a teaspoon of salt and half a teaspoon of white pepper. Place on a tin, baste each bird with a very little melted butter, set in the oven to roast for forty minutes, remove, untruss, arrange six pieces of fried hominy on a hot dish and lay the squabs on top. Broil six thin slices of bacon for two minutes on each side, place over the squabs, pour a gill of hot demi-glace around, and serve.

STUFFING A L'AMERICAINE.—Soak four ounces of stale bread in cold milk for ten minutes, press out the milk and place bread in a bowl. Add two ounces of finely chopped raw beef marrow, half a teaspoon of freshly chopped parsley, a saltspoon of powdered thyme, three saltspoons of salt and two saltspoons of white pepper. Chop finely half a medium, white onion and brown in a teaspoon of melted butter to a nice color, then add to the bowl with an egg yolk. Stir the whole together with a wooden spoon until thoroughly amalgamated, then use as required.

SHIRRED EGGS, JEAN DE LUZ.—Broil six thin slices of ham two minutes on each side. Lightly butter six shirred-egg dishes, arrange a slice of ham in each dish, then crack two fresh eggs into each. Season all around with a half teaspoon of salt and two saltspoons of white pepper, evenly divided. Set in oven three minutes. Remove, divide a gill of hot tomato sauce over them, sprinkle a little chopped parsley over and serve.

ICED ORANGE RICE PUDDING.—Place in quite a large saucepan four ounces of raw rice, the chopped rind of an orange, one quart of milk, five ounces of sugar, half a teaspoon of vanilla essence, the strained juice of the orange, mix well and gently boil for fifteen minutes. Dilute six egg yolks with a gill of cream, add to the rice with a teaspoon of orange-flower water and mix well while heating, without boiling, for five minutes. Remove from the fire and place pan in a basin with cold water up to half its height and stir until thoroughly cold, then pour the preparation into an ice-cream freezer and proceed to freeze the same as for vanilla ice cream. Place the frozen ice cream into a quart mold, tightly cover, then re-bury it in the same tub and let it freeze for an hour. Remove, immerse in tepid water for a few seconds, wipe all around, unmold on a cold dish with a folded napkin and serve.

RAYMOND HITCHCOCK'S SCRAMBLED EGGS AND CHEESE.—Break three eggs and slip them into a saucepan. Beat them with a lump of butter, add two tablespoonfuls of grated cheese, with salt and pepper to taste. Butter a saucepan and when hot pour in the mixture and allow it to cook for five minutes over a light flame, stirring all the while. When the mixture becomes quite thick pour into a deep dish and serve with fried toast.

FRIED ANCHOVIES.—If no fresh anchovies be handy then use salted ones, splitting them in two and soak in fresh water for three hours. Drain, clean and put them on a deep plate, pouring over vinegar, oil and adding mignonette pepper. Dip them in a frying paste, then plunge into very hot oil to fry them to a fine color; drain and dress on a folded napkin in a pyramidical form, arranging a bunch of fried parsley on top. Serve with anchovy sauce.

LIMA BEANS IN CREAM.—Open a pint can of lima beans, drain off the water and plunge them in boiling water for two minutes. Drain on a sieve, then place in a saucepan with half a gill of milk, a gill of cream, and season with a half teaspoon of salt and a saltspoon of cayenne. Mix well and let boil for five minutes. Knead in a saucepan half a tablespoon of butter with a teaspoon of flour, then add the butter little by little to the lima beans, continually mixing while adding it. Cook for five minutes, dress on a vegetable dish and serve.

spoonsful cream, heated, with a pinch of soda. Set over the flame for a minute, add a glass of sherry and serve hot.

WILTON LACKAYE'S CURRIED EGGS.—Boil the eggs hard; remove the shells and drop them in hot water to keep warm until ready to use. Mould some rice into a form resembling a nest. Place a teaspoonful of chopped onion in a saucepan with a tablespoonful of butter and cook until the onion is a light yellow, not brown. Add an even tablespoonful of cornstarch, mixed with a half tablespoonful of curry powder and diluted with a little cold milk or stock, then stir in slowly one and a half cupsful of white stock or milk. Let it cook until the cornstarch is clear, add pepper and salt to taste and strain it. The sauce should be a bright yellow color, perfectly smooth and not very thick. Wipe the eggs dry, roll them in the sauce to get evenly coated with color and place them in the nest of rice. Pour in enough sauce to moisten the rice without discoloring the outside or top of it.

KYRLE BELLEW'S GOULASH AND OMELET.—If I had to name two dishes that in their time and place have specially tickled my palate I should probably mention a goulash served to me in Budapest and an omelet cooked for me in Madrid. The former very nearly resembled our Irish stew, with the exception that its seasoning was distinctively Hungarian, largely due to the quantity of paprika used. It is made of about a pound of beef, cut into little squares. Stew gently and about an hour before it is done put in your first dose of paprika. Then add two onions and two carrots, both cut into dice; then more paprika. Half an hour before the meat is done add two potatoes and celery stalks cut up. Then, after a final dose of paprika, serve on a platter with the vegetables surrounding the meat.——The omelet Espanol is constructed as follows: Make a sauce of one tablespoonful of butter and the same of browned flour in a deep frying pan. When piping hot stir in a cup of canned tomatoes, half a cup of mushrooms, sliced fine, and the same quantity of minced ham. Season with red pepper, onion juice and salt. Let it simmer about eight minutes, then stir in four beaten eggs. Stir carefully as it thickens, and when the eggs are set serve on buttered toast.

BREAKFAST.

Bananas and Cream. Brown Bread with Butter. Coffee.

DINNER.

Baked Beans. Irish Potato Puff. Creamed Carrots. Scalloped Tomatoes. Heart-Cabbage and Cress Salad. Grape-Fruit. Coffee.

SUPPER.

Creamed Celery. Corn Muffins. Cranberry or Rhubarb Fluff. Sponge Cake.

LUNCHEON NO. I: Rice Pudding with Dates. Fruit Crackers. Assorted Nuts. Hot Milk.

LUNCHEON NO. II: Spinach Salad with Horseradish and Hard Boiled Egg. Oil and Lemon Dressing. Wheat Bread.

BREAKFAST: Serve the bananas sliced, with a small pitcher of cream. Bananas have so small a percentage of fat that the fat of the cream makes the combination more perfect as a food. The fat is of course also furnished by the butter. We get a goodly percentage of carbohydrates in the bananas with a small amount of protein. In the brown bread, if well made, the protein should figure more largely.

DINNER: In beans we have a perfect storehouse of energy, an immense amount of protein. Cooked with some form of fat and eaten with bread it is really a sufficient food in itself. The potato gives, as before noted, starch; the tomato and grape-fruit abundance of proper acid; the cabbage adds not too much of bulk; the cress and carrots are two of the most excellent things for the blood one may eat. The French, so famed for their attention to concerns of the complexion, realize that first it is the blood to be purified, and indulge generously in carrots and cress.

Baked Beans: Soak a quart of beans over night in warm, soft water. In the morning parboil them slightly, then drain, pour cold water over them and drain again into an earthen dish on the bottom of which has been laid a shredded slice of onion. Stir in a half cup of molasses and a tablespoon of olive oil or butter; cover with cold, soft water and bake in moderate oven eight or ten hours.

Potato Puff: To one pint cold mashed Irish potato add one tablespoon of butter and two of cream. Beat till creamy when add whipped yolks of two eggs. Beat, then add the whipped whites and bake about ten minutes in rather quick oven till hot, brown and puffy. (With more eggs in proportion, the beans may be omitted or the potatoes served without eggs for the dinner.)

Escalloped Tomatoes: Prepare according to December Number.

Buttered Carrots: Wash, scrape and dice, cooking in boiling, salted water (uncovered) till tender. Chop fine, add salt and pepper and two tablespoons of butter. Serve very hot.

Cabbage and Cress Salad: Serve the tender, heart leaves of the cabbage with generous sprigs of cress, adding oil and vinegar.

Grape Fruit: Halve, crosswise, removing center with slim, sharp knife. Place tablespoon of sugar in the hollow thus left. (Many prefer the addition of a little sherry as well,) Set on ice six hours before serving.

SUPPER. *Celery Cream:* Wash and cut in inch-lengths the celery and cook till tender in boiling salted water. Thicken this liquor with a tablespoon of flour rubbed smooth in a little cold milk; add lump of butter and serve.

Corn Muffins: Stir together one and one-half cups each of corn meal and wheat flour; one-half cups of sugar; one and one-half cups sweet milk; one egg (beaten separately); two tablespoons butter, one teaspoon salt and three tablespoons baking powder sifted through the flour. Bake in quick oven.

Cranberry or Rhubarb Fluff: If cranberries are used prepare as for the jelly in December directions; when quite cool adding the stiff whipped whites of two eggs, then placing in molds. With the rhubarb cut tender stalks into inch lengths and place in baking dish with one-third part of sugar; *no water.* Bake slowly till clear but firm. When cold beat in the egg as for the cranberry and serve.

LUNCHEON NO. I. *Rice Pudding:* Heat to boiling point (in double boiler) one and a half quarts sweet milk, then add three-fourths teacup of rice, a half teaspoon salt and teacup of sugar. Let boil, uncovered, for fifteen minutes, then place in pudding dish with cup of fine chopped dates, baking slowly an hour, stirring frequently until the last ten minutes when it must be allowed to brown.

LUNCHEON NO. II. *Spinach Salad:* Use cold spinach prepared as in February directions, serving with slices of hard boiled egg and French dressing, substituting lemon juice for vinegar.

SUPPER. *Sponge Cake:* One cup each of sugar and flour with one and a half teaspoons of baking powder sifted through flour; two eggs (beaten with the sugar) a pinch of salt; two large (kitchen) tablespoons of cold water. Flavor with vanilla or wine. Add flour and baking powder to eggs and sugar, then the water and flavoring. Bake in moderate oven.

FLAN (CUSTARD) AND APRICOTS.—Roll out on a lightly floured table a half pound of pie paste, and with it line a deep pie plate; trim all around the edges, line the inside with a sheet of paper, fill up with dried beans and set in the oven for fifteen minutes. Remove, take up the beans and paper. Open a pint can of apricots, place on a plate and the syrup in a small saucepan. Sprinkle two ounces sugar over the apricots, pour in two tablespoons of maraschino, turn the apricots into the seasoning, then place in the flan (custard) cut side downward and set in the oven for ten minutes. Remove, add three tablespoons currant jelly to the syrup in the pan, with two tablespoons of kirsch. Mix well, let reduce on the fire until well thickened, then pour over the apricots, let get cold and serve.

DATE PUDDING.—Carefully stone half a pound of clean dates, finely chop with four ounces of fresh beef marrow and place in a bowl, add four ounces of sugar, four ounces fresh bread crumbs, two saltspoons of salt, a saltspoon of grated nutmeg, half a gill of cold milk, the yolks of three eggs with a teaspoon of vanilla essence, and briskly mix for five minutes. Beat up the whites of the three eggs to a froth and gradually add to the bowl, lightly mixing while adding it. Lightly butter and sugar a quart pudding mould, drop in the preparation, lay in a saucepan and pour hot water up to half the height of the mould. Set in the oven for one hour and twenty-five minutes, remove, unmould on a dish, pour a Sabayon sauce over the pudding and serve.

Currant Mint Sauce.—Separate one glass currant jelly into plates, but do not beat. Add two tablespoonfuls mint leaves minced fine, and the thin yellow shavings from the rind of one-third orange.

Cold Mint Sauce.—To make this sauce add to two tablespoonfuls of washed and finely chopped mint a little pepper and a gill of vinegar in which two tablespoonfuls of sugar have been dissolved. Let stand a half hour before serving. If this sauce is preferred hot the vinegar and sugar may be heated to the boiling point and the minced mint stirred in just before serving.

Salmon Salad.—Carefully remove skin, oil and bones from half a can of salmon. Break apart with fork into lage flakes and squeeze the juice of a small lemon over it and place on ice until needed. When ready to serve add as much diced celery as you have salmon, a dozen English walnut meats, broken into small pieces, three small cucumber pickles finely cut, and, if you have them on hand, half a dozen olives cut into strips. Pour over the whole a French dressing and toss lightly, breaking the fish as little as possible. Serve on a bed of crisp lettuce.

Smoked Whitefish Salad.—Free two smoked whitefish from bone and cut in half inch squares; cut a small bunch of chives into inch lengths. Arrange the fish and chives in alternate layers, with a sprinkling of pepper and salt. Pour over the whole two-thirds of a cup of French dressing. Serve on a bed of shredded lettuce, using the coarser outer leaves for this purpose.

Smoked Herring Salad.—Shred the meat of the herring as coarsely as possible, and to two-thirds of the herring add one-third cold boiled potatoes cut in dice. Add a generous springling of capers and toss lightly with a French dressing, being careful of the salt in seasoning,

Scallop Salad.—Soak the scallops in cold salted water for half an hour at least. Then cover with boiling water and keep at simmering point for five minutes. Drain, cut in slices and moisten well with French dressing and set away to chill. When ready to serve drain off the oil and toss with an equal quantity of crisp white celery cut in small pieces. Moisten well with mayonnaise, and arrange in mound shape on a bed of lettuce, garnish with curled tettuce and sprinkle a few capers over the top.

Fish Salad.—Boil a pound of any kind of firm fresh fish—cod or red snapper preferred—cooked in acidulated salted water in which an onion has been sliced. Chill the fish and then remove skin and bones without breaking the flakes more than is necessary. Add an equal quantity of shredded lettuce, two hard boiled eggs chopped, two pickled gherkins, sliced. Toss lightly with a French dressing made with equal quantities of oil and vinegar. Arrange in pyramid shape on a dish lined with lettuce leaves and garnish the base with sixths of hard boiled eggs, cut lengthwise, and alternate with slices of half a lemon. Squeeze the juice of remaining half of the lemon over the whole and serve.

Fish and Macaroni Salad.—Suppose you have a cupful of nice fish left over on Friday, and possibly almost, if not quite, a cupful of plain boiled macaroni cut into small pieces. If so, try this for a novel salad. Make a rather thick custard of the beaten yolks of two eggs and a generous half cup of milk. When done let it get cold, then beat in a teaspoonful of dry mustard, cayenne, salt and pepper to taste, and about two tablespoonfuls of vinegar that has been scalded and cooled Mix all together lightly and let stand about two hours before serving.

Turkish Sorbet.—Boil one cup of sugar with half a cup of water until it will form a soft ball between the fingers when dropped in icewater. Pour this gradually into the stiffly beaten whites of two eggs, beating all the while. When creamy and light add a pint of cream whipped to a stiff froth, a large tablespoonful confectioner's sugar, a few drops each of extract of cinnamon and vanilla, and a teaspoonful of good coffee extract. The quantity of coffee extract used must be governed by taste, some preferring a very delicate flavor and others like it stronger. Freeze smooth and firm and serve in crystal sherbet glasses or cups with a star of stiffly whipped cream for garnish. Flavor the cream with almond extract.

Cranberry Bavarian Cream.—Have a pint of double cream thoroughly chilled and whip it to a solid, stiff froth. Carefully fold in a cupful of confectioner's or powdered sugar and a tablespoonful of gelatine soaked in half a cup of cold water and dissolved over hot water. Keep the bowl containing the cream in a pan of ice water or cracked ice, stirrtng until it begins to congeal; then quickly but lightly stir in half pint of strained and sweetened cranberry juice, adding, if you want the genuine article, half a cup or gill of Maraschino. Turn into a glass or lined mold and pack in ice and salt for about four hours.

Maple Mousse.—Beat the yolks of six eggs light and add gradually one cup of hot maple syrup and cook until like a soft custard. Then turn out into a basin and beat until cold; then fold in one pint of cream after it has been whipped dry and stiff, and a cup of toasted, blanched almonds finely chopped. Turn into a mold and pack in chopped ice and coarse salt—two-thirds ice to one-third salt—and let stand four hours. When turned from the mold sprinkle chopped almonds over it.

Maitre d'Hotel Butter.—Rub one-quatter of a cup of butter to a cream, add one-half teaspoonsul of salt, a saltspoonful of pepper, a tablespoouful of minced parsley and one tablespoonful of lemon juice. Spread on hot beefsteak. To make the hot maitre d'hotel butter, put one-quarter of a pound butter into a saucepan with a half a tablespoonful of chopped parsley, a little finely powdered thyme, and minced onion, and salt and pepper to taste. Stand the saucepan by the fire and whip with a egg whisk until it almost reaches the simmering point. Take at once from the fire and serve.

Mustard Sauce.—Put two tablespoonfuls butter in a saucepan over the fire and heat without browning. Mix in two tablespoonfuls flour and pour in gradually a pint of hot stock or water, stirring until thickened and perfectly smooth. Add two tablespoonfuls more butter, cut in small pieces and salt snd pepper to season. Mix in three tablespoonfuls of made English mustard and a little cayenne. For a cold mustard sauce to serve with meats rub a quarter of a cup of mustard smooth with a tablespoonful of olive oil and a teaspoonful each of onion juice, sugar and paprika. When well blended add enough vinegar to make a paste, beat ten minutes and turn into a close stoppered mustard cup.

French Fish Salad.—Peel half a dozen small white onions and remove the centers or cores, and put a piece of butter into eaeh hollow space. Arrange in a buttered dish, cover and place in the oven, and bake slowly for an hour or until tender, then set aside to cool. Take six large sardines, free from bones and skin, and cut into small pieces. Slice five hard-boiled eggs and the chilled onions, season each with salt and pepper, and have thoroughly cold, then arrange in layers in a salad dish and pour a French dressing made with olive oil, tarragon vinegar and a little lemon juice, season with salt and paprika pepper. Garnish with crisp, tender lettuce leaves and serve at once.

BAKED SLICED POTATOES.—Pare and cut five medium sized potatoes in slices a quarter of an inch thick, place in a buttered baking pan, dot over with bits of butter and sprinkle lightly with salt and pepper. Bake in a quick oven until of a delicate brown, take up in a hot covered dish and pour over them four tablespoons of hot cream.

SPONGE PUDDING.—Take five pieces of common sponge cake and split them, spread with butter, put them together again and lay them in the bottom of a baking dish. Make a custard of three eggs, three cups of milk, half a cup of sugar and flavor with a teaspoon of vanilla, or any other flavor preferred. Pour over the cake and bake half an hour, in a moderately hot oven. The cake will swell and absorb the custard.

RICE, ORANGE PUDDING.—Wash in cold water, drain and place in a saucepan five ounces of good rice with a pint and a half of cold rich milk, two ounces of sugar, a saltspoon of salt and the rind of a sound orange very finely chopped up; place on the range and boil for forty minutes, being careful to stir at the bottom every five minutes to prevent burning. Remove, add half a pint of cream, two eggs and four egg yolks, one by one, continually stirring while adding and for four minutes after being added. Lightly butter a quart pudding mould, pour the rice into it, cover the mould, place it in a saucepan with boiling water up to half the height of the mould and bake in a moderate oven for twenty minutes; then take from the oven, remove the cover and turn upside down on a dish without removing the mould. Just before serving remove the mould, decorate the dish with candied oranges and serve.

CANDIED ORANGES.—Peel and skin thoroughly two sound juicy oranges; divide the sections, lay them on a paper, the thick side downward, and let stand for forty-minutes. Place half a pound of granulated sugar with a tablespoon of water in a copper basin and boil for ten minutes, then drop a piece of the orange into the syrup and immediately pick it up with a larding needle and lay it on a lightly oiled tin. Proceed the same with the rest, let get cold, neatly trim and use as directed.

WHITE MUFFINS.—One tablespoon of soft butter, two tablespoons of sugar rubbed to a cream, half a teaspoon of salt and a cup of sweet milk. Add to two cupfuls of sifted flour two teaspoons of baking powder and sift, to mix thoroughly. Beat the whites of two eggs to a stiff white froth and add to the mixture, alternating with the flour. Beat to a smooth batter, then pour into buttered muffin rings and bake in a quick oven.

PANNED OYSTERS.—A pint of oysters, one tablespoon of butter, one of soft cracker crumbs, half a teaspoon of salt, a quarter of a teaspoon of pepper, one teaspoon of lemon juice and a pinch of cayenne. Put the oysters over the fire in their own liquor, which should be first strained and the oysters freed from shell and grit. When they come to a boil add the other ingredients, then cook a minute and serve on hot buttered toast with a garnish of cress and thin slices of lemon.

Bacon and Eggs.—Thoroughly heat a half teaspoonful melted butter in a small frying pan. Carefully crack two fresh eggs on a saucer without breaking the yolks, then slide them into the pan. Season with just a very little salt and pepper, and fry on a slow fire for three minutes. Slide them on a hot dish. Proceed with five other portions in exactly the same way. Lay over the eggs in each dish on slice of bacon and serve very hot.

Fried Smelts, Tartare Sauce.—Clean and wipe dry twelve medium, fine, fresh smelts. Season evenly with a teaspoonful salt and a saltspoon white pepper. Gently roll them in flour, then dip in beaten-up eggs, lightly roll in fine bread crumbs, and plunge them into boiling fat to fry for five minutes. Remove with a skimmer and lay on a dry cloth to thoroughly drain. Dress on a hot dish with a folded napkin. Decorate with parsely greens and six small pieces of sound lemons in quarters.

Mutton Chops, Broiled.—Pare and neatly flatten six fine tender, thick mutton chops. Season with a teaspoon salt and saltspoon white pepper. Lightly oil the broiler with oil. Place the chops on the broiler and cook for five minutes on each side. Dress on a hot dish, crown shape. Spread a very little butter over them. Decorate the dish with a little fresh watercress and serve.

Veal Cutlets, Tomato Sauce.—Pare nicely and flatten six rib veal cutlets. Season with a teaspoon salt and half a teaspoon white pepper, evenly divided. Roll them in beaten-up egg, then lightly roll in bread crumbs mixed with a table-spoon grated Parmesan or Swiss cheese. Heat one ounce butter in a sautoire and fry the cutlets for five minutes on each side; then place in the hot oven for eight minutes. Dress on a hot dish, one overlapping another, and serve with a gill of hot tomato sauce in a saucebowl separately.

Radishes.—Select two bunches of fine, red, sound and rather small radishes. Pare them nicely and leave on each radish two of the prettiest leaves. Cut away the roots, and also a little of the peel around the roots. Place them in cold water and wash well. Nicely arrange them on a flat dish so that they meet toward the centre, the green leaves lying outward. Serve with chopped ice over them.

Halibut Steaks, Anchovy Butter.—Procure two and a half pounds fresh halibut. Cut into three even steak-like pieces; oil them lightly, season with a teaspon salt and a saltspoon white pepper. Arrange them on a broiler and broil for six minutes on each side. Lay them on a hot dish. Neatly spread the anchovy butter over the dish and serve.

Anchovy Butter.—Place in a bowl three-quarters ounce butter, adding one tablespoon anchovy sauce and the strained juice of one-quarter of a sound lemon. Mix well together and keep in a cool place for general use.

Potatoes Persillade.—Boil for thirty minutes in a quart water with a teaspoon salt six small peeled potatoes. Place them in a saucepan with one-half ounce butter. Season with a teaspoon salt and one-quarter teaspoon white pepper. Sprinkle over them one teaspoon finely chopped parsley; squeeze in the juice of half a sound lemon. Toss them gently while warming for five minutes. Place them on a hot dish and serve.

Pineapple Sauce.—Heat in a saucepan one and a half gills canned pineapple liquor with half gill granulated sugar and a small piece of lemon peel (one quarter). Mix and let boil for six minutes. Add one teaspoon cuaracao. Mix a little. Remove the lemon peel and serve.

Farina with Milk.—Have a pint boiling milk in a smal enamelled pan on the fire. Gradually add two gills farina, sharply mixing with the whisk while adding it. Add two tablespoons granulated sugar. Mix well and let cook for fifteen minutes, mixing once in a while. Stir in one raw egg yolk and serve with cold milk.

To Clarify Butter.—Place half pound good butter in a small enamelled saucepan, then place the pan into another pan containing boiling water and let stand on the corner of the range until thoroughly melted; skim it well, then strain through a fine cloth into a bowl; keep in a moderate temperature and use as required.

Finnon Haddock, Broiled.—Lightly roll in oil one and a half pounds fine thick, smoked finnon haddock. Arrange in a double broiler and broil for five minutes on each side. Dress on a hot dish and serve with Maitre d'hotel butter nicely spread over.

Lamb Hash with Green Peppers.—Detach and cut into very small square pieces all the meat from the remaining leg of lamb of yesterday. Have the same quantity cooked potatoes, chopped the same as the lamb, and mix together. Melt an ounce butter in a small pan, and one medium, sound and finely chopped onion and a medium, finely chopped green pepper. Mix well until they obtain a good golden color. Add the lamb and potatoes. Pour in half pint hot broth or hot water and two ablespoons tomato sauce. Season with three-quarters of a teaspoon salt, half a light teaspoon white pepper and a salstpoon grated nutmeg. Mix well together and let cook on a hot fire for ten minutes, stirring once in a while. Place the pan in a hot oven for fifteen minutes. Remove, dress on a hot dish, and serve with six bread croutons around the dish.

Lyonnaise Pototoes.—Boil in a quart of water with a teaspoon salt four medium, sound potatoes for thirty-five minutes. Drain and let cool off; slice them into the thickness of a silver dollar. Melt an ounce butter or good fat in a frying pan, add one good-sized, sound, white, sliced onion, and gently cook it for three minutes, lightly mixing meanwhile. Then add the potatoes. Season with a light teaspoon salt and three saltspoons white pepper, well sprinkled over the potatoes, then cook for seven minutes, gently tossing them once in a while. Give the potatoes a nice omelet form, then let them get a very good golden color for about six minutes. Turn on a hot dish, besprinkle with half teaspoon chopped parsley and serve.

Clam Broth.—Open fifteen large, fresh clams and place them in a small saucepan with all their liquor. Add one and a half quarts cold water and four branches celery. Place on the fire, season with two saltspoons cayenne pepper, adding one teaspoon butter, and let boil for ten minutes. Strain through a napkin into six cups and serve.

Broiled Sardines on Toast, Devilled Sauce.—Have twelve fine, good sized sardines. Carefully roll them, without breaking them, in cracker dust (crumbs). Arrange them on a double broiler and broil on a brisk fire for two minutes on each side, or until of a good color. Prepare six small toasts; place two sardines on each slice. Arrange them on a large dish. Pour a hot devilled sauce over them and serve.

POACHED EGGS, SPANISH STYLE.—Heat a shallow earthen baking dish slowly, and melt in it a tablespoon of butter, or use olive oil if liked. Add a generous half teaspoon of salt, a quarter of a teaspoon of pepper and a small onion, minced fine. If you prefer the flavor of garlic, rub your dish thoroughly with a bruised clove of garlic before heating. Drop in carefully half a dozen or eight very fresh eggs, one at a time. Do not stir or break them, but let them brown a little and then carefully turn them and brown the other side. As soon as done, serve them in the same dish.

BROILED SMELTS.—This is a dainty dish, and a most delicate change from the "everlasting" fried smelts and sauce tartare. Select the largest size and, with a sharp pointed knife, split them down the back, remove the bone and wipe them with a damp cloth. Brush them lightly with oil, and dust with salt and pepper. Place them in a greased broiler, and set over a clear hot fire. Broil about three minutes on each side. Cover the bottom of a serving dish with sauce Bernaise and arrange the smelts on the sauce, garnished with parsley, sprinkling a little finely minced over the smelts and serve them very hot.

SAUCE BERNAISE.—Cook a tablespoon of chopped shallots in two tablespoons of vinegar, until nearly all the vinegar is absorbed. Add a level tablespoon of butter and the beaten yolks of three eggs and place the saucepan over boiling water. Let it cook, meanwhile stirring in half a cup of butter broken into small pieces. Season with salt, a pinch of cayenne and a tablespoon of chopped parsley. This is similar to mayonnaise, in consistency, and may be served hot or cold.

Sardine Salad.—Take four large sardines freed from bone and skin, and cut each into four pieces. Have ready an equal amount of cold meat cut into dice, one cold cooked beet, one cold cooked potato, also cut into dice, and a teaspoonful of minced parsley. Season with salt and pepper, and toss carefully together. Turn into a salad dish lined with lettuce and pour over it a dressing of six tablespoonfuls of olive oil, two tablespoonfuls tarragon vinegar, salt and cayenne to taste, and a teaspoonful of onion juice. Garnish with hard-boiled eggs and serve as soon as mixed.

Lemon Sauce for Fish.—Squeeze and strain the juice from a large lemon into a saucepan, then add to it one-quarter of a pound (scant) of butter, one-half saltspoonful of salt and a saltspoonful of pepper. Beat over the fire until thick and hot, but do not let it boil. When done mix the beaten yolks of two eggs and serve at once.

Horseradish Sauce.—To make a hot sauce to serve with beef mix together four tablespoonfuls of grated horseradish, four tablespooonfuls of powdered cracker crumbs, one-half cup of cream, one tablespoonful each salt, powdered sugar and made mustard, a tablespoonful of pepper and two tablespoonfuls of lemon juice or vinegar. Heat in a saucepan set in a large pan of hot water. For the cold sauce, cream one-quarter cup of butter, add two tablespoonful of grated horseradish, half a teaspoonful tarragon vinegar or a teaspoonfnl of lemon juice, and a tablespoonful of thick cream. Chill on the ice until it is time to serve.

SOME OLD RECIPES FOR COOKING CHICKENS.

Chicken seems a delightful compromise between the coarse animal meats and fish, not in any way resembling either in appearance or flavor; but far more delicate and much more to the taste of the dainty eater, who has but little appetite for animal food and no great craving for sea food. Among most cooks there is one, if not more, cherished recipe for the special preparation of fowl. Many of these have certain characteristic features which loudly proclaim the land of their birth. For example, the famous Brunswick stew—not of the house of Brunswick, but of the State of Georgia; Southern chicken gumbo, and also the world-famous Maryland fried chicken. One who has eaten a fried chicken breakfast in a Maryland country town, is glad to live to remember it.

Brunswick Stew.—Cut up a four pound chicken as for a fricassee. Place it in a large covered saucepan with a small onion sliced, a quarter of a pound of bacon in one piece or a ham bone Cover with boiling water and simmer gently for one and a half hours. Then add a pint of very tender lima beans, a pint of corn cut from the cob, a tablespoon of chopped parsley, half a teaspoon of salt and a quarter teaspoon of pepper. Cover and simmer an hour longer; then remove the bacon or ham bone and serve. If green lima beans and corn are not in season then canned beans and corn may be used, but must be of best quality.

Fried Chicken.—The chickens should be dressed and kept in the ice box for twelve hours before using them. Then flour each piece and dust lightly with salt and pepper, using a level teaspoon of salt and a quarter of a teaspoon of pepper. Have the frying pan half full of smoking hot lard when the chicken is put in. Cover and cook slowly for half an hour, turning occasionally. When done pour the fat from the pan, add a tablespoon of butter and let brown. Then stir in a tablespoon of flour, pour in a cup of milk, add half teaspoon of salt and a dash of white pepper, then stir and cook until the sauce is smooth and creamy. Serve the sauce or gravy in a sauce boat, separate from the chicken. Garnish with parsley and baking powder biscuit dough, cut in triangles and steamed instead of baked.

Virginia Smothered Chicken.—Split a tender chicken down the back, season with a teaspoon of salt, quarter teaspoon of pepper and place in a dripping or roasting pan with a cupful of boiling water. Bake in the oven until the chicken is tender. As soon as it begins to brown make a paste of two tablespoons each of butter and flour, and spread over the chicken. Baste every ten minutes with drippings in the pan until it browns. Set the pan containing the drippings over the fire and pour into it a cupful of rich milk; stir until it boils. Season with a saltspoon of salt, one-half saltspoon of pepper and pour this gravy over the chicken and serve hot.

Southern Chicken.—Have the chicken nicely dressed, whole. Steam for an hour if young, and until tender if old. Put gizzard and feet, cleaned and skined, the neck and heart, in water below the steamer, in which there should be a good pint and a half when stoaming of chicken is finished. A chicken, a year old or a little less, is better than a younger one. When steamed enough take out and put the chicken down into the stock in the pot and let it cool and absorb the juice. Do this in the morning and let it stand until dinner time. Then take out the chicken and cut it up in pieces for frying, or if a small chicken cut up in two pieces, the legs, second joint and lower part of back forming one piece, the breast and wings the other. Put half a cup of flour in a soup plate, with salt and pepper to season. Roll the chicken in this and fry in nice hot drippings, or lard and butter mixed; or better still, in the chicken fat skimmed from the stock pot. The chicken being already cooked, it will be necessary to fry only until a nice brown crust is formed. Remove to platter and put a tablespoon of flour, a little extra butter if needed, in a frying pan and let brown slightly. Then add chicken and stock and a cup of cream. Season with salt and pepper. Strain this gravy over the chicken, and serve with a garnish of parsley or white tops of celery.

Carolina Chicken Pie.—This is an old English recipe, long cherished in the land of its adoption. Take a large fowl, skin and cut up into joints; put neck, leg and backbone into a stewpan with a pint of water and a sliced onion; add a saltspoon of salt, and let stew for an hour. Strain off the liquor to be used for the gravy. Have ready three slices of bacon and three hard-boiled eggs. Put a layer of the fowl at the bottom of a deep baking dish, then a slice of bacon, one of the eggs cut in rings and a little salt and pepper. Fill the dish up in this way, using a teaspoon of salt and a quarter of a teacup of pepper. Pour in half a pint of water. Border the edge of the dish with ordinary pie crust, and cover the pie with the same; ornament the top with stars of the paste, and glaze with beaten egg. Bake from one and a quarter to one and a half hours. When done, pour in at the top a gravy made from the bones of the chicken.

Giblet Patties.—This is a delicious entree and is a dish suggested by old-fashioned giblet pie. Clean half a pound of giblets; stew them in a pint of water with an onion, a teaspoon of salt, quarter teaspoon pepper and a few sprigs of thyme and parsley, adding these when the giblets are nearly done. At the same time add one pound of lean beef or fresh pork, cut into small strips, and stew with the giblets until all are done. Thicken with a tablespoon of butter and flour rubbed together. Use puff paste patty shells for these.

Mexican Stewed Chicken.—Take a cupful of cold, cooked and minced chicken and half the quantity of uncooked ham, cut into very small dice, using both the fat and lean, fry a minute in a tablespoon of butter, then add the chicken, a teaspoon of minced parsley and a dash of pepper. When a little hot stir in two heaping cupfuls of boiled, seasoned rice. Toss all lightly together and add just a dash of lemon juice.

AMERICAN COOKING.

Gastaud, the former Chef of London's fashionable Carlton Hotel, says we do our cooking in "too much of a hurry."

The trouble with American cooking, said Gastaud, the chef of the Knickerbocker Hotel, is that American cooks are affected with the American disease of hurry. They seldom take time to make anything that takes very long. And a marin, which requires thirty-six hours, and which even the smaller French households frequently allow themselves, is not heard of over here. Almost any meat or vegetable can be made palatable and delicious if it is rightly cooked, or presented with the proper kind of sauce. The underground vegetables—for instance, turnips, carrots and parsnips, which many people dislike intensely, owe their unpopularity to the crude way in which they are served. The delicious flavor of carrots should be brought out in the cooking, but is usually entirely lost and a thick and tasteless sauce covers over the vegetable like a blanket of snow, making it just about as palatable.

How to Serve Spinach.—Carrots are delicious, as long as they retain their juice; and to do this they should be cooked in a closely covered stewpan, and after they are soft they should be browned with butter, or served with a cream sauce with a dash of vinegar in it. Spinach is a stumbling block to many cooks, for they cannot seem to prepare it to the satisfaction of their diners. Haste in the cleaning of these greens ruins the dish. The spinach should be washed in many waters, and it is useless to try to put in the whole mess of spinach at a time. It will pay to look it over carefully, much more carefully than is usually done, separating the tough and yellowing leaves from the rest. A little grated nutmeg put into the saucepan brings out the taste of the greens when spinach is cooked with butter; flour and milk sauce, and a little powdered sugar adds to the taste, particularly if the spinach is not young and tender. A good way to serve spinach and at the same time to use up old pieces of bread is to toast the bread until well browned and then cover the slices with creamed spinach. This is made by taking one peck of spinach leaves with an ounce of butter, and cooking for five minutes while stirring. The sauce is made of one ounce of butter, mixed in with two tablespoons of flour, one of powdered sugar and one half pint of milk. The whole is cooked for ten minutes more and then served on the browned bread.

A Recipe for Real Toast.—Stews or ragouts of meat, with a brown sauce, can be

made pungent by adding a few slices of pine-apple, and the hateful hash by the addition of green or Mexican peppers. It's only once in a while that one gets good toast. Even English people, on whose table it figures very frequently, serve it in thick pieces not nicely browned or hot enough. Real toast of the best kind, such as literally melts in one's mouth, is called "toast redouble." This comes on the table in the thinnest of crisp brown slices, and it is called redouble because it is relined. It is first cut in a fairly thick slice, put in the oven and browned slightly, taken out sliced again or cut through, making it just one-half as thick. Then it is put back in the oven and browned again. Of course this takes time, and time is always at a premium with the American cook. It is for lack of time that they use so many bottled condiments, instead of combining spices that should be on every kitchen shelf and making their own tomato sauce or sauce piquante. It is for lack of time that a big piece of pork is put into most stewing vegetable pots, in hopes that the pork will flavor the vegetables quickly, intead of stewing the vegetables in such a manner as to bring out their own delicate taste. The casserole, or covered dish, in which vegetables or meats are stewed, is at last finding a place in the American cuisine. The newest casserole has a swell silver stand in which it can be served on the table, just as it comes out of the oven.

To Make Good Soup.—It is again for a lack of time that the American soup so often comes out of a can, a thing which never happens in France, where the soup goes together with bread to make the strength of the nation. The facilities of the gas range are hardly known in the land of good soup. And the "pot au feu," in which it is made, sits placidly on the back of the stove from morning until night, closely covered with a heavy stone and metal lid, with holes for the escaping steam. In this pot go all the remains of the daily meals, such as bones, the scraps of meat, vegetables, celery tips and any small odds and ends of meat or greens. The pot is set back on the fire, after having been allowed to boil up once. And it is allowed to simmer until its contents are required. Then the fat, which naturally settles on the top, is taken off, and the stock underneath, which is a jelly or fluid, according to the time it has cooked and the amount in the pot, is made the foundation for all good soup. With this delicious stock, which can be kept for some days in glass jars in the ice-box, soups can be prepared at short notice. The ordinary bread soup is made with thin slices of brown bread, soaked in stock, which is duly seasoned to taste.

Cooking Vegetables.—Turnips, a vegetable which very few people like, can be made really delicate and savory with the aid of the stock, two finely chopped onions and scraps of mutton and left-over meat. Peel the turnips, cut off the tops and scoop out the insides. Chop the mutton and onions fine, and add parsley and enough well washed rice to fill the turnips. Put the mixture in the turnips, cover with the little tops and place in a shallow saucepan moistened to their height with stock. Stew until tender. Add a little vinegar and powdered sugar, cover carefully with the lid and finish cooking.

Stewed Prunes.—These have become such a common dish that they are scarcely thought of by caterers except as a makeshift, when necessity or lack of time forbids a more elaborate dessert. By adding chestnuts to the stewed prunes this much-scoffed-at dish will at once spring into the class of favorite sweets. Take the large chestnuts, cut a slit in the shell and boil for from twenty minutes to half an hour. Peel them, taking off the shell and the inner skin, and then stew with the prunes.

How to Cook Things that are Seldom Cooked Well.

BY CHEF GASTAUD, KNICKERBOCKER HOTEL.
(Concluded.)

Coffee and Salads.—It is so difficult to get good coffee that there are now experts who make a specialty of this one beverage, offering their services to hotels, schools and other institutions. All coffee machines, both the new-fangled ones and the plain, old-fashioned coffee pot, owe their success to the immaculate state of cleanliness in which they are kept. Personally, I think coffee is better boiled in the old-fashioned way. The quantity should be regulated by the number of persons. The water poured in should be in proportion of three-quarters of a pint to each tablespoonful. The coffee should be allowed to boil up once, and then let stand for a minute or two. Then put back on the fire and let boil once again. It should then have a few minutes to settle; then if the coffee of which it is made is good, there should be no complaint.

For salads the American artichoke, which looks like gnarled roots from an ancient tree, can be prepared delightfully. First parboil, then scrape and put in the stewing pan with a little boiling water for ten minutes, while you make a thick cream sauce. Serve in a covered dish with cream sauce. Instead of using stock for the sauce, drain a little of the water in which the artichokes are cooking. The despised beet, too often served as a salad consisting principally of vinegar, is a very different thing when served in this way. Select large beets and boil until tender. Let them cool, scoop out inside and fill with chopped celery and mayonnaise, and some of the chopped beet inside of the beet. Baked beets require long hours to cook, particularly if they are large. They should be cooked in a rather slow oven, and served with butter, pepper and salt. It is easier, after boiling the beets for two hours or less, depending on their size, to cut into slices and place in a pan with a lump of butter, seasoning and a little loaf of sugar. Cook them for six minutes, carefully tossing them from time to time. Serve very hot.

The Daintiness of Cabbage.—Brussels sprouts are improved and made edible even for those who generally dislike them, when served with boiled chestnuts. Boil the chestnuts separately until tender, peel and serve in the middle of the dish, which is then covered with boiled sprouts which have been placed for a few minutes in a saute pan, with butter and a little salt and pepper until they just begin to fry. In boiling the sprouts add salt and a little bit of bicarbonate of soda to the water. When serving the sprouts alone, the juice of a couple of lemons in the saucepan in which the sprouts are half fried will take away some of the odor and give a more piquant taste. A good many of these suggestions take, perhaps, a little more time than the cook is in the habit of giving to the different dishes; but some of them only take forethought, and a number of them will, I believe, make more palatable those dishes which we are forced to have on the table during the seasons when fresh vegetables are scarce.

The ever-dreaded cabbage, from its despised form of "boiled cabbage," can be transformed into a delicate and palatable dish, actually called "lady cabbage" from the daintiness of its flavor. Boil a firm white cabbage fifteen minutes, changing the water then for fresh boiling water When it is tender, drain and set aside until perfectly cold. Chop fine and add two beaten eggs, a tablespoonful of butter, salt and pepper and three tablespoons of milk or cream. Stir all together and bake in a buttered pudding dish until brown.

French cabbage is also very delicious. Chop cold boiled cabbage and let it remain until perfectly dry. Stir in some melted butter to taste, salt and pepper and four tablespoons of cream. After it is heated through, add two well-beaten eggs. Then turn into a buttered frying pan and stir until it is heated through and becomes a rich brown on the under side. When this mixture is turned out on a hot dish, it may be reversed so that the brown side comes uppermost.

Cucumbers.—Few people know that there is a very delicious way of cooking cucumbers. Pare them and cut lengthwise in thick slices. Wipe them dry with a cloth, sprinkle with salt and pepper, dip in flour and fry in butter until brown on both sides.

Cream Tapioca Pudding

3 T. tapioca	4 c. milk
1 c. sugar	4 eggs
3 T. prepared cocoanut	½ tsp. vanilla

Soak tapioca over night in co water. Put milk, tapioca and sug in a double boiler and cook until t tapioca is clear, then add the prepar cocoanut and cook for ten minut longer. Beat the yolks of the eg with a little milk and add to t boiling mixture, removing it from t fire as soon as it thickens. Add t vanilla and pour over the stiffly-beat whites, to which has been added t tablespoons of powdered sugar.

HOW TO SERVE CHERRIES

HOT, COLD OR FROZEN.

The most perishable and swift growing, yet withal the most delightful of all the offerings of the year, is the luscious cherry. Until perfectly ripe the fruit is not good; but as soon as the fruit reaches its highest state of perfection it must be eaten, to be truly enjoyed, and eaten without delay. However, less than other fruits, the cherry parts with its flavor in cooking. It is especially fine for canning, for this reason; as it retains so much of its individuality that makes it so appetizing, and also retains its color and fresh appearance when carefully cooked.

SOUR CHERRY SOUP.—Fruit soups are decidedly refreshing in hot weather, and should be served more frequently than they are. Take a quart of sour, stoned cherries, three or four rusks, three pints of water, two inches of stick cinnamon, a little yellow rind of lemon, a quarter of a pound of sugar, half a cup of red or white wine, one ounce of butter, half an ounee of flour and a pinch of salt. Put the cherries with some of the bruised kernels, pieces of toasted rusk, stick cinnamon, lemon rind and water all together and cook slowly for twenty minutes; then rub all through a sieve. Melt the butter in a saucepan, stir in the flour and cook to a good rich brown. Moisten with the wine and a little water. Add the cooked cherry mixture, the sugar and salt and boil again for twenty minutes. Serve ice cold, though it is equally good hot.

FRESH CHERRY SOUFFLE.—Put a cup of cherry juice and water and a cup of stoned cherries over the fire. Mix three tablespoons of cornstarch and stir into the cherries, and sweeten. Then cook for ten minutes, add the juice of half a lemon and the whites of four eggs. Decorate small moulds with cherries, pour in the mixture, set the pan in hot water and bake. Serve with cream and sugar.

CHERRY PUDDING.—Mix three tablespoons of flour with one cup of milk until smooth, then add another cup of milk, an ounce of melted butter, a saltspoon of salt, three well-beaten eggs and a pound of stoned cherries. When all are well mixed turn into a pudding bag and tie up, first dipping the bag in hot water and dusting well inside with flour. Put the pudding into a large pot of boiling water and boil for two hours, keeping the pot closely covered or the pudding will be heavy. When done the pudding can be easily turned from the bag. Serve with sugar and cream or a hot cherry sauce.

CHERRY SALAD.—Take a quart of dark red California cherries and remove the seeds. Fill each cherry with finely minced English walnut meats, keeping the cherry whole. Arrange a dish with crisp leaves of the head lettuce, and fill each leaf with a small pyramid of the cherries. Make a French dressing, blending a little of the cherry juice with it. Sprinkle lightly with a little minced parsley and serve with cream cheese and wafers.

PICKLED CHERRIES.—Take large white cherries before they are ripe enough to be soft and put them, with stems on, into glass jars. Place the jars in hot water and pour over them a syrup, made with a pint of vinegar to every three of sugar. Tie up in a small bag a teaspoon each of allspice, cloves and vinegar.. Every morning, for a week, pour off the liquid, heat to boiling and again pour over the fruit while hot; then seal. If a tart pickle is desired, use less sugar.

CHERRY ICE.—Mash two quarts of red cherries, and with them mix some of the bruised kernels. About twenty will be sufficient. Let them stand an hour or longer, then press through a jelly bag. Boil a pint and a half of sugar and the same quantity of water, and when the syrup cools add cherry juice and freeze.

CHERRY MOUSSE.—Mix well together a pint of very thick cream, three tablespoons of powdered sugar, one drop of bitter almond extract and one cup of cherry juice. Chill thoroughly, then whip, setting the bowl in a pan of ice water. As the froth rises on the cream lay it on a sieve. When no more froth will rise turn the drained whipped cream carefully into a mould, cover tightly and bury in ice and salt as for freezing. Let it stand two hours, then wipe the mould and turn out.

CHERRY MUSH.—Pick over and wash a quarter of a pound of sour cherries. Drain them well, measure the juice and adding enough water to make three cupfuls. Cook until hot, then stir in any prepared breakfast cereal, and five minutes before serving stir in the cherries. Cook about five minutes; then serve with sugar and cream.

CHERRY AND OATMEAL PUDDING.—Beat thoroughly two eggs, one tablespoon of melted butter, one cup of cold cooked oatmeal, half a pint of milk, one cup of flour and a heaping teaspoon of baking powder, and one cup of seeded and floured cherries. Turn into a well greased mould and boil for one hour. Serve with liquid sauce.

LIQUID SAUCE.—Beat two ounces of butter, the yolks of three eggs and half a cup of sugar until light; add a gill of boiling water and stir over the fire an instant, then remove and add two tablespoons of lemon juice or sherry.

CHERRY CHARLOTTE.—Cut thick slices of stale bread and butter, stone one quart of cherries and catch all the juice. Sweeten well. Cover the bottom of a deep pudding dish with a layer of the bread, sprinkle with sugar; then add a layer of cherries and a part of the juice; then another layer of the bread, and finally a thick layer of cherries. Moisten with the juice and place in the oven to bake for twenty-five minutes. Cover with a meringue, and brown lightly in the oven. Serve with cream.

The strawberry is the queen of June fruits, and the caterer hails this delicious berry with delight; for it means a relief from the weary routine of standard deserts. There are so many dainty ways of serving the luscious berries, ways that are a joy to the eye and a pleasure to the palate.

STRAWBERRY MOUSSE.—Use enough fresh strawberries to make a pint of juice. Sprinkle them well with sugar and let stand until the juice is well drawn out; then mash and strain them. Cover a quarter of a box of gelatin in a quarter of a cup of cold water for one hour. Whip a pint of cream that has been thoroughly chilled on ice. Dissolve the gelatin over hot water and mix with the fruit juice. Set the mixture in a pan containing cracked ice, and stir until it begins to thicken, then cut and fold in the whipped cream. Pack the freezer-mould in ice and salt, without the dasher. Turn in the mixture and let stand for three or four hours.

STRAWBERRY CUP.—Fill individual stemmed glasses with alternating spoonfuls of plain vanilla and strawberry ice cream, with whole strawberries in between the spoonfuls, and one large fine berry capping the whole.

SNOW CAPS.—Place in a double boiler one pint of rich milk and a quarter of a cup of cream; scald and add a tablespoon of gelatin, soaked in two tablespoons of cold water for a few minutes. Stir until dissolved, then add the whites of four eggs beaten to a stiff froth. Remove from the fire and set in a pan of ice water and stir occasionally. When the mixture thickens add a dessertspoon of vanilla. Decorate small fancy moulds with whole strawberries, fill them with the cream mixture and set where they will get cold and firm. Turn them out and garnish with white caps of whipped cream, flavored with sherry sweetened and put through a pastry bag and tube.

STRAWBERRY SAUCE.—Beat half a cup of butter to a cream, add gradually one cup of powdered sugar, beating constantly. When light and creamy, add the white of one egg, unbeaten, and stir until well mixed. Wash a cup of ripe berries, cover with sugar and let stand for half an hour. Put the sauce over hot water and stir until it begins to foam, then add strawberries and serve.

STRAWBERRY SPONGE.—Soak half a box of gelatin in half a cup of cold water. Put one and a half cups of sugar in a saucepan with a pint of water and boil five minutes. Then add the gelatin and juice of a lemon, strain and let cool. When it begins to thicken add the whites of four eggs, beaten to a stiff white froth and beat until the mass is a solid sponge. Stir in a pint of whole fresh ripe berries, well washed and dried, and turn into a mould. Set on ice to get firm. Turn out and garnish with whipped cream and whole berries.

FROZEN STRAWBERRIES.—Mash enough ripe berries to make a quart of juice, and beat to a syrup with one and one half pounds of sugar. Strain and cool. Then turn into the freezer and freeze to a slush. Have ready a quart of fine large ripe berries, cut in halves, sprinkle with half a pound of sugar and a tablespoon of lemon juice. Stir them into the half frozen ice and continue to turn the dasher slowly until frozen to a nice consistency, then serve. Do not let it stand too long or the berries will freeze too hard.

STRAWBERRY BAVARIAN.—Line a mould with paraffin paper, and around the sides the

halves of lady-fingers, cutting off the ends to fit the mould. Soak one ounce of gelatin in half a cup of cold water for half an hour, then dissolve over hot water. Mix a quart of crushed, stemmed and washed berries with a cup of powdered sugar, let stand two hours, then rub through a sieve. Add the dissolved gelatin and place the basin in a pan of ice water. As the mixture thickens cut and fold lightly a pint of thick cream whipped to a stiff froth. Turn into a mould wet with cold water, and set aside to thicken. When firm transfer to a fancy dish, garnish with whole berries and serve with more whipped cream.

FAMOUS PARKER HOUSE STRAWBERRY SHORTCAKE.—Mix and sift twice, two cups of flour, half a cup of sugar, four teaspoons of baking powder, quarter teaspoon salt and a few grains of nutmeg. Rub in one-third of a cup of butter, one and a half tablespoons of lard, one beaten egg and two-thirds of a cup of milk. Toss on a floured board, roll and bake on a Washington pie tin for about twelve minutes in a hot oven. Split, spread with sweetened and crushed strawberries, cover and spread with sweetened whipped cream. Garnish with whole berries.

STRAWBERRY BATTER PUDDING. — Use one pint of flour, two tablespoons of baking powder, half a teaspoon of salt, one quart of berries, sweet milk and sugar. Stir the powder, salt and flour together and add milk enough to make a thick batter. Have ready six well buttered cups, place in each a spoonful of batter, then a thick layer of berries, two tablespoons of sugar, and lastly another layer of batter. Set the cups in a steamer and cook over boiling water for half an hour. Serve with strawberry sauce.

STRAWBERRY PUDDING SAUCE.—Mash a quart of berries, heat them and when hot add two tablespoons of butter and sugar to taste.

STRAWBERRY SOUFFLE.—Place a layer of berries in a glass serving dish, sprinkle on a sifting of fine granulated sugar, then add another layer of berries, then more sugar and continue until dish is full. Stand it on ice four hours or longer if convenient. For one quart of berries allow one pint of milk, two eggs, two tablespoons of sugar, a teaspoon of vanilla, half a teaspoon salt. Make a soft boiled custard with these ingredients and set on ice. Just before serving time whip to a froth half a pint of cream, add one tablespoon of sugar, pour the custard over the berries and place the whipped cream on top of the custard.

VANILLA CUSTARD. — Crack four fresh eggs into a basin with two additional yolks, add five ounces of sugar and two teaspoons of vanilla essence. Sharply stir with a whisk for two minutes, then add one and a half pints of milk and half pint of cream ; briskly whisk again for three minutes, then strain the preparation through a cheesecloth into a deep china baking dish. Place the dish in a tin, pour hot water enough to cover half the height of the dish and set in the oven to bake for thirty minutes. Remove, let cool off and serve.

STRAWBERRY PUDDING, SOUFFLE.—Pick off the hulls and thoroughly wash and drain a pint of fresh strawberries ; place in a basin with half a gill of cream and three ounces of granulated sugar, then mash them up with a wooden spoon to a puree ; add two ounces of cake or bread crumbs, the yolks of three eggs, two ounces of rice flour, half an ounce butter and a tablespoon good rum. Mix well until thoroughly amalgamated. Beat the whites of three eggs to a stiff froth and gradually add to the mixture, gently stirring meanwhile. Lightly butter and sugar a quart pudding mould, drop the preparation into it, place on a tin and set in the oven to bake for twenty minutes. Remove, unmold on a hot dish, pour over a fresh strawberry sauce and serve.

STRAWBERRY SAUCE. — Press through a sieve into a small saucepan a half pint picked fresh strawberries ; add two ounces sugar, one tablespoon kirsh and one gill of water and let boil on the range for ten minutes, lightly mixing meanwhile. Remove and use as required

Iced Chocolate Pudding.—Pour half a cup of boiling water on a teaspoon of stick cinnamon, cover, and let steep one hour; strain it over six ounces of melted chocolate, and stir until a smooth paste is formed. Heat one quart of milk, add one cup of sugar and the well beaten yolks of three eggs, cook until it thickens, add the chocolate mixture, and cook five minutes; set aside to cool.

Bake twelve large chestnuts until tender, remove the outer and inner rind, and cut each chestnut in half. Make a sirup of one cup of water and one cup of sugar, boiled ten minutes. Add the chestnuts and four ounces of blanched almonds cut in strips, with the same of citron cut small; simmer all for ten minutes and add to the chocolate mixture. When cold, pour into a melon mold, close tightly, bury in ice and salt, and let remain for four hours. Serve with whipped cream or an orange or lemon sauce.

Frozen Custard.—A very handsome dish is made with the chocolate custard—omitting the nuts and fruit—and a pint of whipped cream. The chocolate mixture should be frozen in the ordinary manner. Whip the cream to a solid froth, flavor, and set aside to become chilled. Line a melon mold with the frozen mixture, put the cream in the center, and above it the chocolate, filling the mold very full. Press the cover on tightly, and bury in equal parts of ice and salt. Let stand two or three hours before serving.

Chocolate Jelly with Crystallized Green Gagês is a delicious dish. Dissolve in a quart of water three tablespoons of grated chocolate, let come to a boil, simmer ten minutes; add a cup of sugar and a box of gelatine (that has been softened in a cup of water), and strain through a jelly bag or two thicknesses of cheese cloth. When almost cold, add a dessert spoon of vanilla and a tablespoon of brandy. Then whisk well, add half a pound of crystallized green gages, cut into small pieces; pour into a pretty mold, and when cold serve with whipped cream.

Chocolate Mousse.

Whip a pint of cream until stiff.

Dissolve one ounce of unsweetened chocolate with an equal amount of sugar and one teaspoonful of hot water. Put into a double boiler and stir until smooth. Add to it one tablespoonful of cream, and a few drops of essence of vanilla.

Whip into the cream, which should be stiff, one tablespoonful of sugar and stir in the chocolate a little at a time.

Pack in a mould and surround with salted ice.

Custard Mousse.

Beat the yolks of five eggs with eight ounces of sugar.

Boil one quart of milk, stir into it one tablespoonful of corn starch; when it becomes thick let it cool. Add the eggs and sugar and one pint of whipped cream, season with vanilla.

Pack in rock salt and ice.

Maraschino Mousse.

Whip one pint of whipping cream until stiff, add pulverized sugar sufficient to sweeten and three tablespoonfuls of maraschino cherries and it is ready to put in ice.

To serve, turn out of the mould and decorate the top with a few more cherries.

Chocolate Walnut Pudding.

Scald one quart of milk in a double-boiler. Mix together five tablespoonfuls of cocoa, three tablespoonfuls of cornstarch, one cupful of sugar, and one-eighth teaspoonful of salt. Moisten with one-half cupful of cold milk, add gradually to scalding milk, stirring all the time, and cook until thick. Remove from fire and add one cupful of walnut-meats, broken in pieces, and one teaspoonful of vanilla. Pour into sherbert glasses and serve with whipped cream.

Vanilla Charlotte With Chocolate Sauce.

Soak one tablespoonful of gelatin in two tablespoonfuls of cold water five minutes. Dissolve in one-fourth cupful of scalding milk; set in a pan of ice-water, stirring constantly. As it begins to thicken, add one pint of cream whipped until stiff, three-fourths cupful of powdered sugar, and one teaspoonful of vanilla extract. Pour into sherbet glasses and set in the ice-box one hour. Serve with chocolate sauce.

Chocolate Sauce.—If a cold dessert is desired, prepare the sponge cake as described. Peel and cut in quarters four oranges, remove the white pith, and cut each quarter into small bits; add half a sup of sugar and a wine glass of curaçoa; let stand for one hour. Beat one cup of cream until thick, add two tablespoons of sugar and a teaspoon of extract of almond. Dissolve over hot water two tablespoons of grated chocolate, and while soft, beat into the cream, a little at a time. Just before serving time, pour the oranges into the cake and the sauce over the top, and serve.

THE SHAD SEASON.

Chief among the delectables that nature showers upon us at this season of the year, is the toothsome shad. By its merits it appeals to the appetite, and it is so firmly established in popular favor that year after year goes by bringing changes and new suggestions, but the shad reigns pre-eminent on the spring menu. And if we judge the shad by the company it keeps, its value rises still higher in our esteem. With an eye to the eternal fitness of things, nature sends us as fitting accompaniments to this culinary treasure, asparagus, rhubarb, cucumbers, radishes, cress and strawberries—all fresh from the newly awakened earth-mold and suggesting sunshine, green leaves, tender verdure and fragrant blossoms. Did anyone ever refuse an invitation to a shad breakfast? Possibly a misanthrope and dyspeptic might, but no conscientious gourmand would deny his appetite such dainty feasting.

BROILED SHAD.—Some consider broiling the very best way to cook shad. Select a fish with firm flesh, bright full eyes and gills bright red and fresh looking. Clean and wash well in cold water, wipe dry and salt it well. Split down the back for broiling, take out the back bone with a sharp pointed knife and trim off the fins. Rub the broiler with butter or fat pork drippings, to prevent fish from sticking, broil over a clear fire quickly at first, then more slowly, allowing about ten minutes to every inch of thickness. Expose the inside to the heat first, then the skin, taking care that it does not burn. Have a hot platter ready, place the fish on this and dot with bits of butter, sprinkle with salt and pepper, or spread with maitre d'hotel butter. Garnish with cress or parsley and small red radishes.

PLANKED SHAD.—Clean the fish, split down the back and remove the backbone. Fasten, with a few tacks, on a heated oak or hardwood board made for the purpose. A three pound fish requires a medium sized plank. Brush the fish well with melted butter, and sprinkle with salt and pepper. Bake in a hot oven. Have a quick heat at first, then reduce it so the fish will not scorch. Allow ten minutes for every inch of thickness of the fish. When done make a border of duchess or mashed potatoes around the edge of the board, using pastry bag and star tube, and brush potatoes lightly with beaten egg diluted with milk or warm water. Brown lightly in oven. Place the plank on a serving dish and arrange a border of parsley and little red radishes, the latter cut to represent tulips.

Spread maitre d'hotel butter over the fish and serve

BARBECUED SHAD.—Clean, wash and bone a large shad. Place it skin side down on a platter, dredge salt and pepper over it and sprinkle with a tablespoonful each of good olive oil and vinegar. Let stand in a cold place until ready to bake it. Place it carefully in a baking pan large enough to hold it, with skin side laid flat on bottom of the pan. Spread two tablespoons melted butter over the fish, dredge with flour and place in hot oven. When the flakes of the fish begin to separate pour into the pan a cup of boiling water, and let it boil up around the fish. Remove to a heated dish without breaking the shad, pour the gravy from the pan over it, garnish the dish nicely and serve

POTTED SHAD.—Clean and wash the shad, remove the head and tail and split in halves. Carefully remove the backbone. Cut the fish into small neat pieces, sprinkle each piece with salt and pepper and pack down in jars, sprinkling each layer lightly with ground cloves and mace. Cover with water and vinegar mixed in proportion to one of water and two of vinegar. Tie up closely with heavy waxed paper, then cover with muslin smeared with a paste of flour and water and tie tight. Stand the jars in a baking pan partly filled with boiling water and bake for two hours in a moderate oven. When done remove the cloth and paste with paraffin paper. Drain off liquor extracted from the fish, and pour over top of the fish sufficient butter to form a thick covering—about quarter of an inch. Stand in cool place until cold, then tie tightly with more paraffin paper. Keep in a cold dark place. This will keep nicely for a month.

CROQUETTES OF SHAD ROE.—These are very dainty and delicious. Wash a pair of roes then simmer in boiling water for fifteen minutes. Drain and drop into cold water. When cold remove the skin and veins and crumble up fine Rub one tablespoon of butter and two of flour together until smooth and add to cup of rich milk scalded in a double boiler. Cook and stir until it thickens. Just before taking from the fire add the beaten yolks of two eggs. Carefully mix with the mashed roe, season to taste with salt and pepper, adding a very little lemon juice, and turn out on shallow dishes to cool. Form into cylinder shaped croquettes or cutlets, dip into beaten egg, cover with bread crumbs and fry in deep hot fat. Serve with Tartare sauce.

SHAD ROE SALAD.—Cover a pair of shad roes with boiling water, add a tablespoon of lemon juice, a piece of bay leaf and a slice of onion. Simmer gently for twenty minutes. Drain and cut into slices. While warm pour over the slices a little French dressing. Slice the same quantity of cucumber in rather thin slices and mix them with a good stiff mayonnaise, with a little onion juice for flavoring. Cover a flat salad dish with crisp tender lettuce, and on this arrange alternate rows of sliced roes and cucumbers. On top of each slice of roe place half a small sweet pickle or shred of green pepper, and on each cucumber slice a strip of pimeto or half an olive.

SCALLOPED SHAD ROE.—Boil the roes in acidulated vinegar. Then lay them in cold water for five minutes, then drain and dry. Break them into crumbs without mashing them. Rub the hard boiled yolks of three eggs through a sieve, then rub to a powder and beat into a cup of drawn butter. Season to taste with salt and pepper, then add the roes. Butter a baking dish. Put in a layer of seasoned bread crumbs, using about a cup in all. Then pour in the roe mixture, cover with remainder of crumbs, dot with bits of butter, cover and bake until it begins to bubble, then remove the cover and brown the top nicely.

INDIA RELISH.

Those who like high seasoning are very fond of India relish. It can easily be put up now, as green tomatoes are plentiful.

Two quarts of these are taken with a small head of cabbage, six onions, and twelve green peppers. One cupful of salt is sprinkled over them, and the mixture is allowed to stand for twenty-four hours.

It is then drained and put into a porcelain-lined kettle and barely covered with vinegar.

To this add half a cupful of mustard seed, a teaspoonful of celery seed, and half a cupful of sugar.

It is cooked for five minutes, removed from the fire, and one tablespoonful of English mustard is added.

If you care for sweet pickles, it is better that you should add a whole cup of sugar rather than a half cup.

Yeast or Suffolk Dumplings.

Make a very light dough with yeast, as for bread, but with milk instead of water, and put in salt. Let it rise an hour before the fire.

Twenty minutes before you are to serve, have ready a large stew-pan of boiling water; make the dough into balls, the size of a middling apple; throw them in, and boil 20 minutes. If you doubt when done enough, stick a clean fork into one, and if it comes out clear, it is done.

The way to eat them is to tear them apart on the top with two forks, for they become heavy by their own steam. Eat immediately with meat, or sugar and butter, or salt.

Norfolk Dumplings.

With a pint of milk, two well-beaten eggs, and a little salt, mix as much flour as will make a thick batter. Drop a spoonful at a time into a stew-pan of boiling water. Three minutes will do them. Take them up in a sieve to drain; and serve quickly with cold butter. The water must not cease boiling while they are doing.

Devonshire Junket: This is the way it is made: Just make the junket as we do in Canada, with new milk; it must be warm but not scalded, or it will not set properly. Then grate nutmeg on top. When cold, just before serving, put lumps of Devonshire cream on it, in small cups or bowls. If in one large bowl, dish it carefully or you will separate curds and whey.

Devonshire Cream: The cream is made as follows: Strain new milk into rather shallow pans, set aside to rise for 12 hours in a cool place (don't let freeze), then put on stove to scald until almost to boiling point, when you will notice a bubbly ring around the pan. Don't let it boil, or it will be spoiled. Take off stove, let stand another 12 hours and skim carefully with perforated skimmer. This is delicious with any fruit or pie, etc. [illegible] Agents. F 3

GLORIFIED RICE

Dissolve a package of Lemon Jell-O in half a pint of boiling water. Add one-half pint of canned pineapple juice or any fruit juice. When a cold liquid whip to the consistency of heavy whipped cream. Have two cups of cold boiled rice cooked dry. Fold the rice into the whipped Jell-O. Add one cup whipped cream, four tablespoonfuls sugar, and salt to taste. Set in a cold place to harden.

The whipped cream may be omitted and the Glorified Rice will still be a most delicious dish.

SOME OLD-FASHIONED DELICACIES

There are some delicious old-fashioned delicacies which are peculiar to certain country districts of England. Devonshire and Derbyshire are particularly rich in these. When travelling in these counties I have often thought how enjoyable these delicacies would be to those who have never tasted them, and I hope that the few recipes I am going to give this week in place of a menu, will be acceptable to my readers.

Many of these are well-known to you all, but I wouldn't be surprised if there were one or two that have not yet made their appearance in this part of the world. I will start with Devonshire Delicacies.

Devonshire Junket

I am fain to say here that any attempt at a junket and cream, however good, is but a poor imitation of the real thing of the "West Country," still one may achieve a dish that will be a pleasant change. Take a pint of milk, and add two of cream, heat to only "blood heat," stir in one tablespoonful of sugar, dissolve one junket tablet (Cross and Blackwell's, for choice) and flavor with a little rum. Pour into a china bowl and dust over with cinnamon, and serve when set which should be in about an hour.

Clotted Cream

This recipe may be useful for our country readers, who have a dairy at command.

Take a pan of milk, just what you can spare, let it stand untouched for twelve hours, then place on a cool corner of the stove, where it will heat very slowly indeed; let it stand till the top appears to wrinkle, then remove and stand in a cool cellar for twelve hours, when quite a thick cream should have risen and can be skimmed off. It is most delicious to eat with fruit, and very good instead of butter.

Saffron Cake

This is a real Devonshire delicacy. Weigh two pounds of flour, rub in quarter of a pound of butter, make into dough with one pint of milk, mix in the centre half an ounce of German yeast (previously stirred to a cream with a little castor sugar) and leave to rise; then add half a pound of sugar, one egg, and half a pound of currants, and a good pinch of saffron; leave to rise again, then put in cake tins, let rise once more and let bake in a moderate oven. This makes very good currant bread and butter, or a delicious novelty can be made by moulding the dough into flat tea cakes, when baked, and quite cold, split, spread each side with clotted cream, and the lower one with black currant jam, put the layers together again and cut into wedge shaped pieces.

Before proceeding to Derbyshire delicacies, I must give two Cornish recipes, which for excellence take a lot of beating. The first is

Cornish Pastry

This is a splendid luncheon dish, especially if out all day motoring, or cycling, and also this makes a splendid dish to take on a picnic. The "real thing" in the confectioner's shop at the top of Market Jew street, in Penzance, is a "patent secret," but very good ones can be made, by rolling out good pastry, about quarter of an inch thick, cut it in rounds, on one half of the round place some finely minced mutton with a little parboiled and sliced tomato, and chopped onion, dust with pepper and salt, and moisten with a little thick stock, which has been stiffened with gelatine, double over the other half, so as to make a half moon shape, pinch up the edges, and bake it nice and crisp in a good oven.

Cornish Omelette

This is also worth trying. Make an omelette in the ordinary way, using three eggs with a dessertspoonful of powdered sugar and two ounces of butter. Let it set in a pan like a pancake, spread with a mixture of equal parts (two spoonsfuls of each) of clotted cream and raspberry jam. Roll up quickly.

Derbyshire Delicacies

Derbyshire is a county famed throughout England for its excellent cookery. Its home-made bread, and home-cured hams are beyond compare, and its puddings and cakes are a real treat for all who really appreciate a good, delicious, wholesome pudding or cake. Below are a few of its specialties, all well worth a trial.

Bakewell Pudding

Line a tart plate with pastry, spread with a layer of raspberry jam, and then with the following mixture: Cream together quarter of a pound of butter and six ounces of castor sugar, add the yolks of five eggs, and the white of one previously well whisked, and one tablespoonful of ground sweet almonds. Bake in a slow oven till set and dust with powdered sugar.

Allport Pudding

Line a tart tin with pastry, spread with strawberry jam, then a thin layer of sponge cake crumbs and finally with lemon curd. Bake in a moderate oven till the pastry is done.

Afternoon Tea Scones

Half a pound of flour, two ounces of butter, one teaspoonful of baking powder rubbed together and mixed to a stiff paste with three quarters of a teacupful of milk. Roll out quickly and bake in a good oven. When cold split and butter, and spread with a paste made of the hard boiled yolk of an egg mixed with a teaspoonful of butter and a little chopped cress.

Normanton Cake

Two ounces of butter, two ounces of lard, quarter of a pound of white sugar, two eggs, half a pound of flour, one teaspoonful of baking powder, quarter of a pound of sultanas or a few seeds, half a teacupful of milk, and a few drops of lemon or vanilla essence. Beat the butter, lard and sugar to a cream, beat the eggs and add to it, stir in the essence and the milk, and lastly the flour and the baking powder. It will take three quarters of an hour to bake.

Spice Cakes

With the hand work together in a basin three quarters of a pound of butter, half a pound of castor sugar and one pound of fine flour. A very few currants and carraway seeds, and a tiny pinch of spice. Use no liquid but work it to a firm paste, roll out on to a floured board, stamp out into shape, and bake in a slow oven. They are most delicious.

Currant Tart

Line a pie dish with pastry and into it pour the following mixture: Two eggs well beaten with half a pint of milk, sweetened and flavored to taste, add two tablespoonfuls of picked currants, and bake in a slow oven till set.

Lemon Pudding

Pour one pint of boiling milk over three ounces of fine breadcrumbs, when cool stir in two ounces of sugar, one ounce of butter, the grated rind of a lemon, and the yolks of two eggs. Put in a pie dish and bake till set, then cover with lemon curd, and heap on the whites of eggs stiffly whisked with the juice of the lemon, and place in the oven till a pale fawn color.

Tea Cakes

Take one pound of flour, rub in quarter of a pound of dripping, then make into a dough with half a pint of milk, mix in the centre of half an ounce of yeast and leave to rise. When light mix in quarter of a pound of sugar and quarter of a pound of sultanas and one well beaten egg. Leave to rise again, and then mould into buns, let rise once more and when light bake in a moderate oven. When cold split and butter. If moulded into tea cakes they can be toasted and buttered, and serve very hot.

Emergency Tarts

These are most delicious and I have never met with them outside Derbyshire. Take small jelly glasses and half fill them with strawberry jam and then pour on each about two spoonfuls of good thick cream, and cover the top with a little round of pastry of the same size. These rounds can be stamped out and baked, and will keep for a week in a tin.

There is nothing very elaborate about any of these good old dishes, but they are all most delicious, and I speak as "one having authority," as I have tasted all of them myself many a time, and can vouch for it. The cakes are also admirably suited for a children's party, or if the children have a little friend in to tea, as they are so wholesome.

A teaspoon of milk poured in the center of each cinnamon or butter-scotch roll when half baked keeps it moist and prevents burning.

By Jane Eddington

IN these United States, or in a limited portion of them, at least one bit of native symbolism connected with New Year's eating has been developed. But for all we know, even this symbol may have a Greek root.

Cowpeas look like tiny red beans with an eye on one side. In South Carolina and in some of our other southern states they are eaten on New Year's day as a lucky symbol.

In South Carolina, and seemingly in Virginia as well, the name of the lucky dish made of them is "Hoppin' John." This is a mixture of cowpeas and rice, with herb and bacon seasoning. There are other rice dishes in the south almost as indigenous as this, but perhaps none so symbolic. The Carolinians claim it and one of them once wrote as follows: "I have never heard of any other state trying to wrest the honor of its possession from us. There is a superstition—and, my! how many we do have! —that if one eats peas on New Year's day he will have plenty [not alone of peas] all the rest of the year." Therefore, it seems every housewife and even the hotels "in the low country" serve a dish of cowpeas on New Year's day.

A long time resident [colored] of Chattanooga, Tenn., calls the cowpeas "red rippers," and says both white and colored people of that section eat all they can, on that day of red ripper peas and hog head, so they will have prosperity all the coming year.

When one is on an intensive lookout for flavors perhaps cooked cowpeas will taste more like raw peanuts cooked than like either beans or peas. Their combination with rice is easy and the results are satisfactory. The peas may be cooked with a nice piece of salt pork to give the necessary fat or they may be buttered after they are cooked, but the long, slow cooking with the fat gives them a quality that every day eaters especially like, as instance the eating of baked pork and beans by the millions. The rice, and not too much of it, is put in when the beans or peas are cooked, or so nearly so that they can be finished in the requisite time for the rice to cook. The rice may be cooked separately.

Cowpeas.

Farmers' bulletin 559 of the United States department of agriculture—you have to send to that department in Washington for it, and not to me—has eleven recipes for cooking cowpeas, with an introduction telling the method of handling them dried. They are also used green. It says they should be soaked over night, or for an equivalent length of time by day, but in a cool place, because they are likely to ferment. This is more or less true of any beans or peas, and so it is a good plan when they can be cooked without soaking to handle them in that fashion. Many beans can be so treated.

It is astonishing how quickly cowpeas double in size in water. They also increase in size in cooking (in a slow simmer). The cooked peas, in all, swell enough to be two and a half times the amount of the dried. With the skins removed any bean will cook in a much shorter time than with them, but with the skins the bean cannot cook to a mush, when the cooking is right, and so make a handsomer dish, unless we wish to sieve the beans for a purée.

In reference to removing the skins for these the bulletin says: "It is a common practice in some places to remove the skin of the cowpeas after they have been soaked. This improves their appearance, for the interior portion is white in all varieties of peas. It also, no doubt, renders them more completely digestible. It is, however, a most laborious process, particularly if the peas are of different varieties and consequently of different sizes. The skins are usually removed from the peas between the hands under water, and if some peas are smaller than the others they are likely to escape without having their skins broken. This way of treating the peas is therefore not to be recommended except where very delicate dishes are desired for the use of invalids or for other purposes."

Removing Skins from Beans.

Among diabetic products are such items as "peeled lentils." You pay forty-five cents a pound for Egyptian lentils put up in France after they have been decorated in a list of "legumes decortiques." The grower may have received five cents a pound for his product, but it was not hygienic for the invalid, and sometimes we have eating tact enough to realize that what is best for an impaired alimentary system is not bad for one in the best of repair.

That veteran cooking teacher, Mrs. Rorer, once received instruction from an East Indian as to how to cook lima beans in a hurry, and long ago she used to give the benefit of what she learned to her lecture classes. He washed the beans, threw them into boiling water for ten minutes, then threw them out into the air and rubbed off the skins—just what we do in blanching almonds. When they were thus cleared of skins he added to each cup of beans two and one-half cups of water and cooked them soft in forty-five minutes, getting a more digestible product by far than otherwise. They will cook to pieces thus unless the cooking is of the gentlest.

Cowpea Dishes and Value.

In the government bulletin mentioned the recipes are for Baked Cowpeas, Hopping John, Cowpea Soup, Cream of Cowpea Soup, Cowpeas with Roast Pork, Purée of Peas, Baked Cowpeas with Cheese for a meat substitute, Green Peppers Stuffed with Cowpeas, Baked Tomatoes with Cowpeas, Sandwich Filling, Cowpea Salad. The cowpea has been extensively cultivated in the south for food, but more for fodder, and there are a large number of varieties.

The bulletin has this: "The cowpea is distinguished among the legumes for the peculiarly delicate and pleasing flavor of many varieties. It seems strange, therefore, that, though generally known as a staple food in the southern states, it has not come into more general use in the dietary of the United States as a whole. Its failure to do so is probably attributable to the fact that no great effort has been made to create a general market for it. It is well worth greatly extended use, as it is a wholesome, nutritious foodstuff from which a variety of palatable, as well as economical, dishes can be made." It seems that the University of Tennessee has coöperated with the United States department of agriculture in experiments on this foodstuff.

If anywhere you happen to see some tiny red beans mixed with some of the same size but of much lighter shade you can guess that they are cowpeas and worth your attention. They are of delicate and pleasing flavor, but I had to buy mine in Charleston, S. C., although before that I fancy I may have seen them somewhere without knowing what they were. The dictionary says the cowpea is more closely related to the bean than the pea.

Pickled Oysters.

Any one attempting to revive old New Year's customs might try pickling oysters for the day, because there was a time when they seemed to have been indispensable. You might try a pint. For that amount put into a saucepan drained oysters, a little cayenne pepper, one-eighth teaspoon black pepper, one-fourth of a nutmeg grated, one teaspoon of salt, the measured liquor and as much vinegar as "quor, and simmer for five minutes. Heat the liquor and dip the prepared oysters rapidly into it and out again. Then strain it. Some oysters are better than others for this, we imagine, but we would not recommend bulk oysters because only one solid little disk per oyster presents a nice appearance.

In Mrs. Hill's book, mentioned above, there is this recipe: "For this purpose use large oysters; pick out all the pieces of shell; put them in a clean pot, and to every half gallon of the liquor put a half teaspoon of red pep-

per, one of black, and a grated nutmeg, two tablespoons of salt; add as much vinegar as liquor; simmer them five minutes. Take them up upon large flat dishes with a perforated skimmer. Let the liquor stew a few minutes longer. When the oysters are cold put them into cans or unglazed jars and pour over them the liquor. To be eaten cold. Garnish the dish with celery, parsley, or lemons as may be preferred."

Origin of Hopping John.

It is peculiarly hard to find much about Hopping John, even in so-called southern cook books, but in an ancient article on savory dishes in the West Indies is the following: "Take dried peas or the small red beans and boil in plenty of water until tender. Then add some chopped onion which has been previously fried as for 'pilau' with thyme and stewed tomatoes. Lastly throw in an equal quantity of uncooked rice and boil all together until the rice is tender, seasoning, of course, with the inevitable cayenne pepper."

An agricultural article on the cowpea says that cowpeas are not a native American crop, but are from the Mediterranean country, yet Thomas Jefferson was a cowpea enthusiast over a hundred years ago but apparently was interested in its soil building worth. The writer of the article says he dined in a hotel in the center of the cowpea country [North Carolina] on a dish of the far famed "black eyes" and his host told him that if the Yankees ever got a taste of them it would no longer be possible to get enough for seed.

In a seed catalogue four varieties are given: Black Eye, Whip-Poor-Will, Black, also called "Poor Man's Pea," on account of its wonderful prolificacy, and Clay Colored, which has a large seed of blue clay color.

The dictionary, in small print and as a sort of an aside, defines Hopping John as "South U. S.", and says it is "bacon and peas stewed, sometimes with rice, seasoned with red pepper."

Hopping John Recipes.

Many of the recipes are much like that in the government bulletin 559, which reads: "Soak one quart of dried cowpeas over night in water enough to cover. Cook until they are tender, adding more water if necessary. Cook a pint of rice in three pints of water, mix the two, season with two tablespoons of butter and two teaspoons of salt. A little beef or pork may be added to the water in which the peas are cooked."

Mrs. A. P. Hill, widow of the Hon. Edward Y. Hill of Georgia, printed a cook book of southern recipes in 1883, and in it is this one for the H. J.: "Pick all defective ones from a quart of dried peas; soak them several hours in tepid water, boil them with a chicken or a piece of pickled pork until the peas are thoroughly done. In a separate stew pan boil half as much rice dry; take the peas from the meat, mix them with the rice, frying a few minutes until dry. Season with pepper and salt. This may be made of green English peas."

MOCK VEAL LOAF (25¢)

1 cup dried lentils	4 tablespoons onion
1 " dried lima beans	2 " green pepper
½ teaspoon salt	2 " butterine
¼ " pepper	1 egg
¾ cup bread crumbs	¼ cup canned milk
	¼ " water

Wash and soak lentils and lima beans in cold water over night. In morning put on to cook in same water in which they were soaking. Bring slowly to boiling point and simmer gently until tender. Drain and put through food chopper. Add seasonings, bread crumbs, finely chopped onion and green pepper and butterine. Stir egg and milk until well mixed and add to first mixture Shape into loaf, roll in flour and bake in a moderate oven (350 degrees) 1 hour. Baste during last 15 minutes of baking with ¼ cup water and 2 tablespoons butterine.

MAKING HAM LOAF.

Three cups finely chopped left-over ham, 1 cup soft bread crumbs, 2 eggs, ½ cup milk, 1 tablespoon grated onion.

Slightly beat eggs, add milk, ham and onion and stir until thoroughly mixed. Turn into a loaf pan or casserole and bake 20 minutes in a 325 degree oven.

Cream together one-third cup of butter and one-third cup of flour, stir until smooth, then gradually add two cups of scalded milk. Put on fire and let boil, then add half cup of stale bread crumbs, one teaspoon of salt, pepper to taste, and allow to simmer a few minutes. Take from fire and add two cups of chopped veal, the well beaten yolks of three eggs, and fold in the stiffly whipped whites of the eggs. Bake in oven in separate molds.

ROAST TURKEY.

Twelve-pound turkey. Wash clean and singe. Draw, being careful not to break the internal organs. Rinse out several times, wipe clean and dry inside and out. Roast 36 chestnuts, peel, removing the husk and chop fine. Four cups soft bread crumbs, 1 small onion, 1½ teaspoons salt, ½ teaspoon pepper, 1 cup sausage meat.

Mix all of these ingredients thoroughly together. Fill cavity of turkey, sew up with strong thread. Rub over with butter or oil. Dredge with flour. Place in roasting pan, sear all over a golden brown in a 450-degree oven. Reduce the heat to 325 degrees and allow 30 minutes to the pound.

To roast the chestnuts:

Boil chestnuts in 2 quarts of water very gently for ½ hour. Drain and cut slits in sides of nuts and roast in a corn popper for 5 to 10 minutes.

MOCK DUCK—BROWN GRAVY.

Four cups pork tenderloin, 3 cups moist bread crumbs, 1 cup cooked prunes, 1 cup chopped apples, 1 teaspoonful salt, ½ teaspoonful cinnamon, 4 tablespoons butter or drippings, 2 tablespoons sugar.

Have the tenderloins the same length and the same weight. Split lengthwise and pound them out as flat as possible. Fill and round out with the well mixed stuffing, lay other tenderloin on and sew both sides and ends together. Dust slightly with flour, salt and pepper. Sear in hot oven (450 degrees) for 10 minutes, reduce heat to 325 degrees and bake for 1½ hours. Baste the last half hour with 1 pint water. Remove meat from pan and strain off the liquid. Stir in 2 tablespoons flour and cook in remaining fat. Add liquid and cook gently until smooth and clear.

(This recipe, tested by Good Housekeeping Institute, are republished here by special arrangement with Good Housekeeping, the nation's greatest magazine of the home.)

BAKED HAM.

Piece of ham, 2 inches or more thick; ½ cupful flour; ¾ cupful water; 2 tablespoonfuls vinegar; 2 tablespoonfuls brown sugar; ½ teaspoonful cinnamon; whole cloves.

Select either half a ham, or a smaller piece if it is at least two inches thick. Make a heavy paste of the flour and one-fourth cupful of water. Cover the ham with it. Place on a rack in a baking pan in an oven heated to 550 degrees Fahrenheit, so that the crust will cook quickly. Reduce the heat after fifteen minutes, when the crust has browned, to 450 degrees Fahrenheit and bake twenty minutes to the pound. Remove from the oven and take off the crust and skin from the ham. Mix together one-half cupful of water, the vinegar, sugar and cinnamon. Stick the ham with whole cloves. Pour the vinegar mixture over it and put back in a hot oven, 550 degrees Fahrenheit, for ten minutes to brown. Baste several times. The proportions are for a **2½-pound piece of ham.**

until quite thick. Put in a mold or pan until very cold. This is extremely appetizing when sliced.

Jellied Veal Cut a knuckle of veal in pieces and boil in as little water as possible until the meat will slip from the bones. Chop the meat fine; season with salt, pepper and sage or any other desired herb. Add to the water one tablespoonful of gelatine previously dissolved in cold water; boil it and put back the chopped meat and stir

Sandwich Filling

Put in double boiler and heat:

½ cup butter, Add,

3 eggs. well beaten

¾ cup granulated sugar

3 level teaspoons Mustard

1 level teaspoon salt.

After well cooked add and reheat;

1 scant cup vinegar

¼ lb. cream cheese (1 Ingersol)

¼ cup sweet cream.

1 small tin pimentos } Chop fine

2 sweet green peppers }

Cook till thick and bottle. Keeps without sealing airtight.

B.M.K.

Banana Marmalade.

(For Cake filling and Sandwiches.)

4 level c. crushed pineapple and
crushed banana
7½ level c. sugar
1 c. liquid pectin

First measure into kettle small tin of crushed pineapple, which gives a little over two level cups. Complete the third cupful with crushed ripe bananas. Fill the fourth cupful with crushed bananas. Add sugar. Mix well and bring to a full rolling boil, stirring constantly. Boil hard for one minute. Remove from fire and stir in liquid pectin. Skim and stir occasionally for five minutes to cool slightly and prevent fruit floating. Pour quickly and cover at once with hot melted paraffin. If sliced pineapple is used, chop very fine.

Q.—Could you tell me how to can strawberries so they will not all rise to the top of the jar after they stand awhile?

Ans.—The following recipe, if followed, will do away with the above.

CANNED STRAWBERRIES (OPEN KETTLE)—To each quart of berries, add one cup of sugar and two tablespoons of water. Boil gently for fifteen minutes. Let stand overnight in kettle; bring to boiling point; pack while hot into clean hot jars. Seal immediately. Berries will not rise to top of can in this method.

ECONOMY FLAVORING.

An economy hint worth remembering is to save lemon and orange rinds and use them to flavor various dishes. They form delicious food flavorings at no cost. The peel may be grated, the yellow portion only being used, since it contains the oil cells from which come the volatile oils that give the flavor. Or peels may be ground. Mix grated or ground peel with sugar and store in a tightly covered bottle or jar. Use to flavor cakes, pies, breads, rolls, desserts such as puddings, frostings, fillings and sauces.

LENTIL SALAD

A most delicious war-time salad is made of canned lentils with tomato sauce, beets, tomatoes and French dressing. This salad is as nourishing as it is attractive. Place the lentils in the centre of a large flat dish, surround with head-lettuce leaves on which the quartered tomatoes and sliced beets are placed, and just before serving, pour French dressing over all. Onions, cucumbers, hard-boiled egg and other vegetables may also be used if desired.

Steamed Squash Au Gratin— Cut small Hubbard squash in halves and steam until tender. Strain and add 2 tablespoons butter, 1 tablespoon cream, beaten yolk 1 egg, salt and pepper. Mix thoroughly, turn into greased baking dish, cover with buttered cracker crumbs and bake about 40 minutes in a slow oven.

Trilbys

WASH and cream 1 cup of butter, add gradually 1 cup sugar and then add ½ cup milk alternately with 2 cups of oatmeal and 3 cups of flour and mix to a dough. Roll out on a lightly floured board into a very thin sheet, cut into rounds, place one-half the rounds on an ungreased baking pan. Spread with date filling, taking care to leave an edge of about ¼ inch. Brush over the edge with cold water. Place the other rounds of paste over the filling, press the edges closely together, chill in he ice box for half an hour, brush the tops with ice water, sprinkle with granulated sugar and bake in a moderate oven

100 PEANUT COOKIES

Without rolling or cutting

(BELOW)

Think how many childish hearts you can gladden with a Crisco tin full of these wholesome Crisco cookies.

¾ cup Crisco
¼ cup peanut butter
1 cup chopped peanuts
2 cups sugar
3 eggs beaten
¼ teaspoon soda
3 cups bread flour

Cream peanut butter, sugar and Crisco together until light and soft. Then add the beaten eggs. Sift flour and soda together, mix with peanuts, then add, mixing thoroughly. Take bits of the dough, roll between the hands, then press flat with a knife or spatula. Put about 1" apart in well Criscoed baking pans. Put half a peanut on top of each cookie. Bake 10 to 15 minutes in moderate oven (350° F.).

Bachelor's Buttons

WASH and cream ¼ cup butter, add 6 tablespoons sugar and beat well. Then add 1 well-beaten egg, 1¼ cups sifted flour and ½ teaspoon rose extract. Knead on a lightly floured board, roll out and cut with a very small cutter. Place on a greased baking sheet, sprinkle with granulated sugar and bake in a moderate oven until delicately browned.

SUGAR COOKIES.

2 eggs.
2 cups sugar.
¼ cup milk.
¾ cup melted shortening.
1 teaspoon vanilla or grated rind of 1 lemon.
4 cups flour.
3 teaspoons Royal Baking Powder.
¼ teaspoon grated nutmeg.

Beat eggs; add sugar, milk and shortening. Mix all well together, add flavoring and 2 cups flour sifted with baking powder and nutmeg. Add just enough more flour to roll easily. Chill and roll out on floured board; cut with fancy-shaped cutter; sprinkle with granulated sugar or put a raisin or nut in center of each. Bake 12 minutes in hot oven (450° F.).

For Chocolate Cookies put aside portion of dough before adding all the flour; add 2 tablespoons cocoa to each cup of cooky dough.

Baby Baltimore Cakes

WASH and cream ¼ cup butter, add ½ cup sugar, 4 well-beaten egg yolks, grated rind of one orange and alternately ¼ cup milk and 1 cup of sifted flour (less 2 tablespoons), mixed with 2 teaspoons baking powder. Bake in greased cup cake pans until delicately browned. Cut each of the little cakes in three even slices and put the slices together with macaroon frosting and cover with white mountain cream. Sprinkle with finely chopped pistachio nuts.

Cookies

Time was when, much to the delight of the younger generation, a well filled cooky jar was kept in every household; and much might be said in support of such a practice. Chiefly because of the time taken in rolling and cutting cookies many prefer to buy them at the delicatessan shop, which, of course, increases the family expenditure without proportionately improving the quality of the food served. This difficulty, however may be largely overcome by mixing and shaping the cooky dough in a round loaf, and then thoroughly chilling in the ice box. When ready to be used they may be sliced as thin as possible and cooked. In this way the dough may be kept for several days, and enough fresh cookies baked whenever one desires them. Most cookies, however, especially those containing fruit are so easily kept, even when cooked, that it is a distinct advantage to have at least one variety on hand.

If there are children in the house it adds greatly to their pleasure to have cookies cut in odd shaps, such as the various animals; or even the more common shapes may be varied from time to time, as it adds much to their attractiveness.

Hermits

One cup shortening, 1½ c. brown sugar, 3 eggs, 2 c. flour, 1 tsp. cinnamon, ½ tsp. cloves, ½ tsp. allspice, ½ tsp. nutmeg, 1 tsp. salt, 1 tsp. soda, ½ c. hot water, 1 c. chopped raisins, 1½ c. chopped walnuts.

Cream the shortening and sugar, and then add the eggs, which have been well beaten. Sift together flour, spices and salt, and add to the first mixture. Dissolve the soda in hot water, and stir into the batter. Lastly add the chopped raisins and nuts. Drop from a spoon on a greased pan or bake sheet, and bake in a moderate oven.

Oatmeal Macaroons

Two teaspoons butter, ½ c. fine granulated sugar, 1 egg, 1 c. rolled oats, ¾ c. cocoanut, pinch of salt, ½ tsp. vanilla.

To the creamed butter and sugar add the well beaten egg, pinch of salt, rolled oats, cocoanut and vanilla. Drop from a spoon on a greased pan, and bake in an oven slightly higher than moderate, but not too high.

Chocolate Drop Cookies

One-half cup shortening, 1 c. brown sugar, 2 eggs, ½ c. buttermilk, 3 squares chocolate, 2 c. flour, ½ tsp. soda, 4 tsp. baking powder, 1 c. chopped nuts, 1 tsp. vanilla.

Melt the chocolate in a double boiler over hot water. Cream the shortening and sugar together and mix with the melted chocolate. Sift together the dry ingredients, add the buttermilk to the well beaten eggs, and then add the dry and liquid mixtures alternately, working as quickly as possible. Lastly add vanilla and chopped nuts. Drop from a spoon on a greased pan and bake in moderate oven.

Fruit Cookies

One-half cup shortening, 1 c. granulated sugar, 1 egg, ¼ c. milk, 2 c. flour, 2 tsp. baking powder, ½ c. candied peel

Make cookies in the usual way from the first six ingredients. Put in the ice box to chill thoroughly before rolling out. Then cut with a doughnut cutter which leaves a hole in the middle, and in this way varies the usual shape. Sprinkle lightly with finely chopped candied peel, candied cherries or angelica, and bake in a moderate oven.

Rolls

Three-quarters cup shortening, 1½ c. brown sugar, 3 eggs, ½ c. milk, 3 c. flour, ½ tsp. soda, ½ tsp. ground cloves, ½ tsp. nutmeg, 1 tsp. cinnamon, 1½ c. raisins, 1½ c. chopped walnuts.

Quick Coffee Cake

Sift together

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
½ cup sugar.

Mix together,

1 beaten egg
¾ cup milk
3 tablespoons melted butter.

Add to dry ingredients and mix well. Turn into a buttered pan and sprinkle with 2 tablespoons sugar sifted with ½ teaspoon cinnamon.

Bake in a hot oven for 20 min.

B.M.K.

Cream the shortening and sugar together, and add the eggs, well beaten. Sift together the dry ingredients, and add these alternately with the milk. Lastly, add the raisins and chopped walnuts. Drop from a spoon on a greased pan, and bake in a moderate oven. These may be kept some time—in fact they are better after a few days.

Cry Babies

MIX 1 cup of strong hot coffee with 1 cup of molasses, 2 eggs well beaten, 1 cup of butter, 1 cup of sugar, 1 teaspoon ginger, 1 teaspoon nutmeg, 2 teaspoons soda, ½ teaspoon salt, 1 teaspoon vinegar and flour to make a drop batter. Drop from tip of teaspoon on a greased baking sheet and bake in a moderate oven until firm. Cover roughly with white frosting.

Petticoat Tails

WASH and cream 1 cup of butter, add ¾ cup sugar and beat thoroughly. Add 1 beaten egg, 1 tablespoon cream and 4 cups of sifted flour. Mix well. Turn out on a floured board, knead until smooth, and roll out into a large round sheet. Cut out a small round from the centre, then divide the remaining portion into eight pieces. Pinch the edges, mark all over with a fork and bake on a greased baking sheet about fifteen minutes in a moderate oven.

MODERN ART COOKIES

1 Cupful of Pastry Flour	1 Teaspoonful of Watkins Lemon Extract or Vanilla
⅔ Cupful of Confectioners' Sugar	4 Tablespoonfuls of Cream

Sift the flour and sugar together three times. Add the flavoring and mix to a soft paste with the cream. Shape the cookies with a pastry tube on an oiled baking sheet, making them five inches long and tapering from half an inch at the top to about a quarter at the bottom. Bake in a moderate oven at 350° F. for about ten minutes.

WOMAN'S CLUB COOKIES

1 Cupful of Shortening	½ Teaspoonful of Soda
1 Cupful of Sugar	½ Teaspoonful of Watkins Cream of Tartar
1 Egg	3 Cupfuls of Pastry Flour
½ Cupful of Sour Cream	

Cream the shortening and rub in the sugar a little at a time. Add the well-beaten egg, then stir in the sour cream, first smoothed by several minutes of rapid beating. Now add the mixed and sifted dry ingredients. Pat the dough out to about two inches thick and chill overnight or for several hours in the refrigerator; then roll very thin and cut into any desired shape. Bake on an oiled baking sheet in a moderate oven—375° F.—for about ten minutes.

COOKIE JAR

Fruit and Nut Cookies

1 Cupful of fat
2 Cupfuls of brown sugar
2 Eggs
3½ Cupfuls of flour
1 Teaspoonful of vanilla
½ Teaspoonful of salt
2 Teaspoonfuls of baking powder or
1 Teaspoonful of baking soda
1 Cupful chopped dates
½ Cupful chopped almonds
½ Cupful chopped walnuts

Cream the shortening, which may be all butter, or all shortening of good flavor, or of equal parts, thoroughly. Sift in the brown sugar to remove all lumps and continue creaming. Add the well beaten eggs. Sift in gradually the dry ingredients which have been sifted several times together. Add the dates and nuts while adding the flour, or they may be added to the creamed butter and sugar. More flour might be needed to form a stiff roll. Form into rolls about three inches across. Wrap in waxed paper. Put in ice box overnight. Slice thinly. Bake at 400 deg. Fahr.

Butterscotch Cookies

½ Cupful of butter
1 Cupful of sifted brown sugar
1 Egg
1 Cupful of chopped walnuts
1¼ Cupfuls of flour
¼ Teaspoonful of salt
½ Teaspoonful of soda
1 Teaspoonful of vanilla

Cream butter and sugar thoroughly. Add well beaten egg. Add the sifted dry ingredients, nuts and vanilla. Add a little more flour, if necessary, to form a stiff dough. Mold into rolls. Let stand in ice box overnight. Slice and bake at 375 deg. Fahr.

Vanilla Wafers

½ Cupful of butter
2 Cupfuls of brown sugar or
1½ Cupfuls of granulated sugar
2 Eggs.
3 Cupfuls of flour
½ Teaspoonful of soda
½ Teaspoonful of cream of tartar
1 Teaspoonful of vanilla
¼ Teaspoonful of salt.

Cream butter and sugar thoroughly. Add well beaten eggs. Add sifted dry ingredients and vanilla until the mixture is a stiff dough. Chill the rolls overnight. Slice. Decorate each cookie with a piece of cherry, peel or a nut. Bake at 375 deg. Fahr.

Sultana Cookies

¾ Cupful of butter
1¼ Cupfuls of brown sugar
1 Teaspoonful of cinnamon
½ Teaspoonful of nutmeg
3 Eggs
2 Cupfuls of rolled oats
2 Cupfuls of flour
½ Teaspoonful of salt
1 Teaspoonful of soda
1½ Cupfuls of sultanas (light)

Cream butter and sugar well. Add spices and raisins washed and dipped in boiling water. Add well beaten eggs, then flour, salt and soda well sifted and the rolled oats, until a stiff dough is formed. Make into rolls. Chill overnight. Slice and bake at 400 deg. Fahr. Spread all cookies on brown paper and let cool thoroughly before storing in a crock. These cookies develop flavor as they stand.

Jam Cookies

1 Cupful of shortening
¾ Cupful of brown sugar
½ Cupful of corn syrup
2 Teaspoonfuls of soda
1 Egg
1 Teaspoonful of vanilla
1 Teaspoonful of salt
4½ Cupfuls of flour.

Cream shortening and sugar. Add syrup. Add well beaten egg. Add the dry ingredients well sifted until a stiff dough is formed. Add vanilla. Form into rolls. Chill. Slice. Bake in a moderate oven until nicely browned. Cool thoroughly. Put together in pairs with jam—either pineapple or black currant is specially good.

Date Cookies

2 Cupfuls of flour
2 Cupfuls of rolled oats
1½ Cupfuls of brown sugar
½ Teaspoonful of salt
¾ Cupful of shortening
1 Teaspoonful of soda
Date filling.

Remove lumps from sugar. Add rolled oats. Sift in flour, salt and soda. Work in the shortening with the fingertips until well blended and the other mixture is granular. Press one half this mixture firmly and evenly over the bottom of a baking pan. Spread with date filling. Sprinkle evenly over this remaining dough mixture. Press down lightly. Bake slowly at 350 deg. Fahr. until brown and firm—about thirty or forty minutes. Cool. Cut in squares or finger lengths.

The date filling is made by preparing one pound of dates, chopping them, adding one-half cupful of water and one-half cupful of sugar, then stewing this mixture slowly until the dates are soft.

FRUITED MACAROONS

½ Cupful of Shortening
¼ Cupful of Sugar
1¾ Cupfuls of Pastry Flour
¼ Teaspoonful of Salt
1 Teaspoonful of Watkins Baking Powder
2 Tablespoonfuls of Milk
½ Cupful of Candied Cherries
½ Cupful of Chopped Nut Meats
1 Cupful of Watkins Shredded Coconut
1 Teaspoonful of Watkins Almond Extract
2 Egg Whites

Work the shortening to a cream before rubbing in the sugar. Mix and sift the dry ingredients and add a part, then stir in the remainder alternately with the milk. Add cherries, cut up, nuts, coconut and flavoring, and finally cut and fold in the stiffly beaten egg whites. Drop by teaspoonfuls on oiled baking sheets and bake delicately brown in a moderate oven—400° F.

PORCUPINE COOKIES

⅓ Cupful of Shortening
¾ Cupful of Sugar
⅓ Cupful of Thick Sour Cream
1 Egg
6 Tablespoonfuls of Grated Sweet Chocolate
1 Cupful of Bran
1 Teaspoonful of Watkins Vanilla
1½ Cupfuls of Watkins Shredded Coconut Chopped
1½ Cupfuls of Pastry Flour
½ Teaspoonful of Watkins Cream of Tartar
¼ Teaspoonful of Salt
½ Teaspoonful of Baking Soda

Rub the shortening to a cream and work in the sugar slowly. Stir in the well-beaten sour cream and the egg, also beaten. Add the chocolate, bran, vanilla and coconut; then the dry ingredients, sifted together three times. Drop heaping teaspoonfuls two inches apart on an oiled baking sheet and bake in a moderate oven—350° F.—about ten minutes.

Cats' Tongues

WASH and cream 1 cup of butter and gradually add ¾ cup confectioners' sugar; mix well and add one by one 5 egg whites. Add ½ teaspoon vanilla and ½ cup flour, sifted two or three times. Mix well and place in small long heaps on a buttered baking sheet. Bake in a cool oven until delicately browned.

FROSTINGS

Dear Homemaker: A cake frosting which is always a success is made by boiling together 1 cup sugar, 4 tablespoons water, 1 level teaspoon cornstarch and ¼ teaspoon cream of tartar. Boil to soft ball stage, then beat slowly into the stiffly beaten white of one egg. Flavor as desired. We are very fond of bitter almond if white sugar is used. To vary this frosting add while the mixture is boiling four teaspoons sugar that has been caramelized. Chopped dates, figs, nuts or cocoanut may be added as desired. To make chocolate frosting add three teaspoons of cocoa to the mixture when boiling. Either white or brown sugar may be used.

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Boxes, &c.			
L Mongeau A.	Builder.		4
● Montreal Carriage Leather Co. (not inc.)	(See G. A. Stevenson, Montreal.)		
L Morin E.	Contractor.	K	4
L Myre & Lalonde	Builders.	J	3
Necavoniel F.	Restaurant.	H	3
Neveu Joseph	Restaurant.	M	4
T Noiseau E.	Gro.	M	
C Normandin Gedeon	Saloon.	H	3
+ O'Neil J.	Hatter.	J	2
T Papineau L. A.	Gro.	L	4
T Parthenais Medard	Gro.	L	
✓ Picard L.	Tobacco.	K	3
▲ Picard L. A.	D. G.		
Pickering Arsene	Butcher.	K	3
S Poirier J. T.	Blacksmith.	M	4
● Poitras J. E.	Shoes.		

THE whole secret in obtaining a smooth, creamy frosting lies in completely dissolving the sugar crystals at the start and then in preventing graining or crystallizing by very carefully handling and cooking the solution.

Dissolve every crystal of sugar before the mixture even starts to boil and if possible before the solution is put on the fire. A single undissolved crystal may start crystallization to the extent that the icing is extremely grainy when finished. To rid the frosting of such hazards, wash off or steam down all crystals that may have collected on the sides of the pan.

Remove from the fire as soon as the temperature reading on the sugar thermometer indicates the proper concentration of sugar in solution. The boiling temperature increases as the water evaporates. Overcooking boils the syrup down until there is too much sugar in solution in proportion to the water. Frosting thus overcooked is crumbly and dry. Undercooking leaves too much water in solution in proportion to the sugar—the result being a syrupy frosting which will not stiffen enough to remain on the cake. Beating and stirring tend to promote stiffening.

If the syrup has been cooked to the exact stage or temperature and still the result is either too stiff or too thin, the difficulty then lies in the beating.

Remove from the fire and let stand until the mixture stops boiling. Add the salt to the egg whites and beat until stiff but not dry. Pour the caramel syrup gradually into the beaten egg whites, beating continuously. The syrup should be added so slowly that the frosting is never thinned, but rather remains thick and fluffy at all times. Continue beating after all the syrup has been added until the mixture stiffens. Add flavoring and spread on cooled cake.

Even though beating fails to produce the desired thickness, the frosting may not be a final failure.

If the frosting is too thick or hardens too fast, add a few drops of *hot* water and beat it in quickly. If you are too slow in adding these few drops of hot water and the frosting solidifies, add one-half cup of boiling water and set the bowl containing the icing over hot water. Continue the beating until the mixture thickens to the right consistency to remain on the cake.

If the frosting is too thin, set the kettle over boiling water and continue the beating while cooking until the frosting thickens enough to remain on the cake.

In putting layer cakes together with soft fillings the cake often shows a tendency to slide. This may be remedied by letting the frosting become set before putting the layers together or by inserting two steel skewers through the cake near opposite edges. Remove when the icing has become set.

Caramel Frosting.

MIX 6 cups very light brown sugar with 2 cups thin cream or top milk and ½ cup butter and boil together until firm when tried in cold water. Add 1 tablespoon vanilla, set saucepan in pan of cold water until frosting is thick enough to spread. If creamy frosting is desired, beat before spreading. If not beaten, it will have a transparent appearance.

Date Filling

FINELY chop 1½ pounds dates and cook with 1 cup of sugar and 1 cup boiling water to a thick paste. Chill and use.

Macaroon Frosting

PLACE 6 or 8 macaroons in a warming oven or on the back of the stove to dry out overnight. Then roll on a board and sift. Mix with enough white mountain cream to spread easily. Color delicately with green color paste.

Boiled Caramel Icing

3 c. brown sugar
½ c. milk
2 T. butter
1 tsp. vanilla

Cook sugar, milk and butter until a soft ball will form in cold water (236 degrees Fahr.). Remove from the stove, add butter and cool to lukewarm. Put in the vanilla and beat until the icing holds its shape.

Caramel Butter Icing

1-3 c. butter
1 T. caramel
1½ c. icing sugar

Cream butter until very soft and add sugar gradually, beating well. Put in caramel and ice the cake. Caramel frosting tastes better on a plain cake than on a caramel or a spice cake.

Burnt Leather Cake

About 15 or 20 years ago this cake was "all the rage," but is just as good now as then.

½ c. butter
1½ c white sugar
2 egg yolks
1 c. warm water
2½ c. flour
2 tsp. baking powder
3 T. caramel
2 egg whites
1 tsp. vanilla

Cream the butter and add the sugar gradually. Beat the yolks, add the warm water and beat until frothy. Sift the flour and baking powder together and add them alternately with the egg and water. Add the caramel and vanilla and fold in the beaten whites. Bake in layers. The caramel should be rather dark in order to give the burnt leather effect.

White Mountain Frosting

¾ cup sugar
1/32 teaspoon cream of tartar or
1 teaspoon vinegar
½ cup water
1 egg white
A few grains salt
½ teaspoon flavoring

Chocolate Frosting

1½ cups sugar, white or brown
1/16 teaspoon cream of tartar or
½ tablespoon vinegar
¾ cup water
2 ounces chocolate or ½ cup cocoa
2 egg whites
A few grains salt
1 teaspoon flavoring

The cocoa or cut-up melted chocolate should be added either to the syrup as it starts to boil or to the thickened frosting.

Maple Frosting

1½ cups brown sugar and ¾ cup water; or 2 cups maple syrup
2 egg whites
A few grains salt
¼ teaspoon mapleine flavoring, if desired, or ½ teaspoon vanilla if maple syrup is used

Caramel Frosting

¾ cup white sugar
¾ cup sugar caramelized
¾ cup hot water
2 egg whites
1/16 teaspoon cream of tartar, or ½ teaspoon vinegar
A few grains salt
½ teaspoon vanilla

Place the sugar to be caramelized in a heavy-bottomed saucepan. Place over a medium flame and with the back of a spoon rub the sugar against the bottom of the pan. At first the sugar will collect in lumps, which will seem to get harder and harder—after which they will melt into a light tan syrup known as caramel syrup. As soon as melted and before the syrup has a chance to scorch, add the hot water, sugar, and cream of tartar, proceeding as for boiled frosting.

MIX the sugar, water, and cream of tartar (or vinegar, if used). Stir until all the sugar granules are dissolved. Do not stir after the mixture starts to boil. Cover tightly for the first five minutes of boiling to steam off any crystals of sugar that may have adhered to the side of the pan. Uncover and boil gently to 238° F., when the syrup will form a soft ball if dropped in cold water or will spin a three-inch thread at about the third drop as it drips from the tines of a fork. Brown-sugar frostings should be cooked to 240° F.

Chocolate-Coated Frosting

SWEET or bitter melted chocolate spread over boiled frosting after it becomes set produces a pleasing effect. For example, boiled frosting flavored with essence of peppermint and coated with melted bitter chocolate.

Caramel Filling

1½ c. brown sugar
1 T. butter
1 c. milk
1 tsp. vanilla
1 tsp caramel syrup

Cook sugar, butter, milk and caramel in a double boiler until thick. Remove from stove, beat hard until mixture is stiff. Add vanilla and cool before spreading between layers of cake.

Caramel Frosting

1½ c. brown sugar
¾ c. thin cream
1-8 tsp. salt
½ T. butter

Boil all the ingredients until a soft but firm ball is formed in cold water. About 40 minutes is usually required for this. Beat until just right for spreading.

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II Otier F.	Hay & Prod.	H	3
▲ Page H. & Co.	D. G.		
T Pagnuelo & Bro.	Whol. & Ret. Gro.	E	2
⅂ Palardy Leon	Lumber, &c.	H	3½
T Papillon Simeon	Gro.	M	
L Paquett & Godbout	Mnfrs. Sashes & Blinds. (Also Montreal.)	E	2
▲ Peatman Wm. & Co.	D. G.		
T Petit Hector	Gro.	M	4
T Petit Maise	Gro, &c.	M	4
◆ Plamondon A.	Jeweler.	M	
▮ Plante L. A.	Wood, &c.	K	3½
Portable Car Scale Co. (not inc.)		K	4
✱ Raymond & Frere	G. S., &c.	F	3

The Lenten Mothering Sunday Cakes or Simnels Are Nicely Historic.

All recipes have been scientifically tested by Miss Eddington with current market materials and are indorsed by her.

By Jane Eddington.

ONE of the several names for next Sunday, or mid-Lent, is Mothering Sunday. It is not, perhaps, so euphonious as Mi-carême, but is accounted as a more free and pleasant name, and around it have centered the most interesting, perhaps, of the old customs or those of three or four hundred years ago, and we do not know how much farther back. By the way, another name is Refreshment Sunday, because in the old church days it was a feast day in the midst of a fast.

No less a person than Arthur Machen, English writer of note, has an essay, "On Simnel Cakes," in which he says he has a vivid recollection of the manner in which the festival was observed in the west country of England fifty years ago. As a child the ritual appealed to him, and particularly the appearance of the country town on the Saturday before Mothering Sunday, which Saturday was market day. He was impressed by the appearance of the town, but more particularly by the aspect of the confectioners' shops which, he says, were more gorgeous on that day than on the market day preceding Christmas.

In his own words here is how he describes them: "They were full of cakes, cakes for every purse, wonderfully adorned with icing, white and pink; a truly delicious spectacle. For the custom of the country was that on the day following, Mothering Sunday, every child should present his mother with a cake. I believe that farm servants, in especial, made a great point of this observance. Out of slender savings—five or six or seven pounds a year were their wages in those days—they would buy a cake and beg leave of absence from the farmer on the Sunday, tramping, some of them, ten miles over the hills to the maternal cottage, there to make their offering and warm their hands at the old hearth before setting out again for the farm by deep lanes and black March woods. A friendly, kindly custom: one of the good observances that smoothed the rough places of life in the old days."

Arthur Machen's Simnel.

Mr. Machen's description of the Mothering Sunday cake confirms me in the belief that the recipe given below, which is one I took from a New Zealand cook book sent me by a reader there, is nearly the real thing. At any rate, it has the almond paste.

"'Now these kinds of cakes were, of course, Simnel cakes, though I do not recollect whether they were prepared according to the usual recipe which so pleasantly puts a layer of almond paste not only outside the cake but in its very vitals. And, that everything should be pleasant about this mid-Lent festivity, some ingenious person was at the pains to invent an etymology for the word simnel, which is matchless in its absurdity. Simnel was just medieval English for a cake. It comes from the Latin, simila, which means the finest wheaten flour. Originally, I suppose, the English word was 'simmel,' this because 'simnel,' as 'pantomime,' becomes—on some lips—'pantomine.'"

New Zealand Simnel Cake.

In the New Zealand recipe for "almond simnel cake," the measurements are in weights, and we have adapted it to our more common recipe measurements of cups, after weighing the ingredients and measuring them in this latter fashion. We used fresh lemon peel, though the New Zealanders and the English would probably use candied peel. We used the fresh, and scanted the amount, because it gave such a wonderful aroma to the cake. So modified the recipe reads: Five eggs, one cup of butter, two cups of flour, one-half cup of lemon peel, one cup of sugar, one-half teaspoon of nutmeg, three-fourths of a pound of currants. For almond paste use six ounces of ground almonds, two eggs, one cup of powdered sugar, five drops of almond essence. Mix this to a paste and roll out. In testing this out put together the cake batter like a pound cake, breaking eggs into five different cups, creaming the butter and working the sugar into it, then adding the eggs, one by one, and working them in with the hand, working each until all of the yolk is lost to sight, and then working in the flour, adding currants and grated lemon rind. The only directions in the original recipe were:

"Put a layer of almond paste in a cake tin lined with well buttered paper. Then put in half of the cake mixture, then another layer of the almond paste, then the rest of the cake mixture on top. Bake in a moderate oven. Ice the top with more almond paste, made as before, but using only the whites of the eggs. Ornament to taste with white icing, etc."

We baked this in a spring mold and got a cake that looked like a cushion, plainly dotted all over with the currants and therefore extremely English looking. Probably our interpretation of "moderate oven" was not quite right. It would undoubtedly be best to bake this for an hour and a half at about 300 degrees, but it would not look quite so much like a cushion.

Cakes with Almonds.

One might not believe it until tried, but it is possible to grind blanched almonds coarsely and then put them through a fine disk of the food chopper with sugar, and have the product something that would take the place of a combination of sugar flour in a sponge cake. If this does not seem like a reasonable statement, the fact is that when such a mixture is combined with eggs, in a sponge cake fashion, the product will taste like a sponge cake made of flour, sugar and eggs, only with a light almond flavoring.

This fact seems worth mentioning, and even noteworthy, because the amateur cook is quite likely to get a rather soggy cake or candy when using ground almonds, because they contain over fifty-four per cent of fat. When they were pounded in a mortar as in the old cookery, various devices were used to keep them from oiling.

One of the almond cake dainties that has survived the centuries is the macaroon, but there are many other cakes which were quite as deserving when successfully made and which had just as large a proportion of ground almond made up in these latter days into almond paste to save the cook time and trouble. This is probably never equal to the freshly prepared nuts.

One care that must be exercised is in using a grinder. Some meat grinders cannot be trusted, especially when they pack, because whatever damp thing is being put through them will grow black or be blackened somewhat. If the meat chopper is well cared for and cleaned out by putting some dry bread crumbs through after it is used it may be all right. But of all the utensils that need prompt care after they are used a meat chopper leads. It should not be soaked and need not be ever if it is cleaned immediately after it is used.

Pain de Gêne.

Many a dowager living in the city of Paris, France, on a small income counts the lovely scalloped pain de gêne as about the finest thing she can offer her guest when she gives her afternoon tea, even though it be a little soggy. She buys it at a pastry shop. As for me, no utensil I purchased in Europe has been so carefully treasured as the heavy little flat-bottomed tin with deep scallops and, as mentioned above, I have had made in it an almond cake that did not exactly justify itself because so nearly like a flour sponge cake though by the same recipe that I got in a Paris cooking school, which cake was not iced but merely sprinkled with powdered sugar.

The recipe in metric terms reads: One hundred and twenty-five grams of blanched almonds, one hundred and fifty grams of sugar, pounded together, three eggs, forty grams of sifted flour and lastly sixty grams of melted butter. Another ingredient was two tablespoons of kirsch for flavoring, but we have to get on without that.

In our measures this recipe contains four and one-half ounces or not quite a cup of whole blanched almonds (the weight is the safer thing to go by in most cases, but particularly in a case like this), five ounces or a little less than three-fourths of a cup of sugar, one and one-half ounces of flour or about a third of a cup after one sifting, two ounces or a little more than one-fourth of a cup of melted butter.

By the French method the almonds are pounded with the sugar. We put them through the coarse disk of the chopper, then mixed them with one-half the sugar and put them through a fine disk, and finally rubbed the mix-

ture through a sieve. We used our own method with the eggs, beating the whites till stiff, folding the other half of the sugar into them, then the sugared almonds with a few drops of almond essence. Add two tablespoons of ice cold water to the yolks and beat till thick, then fold in the flour. Combine with folding these two mixtures and bake in the buttered pan with a paper on the bottom for about three-quarters of an hour at 325 degrees.

The cake will mound in the middle when the batter gets hot through, but this will drop back to leaven when it is done. If baked in tiny paper cups this makes a wonderfully dainty bit. Put the cups in small muffin tins and fill them a little more than half full of the batter. Bake at the same temperature.

This cake would be one for the diabetic, although any really hungry person—diabetics often are exaggeratedly hungry, we have been told—might eat more of it than was good for them.

AN OLD-FASHIONED HOLIDAY CAKE.

Old-fashioned pound cake with raisins—an ideal holiday cake. During this festive season there are many demands for informal teas, suppers, etc. Pound cake keeps moist and fresh so long, particularly when filled with raisins, it is just the cake to keep constantly on hand for these emergencies. It is suitable for any occasion, afternoon teas, luncheon, midnight spread or served with ice cream. Follow the directions very carefully and you will have a delicious cake.

1 cup butter
1 cup sugar
5 eggs
2 cups sifted flour
½ teaspoon baking powder
1 teaspoon each lemon and vanilla flavoring
1½ cups raisins.

Cream the butter until waxy; add sugar gradually, beating until mixture is very creamy and white; beat eggs until very light; sift flour and baking powder after measuring; add about ½ cup of flour, stir into mixture, then add a portion of the eggs; continue to add these ingredients alternately, beating batter between each addition until smooth. Reserve about 2 tablespoons of flour to which add raisins; then carefully fold into mixture, with flavoring. Pour into an ungreased papered loaf cake pan and bake in a very moderate oven about 1 hour if a brick-shaped pan is used, or 45 minutes if in a square pan.

Seeded raisins should be cut in two with scissors.

PECAN LOAF CAKE

(ABOVE)

½ cup Crisco
1 cup sugar
1 teaspoon salt
½ teaspoon nutmeg
1 teaspoon cinnamon
3 eggs separated
3 tablespoons milk
2 cups pastry flour
1½ teaspoons baking powder
2 cups pecans broken in pieces

Cream Crisco, sugar and salt until soft and creamy. Beat in spices. Add beaten egg yolks, milk and nuts. Sift baking powder with flour and add alternately with egg whites beaten stiff. Bake in Criscoed cake tin 1½ hours in moderate oven (350° F.). Ice, if you like, with your favorite icing.

Marble Angel Food

One and one-quarter cups egg white, ½ teaspoon salt, 1 teaspoon cream of tartar, 1¼ cups sugar, ½ cup flour, 1½ teaspoons vanilla, 4 egg yolks, ½ teaspoon orange extract, 2-3 cup flour.

Method — Part 1. Pour egg whites into large bowl, add salt and cream of tartar and beat until frothy and stiff but not dry. Fold in sugar a little at a time. Divide mixture into two parts.

To the first part add half cup flour and vanilla. To the second, add the egg yolks well beaten, orange extract and two-thirds of a cup flour. Put the batters in 10-inch tube pan, alternating white and yellow parts. Bake in moderately cool oven, 325 degrees F., for one hour.

Boarding House. M 4

Some Like Chocolate, Others Marshmallow—Most Want Both.

Here is a particularly luscious cake—a moist and delicious chocolate cake with a fluffy marshmallow frosting. We do not know of any combination that is more popular.

Melt over hot water:
4 ounces (4 squares) bitter chocolate. Add
2 egg yolks slightly beaten, then add slowly
1 cup milk, sweet or sour. Cook and stir over hot water until mixture thickens. Cool and add
1-3 cup butter. When smooth add
2 cups sugar slowly, then add
1 teaspoon vanilla
1 cup boiled coffee or milk, alternately with
3 cups bread flour sifted with
2 teaspoons baking soda and
1 teaspoon salt. Beat thoroughly and add
2 egg whites, beaten stiff

Bake in two rectangular cake pans lined with greased paper for 45 to 50 minutes at 350 degrees F. Remove from pan on a rack. Remove paper. When cool, cover with marshmallow frosting.

Marshmallow Frosting.

Put in saucepan:
1 cup sugar and
½ cup water and bring to boiling point. Beat
2 egg whites until very stiff, add gradually and one at a time five tablespoons of the boiling syrup, beating constantly. When syrup spins a long thread, add slowly to eggs and continue beating. Then add
½ teaspoon vanilla and 11 marshmallows

Place over hot water and fold over and over until marshmallows are soft and mixture begins to get sugary. Pile roughly on cake.

PLAIN SPONGE CAKE

(Requested by Curly-Head Gracie).

Here is a recipe for cake that is not expensive, quick and easy to make and as good as you can wish for. I can honestly vouch for its quality, as we have made it ever since Rosebud sent it in Feb 16, 1908:

Two eggs, 1 cup sugar, 1 cup bread flour, 1 generous teaspoon baking powder, ½ cup cold water, 1 teaspoon of extract of vanilla or lemon and ½ teaspoon salt. First sift flour, baking powder and salt together three times, beat eggs with beater; then mix sugar with eggs and beat. Add water. Mix these three ingredients until well blended. Now pour in the prepared flour and beat fine. It won't take 10 minutes to get it ready for oven. I bake it in 9 by 9 inches shallow tin in moderately hot oven. Never put it in a "just warm" oven, for you will spoil it. When your oven is not quite ready set your tin containing the cake on the stove shelf. This will improve the raising. Now you can frost this cake in many different ways, cut in halves and make a chocolate or whipped cream layer cake. Also scatter cinnamon in dough and sprinkle a layer of granulated sugar on top before baking and that will give you another variety.

Uxbridge.

THREE MINUTE CAKE

Put flour-sifter over mixing bowl, and measure into it a slightly rounded cupful sifted flour, ¼ teaspoonful salt and 2 level teaspoonfuls baking powder. Sift it. Add ¾ of a cupful sugar, using either white or brown. Break two eggs into a measuring cup. Add milk until the cup is three-quarters full. Add a teaspoonful vanilla, then add melted (but not hot) butter until the liquid reaches the top of the cup. Make a hole in the centre of the flour, empty in the liquid; beat all vigorously for three minutes. Bake in a moderate oven (375 deg. F.) in gem pans. Spices may be added—or 2 tablespoonfuls cocoa substituted for that amount of flour.

Maple Layer Cake.

St. Germain
St. Jerome
Co. (Limited)
St. Vincent
Simard Pie
(Also
Smith

Of maple cakes there are various types, and all are delicious.

Beat until light the yolks of three eggs. Add one cupful of soft maple sugar and one cupful of pastry flour sifted with one-half teaspoonful of salt and one teaspoonful of baking-powder. Fold in last the whites of the eggs beaten very stiff. Mix quickly and bake for about one-half hour in two greased and floured layer-cake pans in an oven registering 320 degrees Fahrenheit. Put together with one cupful of cream whipped and sweetened with one-fourth cupful of grated maple sugar. Spread cream on top, too, or ice if desired, with maple fondant, or merely sprinkled with powdered sugar.

Glacé Fruits and Nuts

1 Pound of granulated sugar
⅛ Teaspoonful of cream tartar (more rather than less)
¼ Pint of hot water

Place in saucepan, stir to dissolve sugar. When boiling, wash round sides of saucepan, stir no more. Boil to 310 degrees, then place saucepan in another containing very hot water. Take brazil nuts, walnuts, dates stuffed with cocoanut fondant, preserved cherries, pineapple, or any other dried fruits, and put them, a piece at a time, into the hot syrup. Lift them out with a dipping fork, and drop them on a tin tray or china dish, which has been greased with lard. A little lemon, or vanilla flavor, may be added to the syrup when removed from the fire. Do not agitate syrup more than necessary when dipping, and do it quickly.

Candy Apples

Use the same recipe as for glacé fruits. Place a meat skewer or similar stick in the core of the apple, and dip in the syrup, depositing in the same way on the greased pan or dish.

A Bouquet of Fruit Cakes

Favorites of Other Days Return to Win New Favor

By Amy Winter

AMONG standard cakes, old-fashioned and new, fruit-cakes have always held the place of honor and every housewife is glad to have a number of new recipes for different varieties of the cake. In different localities, fruit cake is variously boiled, steamed and baked, and seasonings are added according to a lavish or sparing hand. Where economy prevails, the cheaper fats or home-made drippings are used as a substitute for butter.

All fruit-cakes should be well cooked with an even heat, and almost all kinds are better for standing a few hours before being cut. Fruit-cakes are not usually frosted, but it is really a good idea to frost them, for it keeps them moist. If not frosted, wrap the cake in a linen cloth which has been wrung out of one cup of water to which a dessertspoonfull of vinegar has been added. This takes the place of the old brandied cloth.

Black Fruit-Cake.

This recipe is often used for home-made wedding cake. Cream together one pound of sugar and three-quarters of a pound of butter. Add a saltspoonful of salt. Beat the yolks of nine eggs light and stir in with a half cupful of molasses and a pound of flour sifted in with a teaspoonful of baking-powder. Add a dessertspoonful of vanilla and one small cupful of rich milk; mix well, then fold in the stiffly beaten whites of the eggs. Add a grated nutmeg and a teaspoonful each of ground cloves, cinnamon and mixed spices. Dust a pound of well washed currants with flour, a quarter pound of thinly sliced citron and a pound of large, seeded raisins. Stir the mixture well adding a teaspoonful of grated peel, and if the mixture is dry add the juice of an orange; if it is too moist, stir in a little more sifted flour. Bake in well buttered and floured tins for two hours or longer, depending on the oven. Try with a broom splint. Cover with paper if the cake browns before it should. Invert the pans on platter to cool the cake.

Dutch Bread Fruit-Cake.

Beat the yolks of 12 eggs with three-quarters of a pound of sugar. Beat for 20 minutes. Add a half-pound of almonds blanched and chopped very fine, a half pound of black bread grated and and a quarter cupful of grated stale bread, soaked in a little thin vanilla syrup. Add a teaspoonful of cinnamon, a half teaspoonful of grated nutmeg, a quarter-pound of thinly sliced citron and the stiffly beaten whites of the eggs. Pour into a lightly buttered chimney-pan and bake in a medium oven. Try with a straw. Invert the pan to cool the cake.

White Fruit-Cake.

Cream together one cupful of butter and two cupfuls of sugar. Add a half cupful of milk, the stiffly beaten whites of four eggs, two cupfuls of sifted flour and two teaspoonfuls of baking-powder. Add a dessert spoonful of vanila or almond flavoring and a little grated nutmeg. Add a half cupful of blanched, chopped almonds, a cupful each of washed currants and seeded raisins and a quarter cupful of thinly sliced citron. The juice of half a lemon and the grated peel may also be added. When well mixed if the cake seems a little thin, a little sifted flour may be stirred in. Pour into well greased pans and bake until a splint thrust into the cake is drawn out clean. Cover with paper if the cake is inclined to brown too soon.

Bread Fruit-Cake.

Take a piece of bread dough after the first rising, the size you would take for a loaf of bread. Work into the dough a half cupful of butter, a cupful of sugar, a dessertspoonful of vanilla, a cupful of raisins, a half cupful each of currants and citron, two teaspoonfuls of mixed spices and a little of the grated nutmeg. Put the cake into a well buttered pan and when well risen, bake. Try with a straw. The added ingredients should all be kneaded in or worked in with a large spoon. This is a very old-fashioned cake. A little of the black or white fruitcake moixture may be put into greased moulds and boiled for an hour for pudding use. It is excellent served with a good sauce.

Fruit Cakes

By MARGARET M. SPEECHLY

ALL the world loves a Christmas cake with its fruit and spiciness, a food fit for kings and princes. And yet it is not everyone who makes a cake of the highest quality, judging by the variation I have seen at many country fairs. Some are simply delicious and carry off the prizes, some are dry and crumbly, others are akin to pudding, while a few, alas, are "sad."

When you open your cake this Yuletide, try judging it by the following points and you'll find it most interesting. To judge properly you should cut the cake straight through the centre, removing a slice about half an inch thick. If you do not wish to do this at the moment, you can wait until the cake is about half gone, but be sure to protect the cut edge from drying out.

Fruit Cake Score Card

1. General appearance		20
	Color	5
	Crust	5
	Size	5
	Shape	5
2. Crumb		40
	Texture	10
	Lightness	10
	Moisture	15
	Color	5
3. Flavor		40
		100

General appearance refers to what can be seen without cutting the cake. The color should be a rich brown, neither scorched nor pale. The crust ought to be shiny, without cracks, but not smooth—a fruit cake always is slightly rough. The best size is one which permits the centre to be thoroughly cooked in a reasonable length of time. The most suitable shapes allow cutting to be done economically and with ease.

At this point, cut the cake, making sure the slice is of uniform thickness. In texture the cake should be tender and even, neither open nor too "close." Of course, no fruit cake is feathery light, but there is a world of difference, one that is "light" and another that is soggy. The moistness of the cake is also important. It should neither be crumbly and dry nor damp and sticky. If a reliable recipe is used and the measuring is done properly, the proportion of liquids and dry ingredients will produce a cake of the delicious moistness so much sought after. A combination of steaming and baking in a very moderate oven also influences the moistness of the cake. The color of the crumb depends upon the ingredients used, but I think everyone agrees that a rich dark brown is preferable to a cake which is almost black. A light fruit cake should be a golden brown.

Flavor is all-important and is the result of several things—accurate measuring, thorough combining of ingredients, the flavor of the shortening, eggs, fruit, nuts, etc., a long, slow cooking and a proper ripening. In the best fruit cakes no one flavor predominates, but the whole is a delicious fruity blend. Accurate measuring is absolutely essential for good results. If you are in the habit of taking heaping measures instead of level ones, it is very easy to use too

much spice and so to ruin the mixture. Unless you sift the flour before measuring, the cake will be stodgy and will probably have a crack in the crust. If your hens lay extra large eggs, reduce the number used, according to their size. It goes without saying that stale eggs or rancid butter will spoil the best mixtures.

Preparing the Fruit

The way the fruit and nuts are prepared has an influence upon the flavor of the cake and the way it cuts. Putting fruit through a grinder is quick, but is not as satisfactory as chopping it by hand. Each slice of cake should contain pieces of fruit small enough to be easily distinguishable. If they are too big the cake is likely to tear when cut and the flavor of each sort of fruit will not be so perfectly blended. Almonds should be cut in thin strips immediately after blanching and while still damp. Peel should be cut in thin slices, each of which is divided into narrow strips. All fruit should be dredged with some of the flour before adding it to the mixture, with the exception of peel, which some people like to add in layers as the mixture is put in the pans.

The cooking of a Christmas cake is half the battle, as the mixture scorches very easily. Line the tins with heavy, smooth wrapping paper, fitting it very carefully, especially at the corners where the parts lapping over should be cut out. If the oven is hotter at the bottom, two or even three layers of the heavy paper will be necessary to protect the cake. Finish with a heavy waxed paper fitted very smoothly. Cut one piece to extend from one side, under the bottom and up the other side. Then cut a second strip extending from one end, under the bottom and up the other end. Put in the mixture, filling the pans not more than two-thirds, tie waxed paper over the top and then tie on a covering of cheesecloth. Steam for three hours. The cheesecloth absorbs the moisture, while the waxed paper prevents dampness from coming through and keeps the cake from sticking to the cloth. Steaming is a very important step as it ensures perfect cooking without any danger of scorching or drying out the mixture. It should be followed by a slow baking for two hours without the coverings of cheesecloth and waxed paper. Remove from the oven, invert for a few minutes and then peel off papers. Then turn it up again. Some people bake fruit cakes very successfully in a fireless cooker, but it is necessary to have the kind with stones that are heated. To ensure a perfect blend of flavors, allow the cake to ripen in a crock or tin a few weeks.

The following are famous recipes you will like to try. The first two come from the Man. Agri. College:

Imperial Fruit Cake

1 lb. butter
1 lb. sugar
10 eggs
1 lb. flour
2 tsp. soda
4 tsp. cinnamon
2 tsp. allspice
4 tsp. nutmeg
4 tsp. cloves
1 c. strawberry preserve
4 tsp. rose water
3 lbs. raisins
1 lb. citron
1 lb. dates
2 lbs. currants
1 lb. figs
1 lb. almonds

Cream the butter until very soft and add the sugar gradually. Beat the egg yolks and add to the mixture. Sift together the flour, soda and spices and use some for dredging the fruit. Add the dry ingredients alternately with the preserve and rose water. Put in the fruit and nuts and combine thoroughly. Fold in the stiffly-beaten whites and turn into pans lined as directed above. Steam three hours and bake two hours in a very slow oven. This makes 13 pounds of cake.

Fruit Cake

½ lb. butter
½ lb. brown sugar
6 eggs
½ lb. peel
1 lb. raisins
1 lb. currants
½ lb. almonds
1 tsp. cinnamon
½ tsp. nutmeg
1 tsp. mace
½ tsp. allspice
1 tsp. cloves
½ lb. flour
¼ c. fruit juice (lemon, orange, plum juice, or water)

Cream the butter, add the sugar gradually, then the beaten yolks. Dredge the fruit with some of the flour, sift dry ingredients, spices and soda, and add to the mixture. Combine thoroughly. Fold in the stiffly-beaten whites. Bake for three hours in a very moderate oven or in a fireless cooker.

The next two recipes were evolved in the Lillian Massey School of Household Science in Toronto.

Fruit Cake

1 lb. butter
1 lb. brown sugar
12 eggs
1 lb. flour
3 tsp. cinnamon
1 tsp. mace
2 tsp. allspice
2 tsp. nutmeg
½ tsp. cloves
3 lbs. raisins
½ lb. dates
1 lb. currants
½ lb. figs
½ lb. shelled almonds
Juice and rind of 1 lemon
½ c. cold coffee (scant)
½ c. preserved fruit juice (scant)
¾ lb. citron peel
¼ lb. lemon peel

Cream butter, add sugar gradually, yolks well beaten, then whites stiffly beaten, lemon juice and rind; beat thoroughly. Add liquid and sifted dry ingredients alternately. Beat well and add fruit dredged with flour. Fill pans two-thirds full and bake in a slow oven three to four hours.

White Fruit Cake

1 c. butter
2 c. fruit sugar
5 eggs
1 c. milk
3½ c. flour
3 tsp. baking powder
1 lb. raisins
1 lb. figs
1 lb. dates
1 lb. shelled almonds
½ lb. citron peel

Mix and bake as fruit cake.

Wedding Cake

The following recipe, which makes a particularly fine cake for weddings, Christmas or other events, was given to me by Mrs. David Watt, of Birtle, Man.:

1 lb. butter
1 lb. sugar
12 eggs
3 lbs. raisins
2 lbs. sultanas
1 lb. citron peel
1 lb. cocoanut
1 lb. pecans
1 lb. almonds
1 lb. candied cherries
1 lb. candied pineapple
3 lbs. chocolate
1 wine glass brandy
½ c. strawberry jam
Juice of 1 lemon
Spices to taste
Flour to stiffen

Washington Sponge-Cake Beat the white and yolks separately of three eggs until very light, then place them together, beating lightly all the time. Sift in one and a half cupfuls of sugar, a little at a time, adding two teaspoonfuls of lemon-juice and one and a half cupfuls of flour in which half a teaspoonful of baking-powder has been mixed through, and at the last stir in half a cupful of boiling water. All through the mixing of the ingredients you must keep stirring lightly.

Sponge Cake

The institute has a favorite sponge cake recipe which is easily made and always produces a cake which is light, fluffy, and delectable in texture. To make this cake, measure and combine one and one-fourth cupfuls of sugar and one cupful of water. Place over a rather slow heat, and stir until the sugar is dissolved. Then continue simmering, without stirring, until the syrup reaches 238 F., or threads when tested with a fork.

Meanwhile separate the yolks and whites of six eggs. Beat the egg-whites until stiff enough to hold their shape when the bowl in which they are beaten is inverted. When the sirup has reached the desired temperature, pour it over the beaten egg-whites very gradually, beating constantly. Continue beating until the mixture is quite cool. Next, beat the six egg-yolks until they are thick and lemon-colored, and to them add one-half teaspoonful of vanilla. Beat well and then fold into the egg-white mixture thoroughly.

As the next step, measure and sift together one cupful of pastry flour, one-fourth teaspoonful of salt, and one teaspoonful of cream of tartar. Fold this flour mixture into the egg mixture and continue folding until both mixtures are thoroughly combined. Grease a loaf or angel cake pan very lightly, and dredge well with flour. Be sure that no surplus flour is left in the pan. Pour the mixture in the cake pan. Place in an oven which has been preheated to 320 F., and bake for one hour at this constant temperature. It is not necessary to examine the cake until the baking period is over, for with a constant 320 F. heat, there is no danger of the cake burning.

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Often one desires a smaller sponge cake, and the folowing is an excellent recipe: Separate two eggs and beat the yolks until light. Add gradually one-half cupful of sifted sugar, and one-eighth teaspoonful of cream of tartar dissolved in one teaspoonful of cold water. Beat again until very light. Add the grated rind of one quarter of a lemon or orange. Meanwhile measure and sift one-half cupful of pastry flour. Beat the two egg-whites until stiff enough so that the bowl in which they are beaten can be inverted. Add the sifted flour and beaten egg-whites alternately to the egg-yolk mixture. Pour into a lightly greased and floured pan and bake at 320 F. for forty minutes.

Delicate White Layer Cake Chocolate Boiled Frosting

The following recipe makes the most delicate of white layer cakes, worthy of the luscious chocolate frosting that makes it a chocolate cake *par excellence*.

- 2½ cups sifted Swans Down Cake Flour
- 3 teaspoons baking powder
- ¼ teaspoon cream of tartar
- ½ cup butter or other shortening
- 1½ cups sifted sugar
- ½ cup milk
- 6 egg whites, stiffly beaten
- 1 teaspoon vanilla

Sift flour once, measure, add baking powder and cream of tartar, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla; fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 30 minutes. Spread Chocolate Boiled Frosting between layers and on top and sides of cake. Double recipe to make three 10-inch layers. *All measurements are level.*

- 2 cups Swans Down Cake Flour
- 3 teaspoons baking powder
- ½ teaspoon soda
- ¼ teaspoon salt
- ½ cup butter or other shortening
- 1 cup sugar
- 2 egg yolks, well beaten
- 3 squares Baker's Unsweetened Chocolated, melted
- 1¼ cups sweet milk
- 1 teaspoon vanilla
- 2 egg whites, stiffly beaten

Sift flour once, measure, add baking powder, soda, and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks and chocolate, then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (350° F.) 30 minutes. Spread Fudge Frosting between layers and on top and sides of cake. Double recipe to make three 10-inch layers.

CHOCOLATE FUDGE SQUARES

Fudge Frosting

- 2 squares Baker's Unsweetened Chocolate, shredded
- ⅔ cup cold milk
- 2 cups sugar
- Dash of salt
- 2 tablespoons light corn syrup
- 2 tablespoons butter
- 1 teaspoon vanilla

Add chocolate to milk and heat gradually. When chocolate is melted, beat with rotary egg beater 1 minute, or until mixture is smooth and blended. Add sugar, salt, and corn syrup, and stir until sugar is dissolved and mixture boils. Continue cooking, without stirring, until a small amount of mixture forms a very soft ball in cold water (232° F.). Remove from fire. Add butter and vanilla. Cool to lukewarm (110° F.). Beat until of right consistency to spread.

Fluffy Frosting

- ¾ cup sugar
- ¼ cup water
- ⅛ teaspoon cream of tartar
- 2 egg whites
- ¼ teaspoon vanilla

Put sugar, water and cream of tartar in saucepan, stir over low heat until sugar is completely dissolved. Increase heat and cook without stirring to 260 degrees F. or until sirup will spin long thread when dropped from tip of spoon. Then beat egg whites until stiff enough to come up in little peaks, pour sirup very slowly over egg whites, beating between additions. Add vanilla, then beat constantly until mixture is cool and of the consistency to spread. Put on with spoon, making a little whirl on top of each cake.

Chocolate Boiled Frosting

- 2¼ cups sugar
- 1 teaspoon light corn syrup
- 1 cup boiling water
- 3 egg whites, stiffly beaten
- 6 squares Baker's Unsweetened Chocolate, melted and cooled

Combine sugar, corn syrup, and water. Place over low flame and stir constantly until sugar is dissolved and mixture boils. Continue cooking until a small amount of syrup forms a soft ball in cold water, or spins a long thread when dropped from tip of spoon (242° F.). Pour syrup in fine stream over egg whites, beating constantly. Continue beating until stiff enough to spread on cake. Fold in chocolate.

Devil's Food Cake

For those who revel in the full-flavoured richness of devil's food cake, here is luxury itself—a cake de luxe, piled high with the most delectable white frosting.

- 2 cups sifted Swans Down Cake Flour
- 1 teaspoon baking powder
- 1 cup butter or other shortening
- ¾ cup granulated sugar
- 2 cups sifted brown sugar
- 3 egg yolks, unbeaten
- 3 whole eggs, unbeaten
- ½ cup sour milk
- 1 teaspoon vanilla
- ½ cup boiling water
- 6 squares Baker's Unsweetened Chocolate, melted
- 1¼ teaspoons soda

Sift flour once, measure, add baking powder, and sift again. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks; beat thoroughly. Then add eggs, one at a time, beating vigorously after addition of each egg. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Add boiling water to chocolate and mix well; add soda. Combine chocolate mixture and cake batter and beat vigorously for several minutes. Pour into greased loaf pan, filling pan ⅔ full. Bake in moderate oven (350° F.) 1 hour. Cover top and sides of cake with Divinity Frosting. This batter may also be baked in two greased pans, 8 x 8 x 2 inches.

Divinity Frosting for Devil's Food Cake

- 3 cups sugar
- 1 teaspoon light corn syrup
- 1 teaspoon vanilla
- 4 egg whites, stiffly beaten
- 1⅓ cups boiling water

Combine sugar, corn syrup, and water. Place over low flame and stir constantly until sugar is dissolved and mixture boils. Continue cooking until a small amount of syrup forms a soft ball in cold water, or spins a long thread when dropped from tip of spoon (240° F.). Pour syrup in fine stream over egg whites, beating constantly. Add vanilla, continue beating until stiff enough to spread on cake.

Chocolate Fudge Cake

Then there is this temptingly dainty chocolate fudge cake—light and feathery in texture like the delicate white cake, but not so dark as the double-rich devil's food with its mysterious depths of chocolate. Here is a cake that is not too rich for those who shy at ultra-richness, yet a delightful cake to serve at such occasions as bridge parties, Sunday night suppers, or the informal family dinner. Crowned with its velvet-smooth fudge frosting, you will find it is as delectable a layer cake as ever melted on your tongue.

Chocolate Fudge Squares

And here you are given the recipe for the famous Walter Baker chocolate fudge squares—rich and tender, simple to make, and delicious beyond description. With their liberal content of chocolate, and the crunchiness of nut meats, they are a cake-confection worthy of the universal popularity they have won.

- ¾ cup Swans Down Cake Flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ cup butter or other shortening
- 1 cup sugar
- 3 squares Baker's Unsweetened Chocolate, melted
- 3 eggs, well beaten
- 1 teaspoon vanilla
- 1 cup nut meats, broken

Sift flour once, measure, add baking powder and salt, and sift together three times. Add butter to chocolate and blend. Combine sugar and eggs; add chocolate mixture, beating thoroughly; then add flour, vanilla, and nuts. Bake in two greased pans, 8 x 8 x 2 inches, in moderate oven (350° F.) 30 minutes. When cool, cut in 2-inch squares. Makes 32 squares.

Sea-Foam Frosting

- 2½ Cupfuls of Brown Sugar
- ½ Cupful of Water
- ⅛ Teaspoonful of Salt
- 2 Egg Whites
- 1 Teaspoonful of Watkins Vanilla

Boil together the sugar, water and salt, stirring long enough to dissolve all the lumps of sugar. When the temperature reaches 252° F. lift from the heat, whip up the egg whites quickly to a stiff froth, then pour on the sirup, beating constantly as for the other frostings. Add the vanilla and continue beating until of the desired consistency.

ORANGE CAKE

- ⅓ Cupful of Butter or Margarin
- 1 Cupful of Sugar
- 2 Egg Yolks
- 1 Egg White
- ½ Cupful of Orange Pulp and Juice
- Grated Rind of Half an Orange
- 1½ Cupfuls of Pastry Flour
- ¼ Teaspoonful of Salt
- 1½ Teaspoonfuls of Watkins Baking Powder

Cream the butter with the sugar. Add the eggs, well beaten, then the orange juice and pulp. Mix and sift the dry ingredients and stir them into the mixture. Pour into a square shallow pan, buttered, and bake in a moderate oven—350° F.—about twenty minutes.

Baton Rouge Gingerbread

Two eggs, ¾ cup brown sugar, ¾ cup melted shortening, 2½ cups whole wheat flour, ½ teaspoon soda, 2 teaspoons ginger, ½ teaspoon cloves, ½ teaspoon nutmeg, 2½ teaspoons baking powder, 1 cup boiling water, ¾ cup light colored molasses, 1½ teaspoons cinnamon.

Method—Add beaten eggs to the sugar and melted shortening. Add dry ingredients which have been sifted together. Then add the hot water and lastly, the molasses. Bake in a shallow pan or muffin tins in moderate oven, 350 degrees F., 20 to 25 minutes.

POTATO CORNMEAL GINGERBREAD

Mix together one cupful of mashed potato, half a cupful of sour milk, one cupful of molasses, two tablespoonfuls of shortening and one beaten egg. Add the following dry ingredients, mixed: Three-quarters of a cupful each of barley flour and cornmeal, one teaspoonful of soda, three-quarters of a teaspoonful of salt, two teaspoonfuls of ginger, one teaspoonful of cinnamon and half a teaspoonful of cloves.

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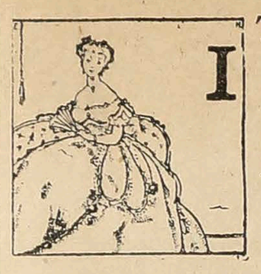
Famous American Cakes



IT IS at this season of the year that the mind of the thoughtful housewife quite naturally turns towards the cake-box. With the great national holiday, Thanksgiving Day, in immediate prospect, and with the whole world's feast-day, Christmas, only a little more than a month farther along on the calendar, the question of how best to make the supply of cake meet the demand that is so certain to be made upon it, becomes one of the serious problems in domestic economy. Not that there are no recipes that the presiding genius of the kitchen may follow, for even the most unpretentious cook-book is full of formulas by means of which any domestically inclined person can prepare a more or less dainty loaf of cake, but the real trouble is to find something that will be both good and unusual—some rule that may be depended upon to produce results that will be not only satisfactory, but different from anything that has hitherto appeared upon the family table.

Is there any housewife in the United States, for example, who will not welcome a rule for the making of the delectable "Lady Baltimore Cake" as a most valuable addition to her collection of tried-and-true recipes? Years before Owen Wister made this cake world-famous by introducing it into one of his delightful romances, the epicures of South Carolina have known and esteemed it for what it is—one of the most delicious cakes ever made by a colored "mammy." Invented by the cook of a prominent Charleston lady, the recipe was imparted in confidence to a few of her friends, and for a long time it was held as such an exclusive secret that nobody was able to secure it. Now, however, through the courtesy of Miss Henrietta Joslin, of Cincinnati, Ohio, the recipe for this famous soft and creamy layer cake appears in print, probably for the first time, in THE DELINEATOR.

LADY BALTIMORE CAKE.—One cupful of butter; two cupfuls of sugar; three and one-half cupfuls of flour; one cupful of sweet milk; the whites of six eggs; two level teaspoonfuls of baking powder, and one teaspoonful of rosewater. Cream the butter; add the sugar gradually, beating continuously; then the milk and the flavoring; next the flour, into which the baking powder has been sifted, and, lastly, the stiffly-beaten whites of the eggs, which should be folded lightly into the dough. Bake in three layer-cake pans, in an oven that is hotter than it would have to be for loaf cake. To make the filling: Dissolve three cupfuls of granulated sugar in one cupful of boiling water; cook it until it threads, then pour it over the stiffly-beaten whites of three eggs, stirring constantly. To this icing add one cupful of chopped raisins; one cupful of chopped nut meats, pecans preferred, and five figs, cut into very thin strips. With this, ice both the top and sides of the cake.

The "Berwick Sponge Cake" has been famous throughout the northern portions of New England for fully three-quarters of a century. The particulars of its history are told in a manuscript cook-book now in the possession of Miss Isabelle Gordon, of La Grange, Ill. According to this authority "William Briggs, injured in a railroad accident, promised not to sue the company provided it would agree to build him a restaurant at North Berwick, Me., and there stop every train for five minutes. This was done as agreed, and in twenty years Briggs retired, made rich from the sale of his wonderful sponge cake."

The "Berwick Sponge Cake" requires: six eggs; three cupfuls of powdered white sugar; four even cupfuls of sifted flour; two teaspoonfuls of cream of tartar; one teaspoonful of soda; one cupful of cold water, and one-half of a lemon. Beat the eggs two minutes; add the sugar, and beat five minutes more. Stir the cream of tartar into two cupfuls of the flour, add it to the eggs and sugar and beat for one minute. Dissolve the soda in the water and add it also. Wash the lemon, dry it, and add both the juice and the rind, grated. Finally add the two remaining cupfuls of flour, and beat all the ingredients together for one minute. Put the dough into two deep tins and bake it in a moderate oven.

If but one cake is to be made for the Thanksgiving festivities none could be better than this old-fashioned cake, the recipe for which has been in the family of Mrs. Charles Brown, of Providence, R. I., for more than one hundred and fifty years. The ingredients are: One pound of butter; one pint of milk; two and one-half pounds of flour; one cupful of yeast; two eggs; one and one-half pound of sugar; half a pound of raisins; half a pound of currants; a quarter of a pound of citron; one whole nutmeg, grated; a tablespoonful of mace and a gill of fine brandy. The flour, the milk, and half the butter are mixed with the yeast and set to rise over night. The next morning all the other ingredients with the exception of the fruit are added, and the dough is left to rise for another three hours. It is then lifted into the cake pans with the aid of a skimmer, the fruit, already thoroughly mixed, being added as each skimmerful is placed in the buttered pans. Set it aside for fully half an hour, that it may rise once more, and then bake it in a slow but steady oven. Frost with a boiled white icing.

Maple Hermits.

Cream one cupful of soft maple sugar with two-thirds cupful of unsalted shortening. Add two eggs, well beaten, one-fourth cupful of warm water, three cupfuls of pastry flour sifted with one-half teaspoonful of soda, one teaspoonful of salt, one-fourth teaspoonful of ground cloves, one-fourth teaspoonful of cinnamon, one teaspoonful of baking-powder, and one-half teaspoonful of vanilla. Beat well and drop by teaspoonfuls on a greased baking-sheet. Bake at 400 degrees Fahrenheit for about twelve minutes. These are excellent "keepers."

Maple Doublets.

Combine one cupful of maple sirup, three well-beaten egg-yolks and one tablespoonful of melted margarin. Add three cupfuls of pastry flour, sifted well, with one-half teaspoonful of salt and two teaspoonfuls of baking-powder. Fold in the whites of the eggs beaten stiff. Drop far apart on a greased baking-sheet as they spread in baking. Avoid making them too large. Bake at 400 degrees Fahrenheit for about twelve minutes. Put together in pairs with maple fondant or maple fudge. These are especially dainty for afternoon tea.

CANDY APPLES

I wish to find out how to make taffy apples—I mean apples coated with sugar. I have tried to make them on one or two occasions, but the sugar seems to melt off the apple. There is also a kind of red material I have seen in some of them that makes the fruit look almost as red as a cherry and quite hard. I shall be much obliged if you can furnish me with a recipe.—Constant Reader.

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Select round, unblemished snow apples and insert in the top of each a small meat skewer of wood. If desired, stout toothpicks can be used. Put 2 cupfuls granulated sugar, 1 cupful boiling water and ⅛ teaspoonful cream of tartar in a smooth saucepan. Stir, place on the stove and heat to boiling point. Boil without stirring until the syrup begins to discolor. Wash off the sugar which adheres to sides of saucepan. Remove from fire and place saucepan in a second larger pan of cold water to instantly stop boiling. Remove from cold water and place in a saucepan of hot water during dipping. Drip the apples, remove from the syrup and place on oiled paper.

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NAMES AND STATIONS OF MELONS.

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It is exceedingly important to remember that in cutting a melon for this, or any other service, it should be done at the last minute before it is served because exposure to the air and heat will quickly reduce a melon of even the rarest aroma and flavor so much in quality that we may rightly call it spoiled. Many people do, in this sense, eat spoiled melon.

Both the cantaloupe and the pink-fleshed melons may be a little too soft, and so rather tasteless, even at the moment when they are cut open, in which case some people cut them up and serve them with a cold tart fruit juice. Yet too often they are tasteless still, as the best tasting may be if cut up and left to stand. Ice in a melon may also lessen and injure the flavor and, besides, as some one has said, it is in the way.

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The horticulturist is likely to divide the melon family according to the color of its flesh although different varieties are so diverse in appearance. The Persian melon, which looks somewhat like a giant cantaloupe, is described as having the most melting and honey-like of flesh because it is so thin skinned. Watermelons of our market today seem to have a thinner skin and a sweeter heart than those we knew years ago. Colors of flesh vary from green, or a greenish gray, or an almost white, to deep rose shades, like that of the watermelon, and to the salmon pink of the musk-melon. There are yellow sorts, and one has been described as of a brilliant orange shade.

The Antiquity of the Melon Family.

There are suggestive facts known which give one the idea that it might be possible to write a real history of civilization by telling the complete story of melons and their near relatives—the gourds, the pumpkins and squashes with marrows, and the cucumbers, all together forming that family of sounding name, the cucurbitaceae. As an ancient family it seems to have been partly honorable and partly quite common. As is well known, the gourds are full of freaks, while the pumpkin family is plain and solid and useful.

But it seems a bit curious that when you cook the esthetic pink fleshed melon, to make an imitation of citron melon, it gives off an odor exactly like that given off by pumpkin cooking, which proves them brothers in the pot. The Roman baker evidently treated melons just as he did the pumpkin. We find it recorded that he made them into mince meats, patties and with them imitated fish and sausages and mushrooms. The old Roman poet Martial, in describing these uses, says: "This dextrous cook exhausts the powers of art to disguise them in every way, sometimes by means of Capellian rue. Thus he fills his dishes and side dishes and polished plates and tureens, and congratulates himself at furnishing so many dishes at the cost of a penny."

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An Egyptian Recipe.

In the article mentioned it gives us an interesting direction which we might follow. It says: "The ancient Egyptians also valued the melon very highly as food, drink, and medicine alike. A favorite method of treating it for the purpose of obtaining a cooling and refreshing beverage was to push a stick into one end and work it about so as to crush and beat the flesh to a pulp, then withdraw the stick, seal the hole with wax, and bury the melon for two days. On opening it again the outer case was found to be filled with a delicious fluid, which was not only refreshing and thirst-quenching, but cooling and possessed of medicinal properties. The juice of the watermelon obtained in this way and mixed with honey was regarded as of high medicinal value, especially in cases of fever."

Fancy Melon Service.

What a hotel cook might call "Melon Supreme" we thought of as a melon medley when devised. While experimenting with ways of cooking and candying melon we had three sorts on hand, and we considered as most attractive a ring of peeled pink melon filled with watermelon balls, with little pointed pieces of honey dew melon to complete the pretty picture. Any fruit sirup might have been served with it, or even a French salad dressing—best when seasoned lightly with some special salad vinegar with a blend of spices or herbs—but we used a plum sirup which made itself inconspicuous.

Sometimes rings of melon are filled with ices or ice cream.

Watermelon Ice.

It seems much more suitable to fill the half of a cantaloupe with some sort of melon ice than with an ice cream with which it has constituted a famous service of the two. Perhaps the best way to make a watermelon ice is to sieve the melon, after which its ninety and more per cent of water seems a very real thing. Sweetened enough to make it agreeably sweet when frozen, and frozen with the addition of a bit of egg white, it makes a pretty filling for the half of a melon or a slice of sweet melon. The amount of sugar must vary just as the sweetness from the center of the heart to the part next the skin does.

Watermelon Granite.

To make a partly frozen or sherbet-like preparation of the watermelon, strain the sieved watermelon or not, as you choose, and add to each two cups of it half a cup of rather thick sugar sirup and the juice of an orange, or use a little lemon juice. Freeze for half an hour without stirring, or stir and freeze only till it is a mush.

The Citron Melon.

The citron melon will keep well into the winter and can be candied whenever something of the sort is required. It is a great deal of work and requires a nice experience to make candied fruit that will keep in good condition. A way to have it at any time is to make a preserve of the melon and then it can be drained and dried a day or about for use. In making a candied citron melon the lime water—weak—could be used.

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Secret of Successful Candies

Continued from page 20

drop it into the cream, cover well, lift out with a thin wire fork—twisted wire with a looped end—and deposit on wax paper placed on board. If fondant is too hot, it will run and form flat buttons. When cold, release from paper, turn over, and allow underpart to dry. These may be made in white, pink, yellow, and chocolate are very attractive. For those with plain centres, press half a walnut, almond, or cherry on the top of bonbon when just dipped, to make a pleasing finish.

Fruited Whipped Cream.—Whip a pint of cream stiff into it a cup of whole strawberries, a banana, peeled, and cut i treated in the same way and a cup of finely minced pineapple.

a time, and allowing e... piece to poach for about two minutes; lift with a perforated spoon, and place to drain. When all are done, strain the milk, add the egg yolks and two tablespoons of grated chocolate, and cook until thick.

Flavor this soft custard with almond extract, and allow it to cool. When cold pour into a flat dish, lay the snow eggs over the top, and serve. Blanched and finely chopped almonds may be strewn over the top.

Pear Trifle

Stale sponge cake
1 Cupful of diced canned pear
1 Cupful of soft custard
⅓ Cupful of almonds

Arrange stale sponge cake in sherbet glasses. Add diced pear, pour over the soft custard, which has been thoroughly chilled. Decorate with the almonds, blanched, halved and browned.

PINEAPPLE BAVARIAN CREAM

2 tablespoonfuls granulated gelatin
½ cupful cold water
1 tablespoonful lemon juice
1 can grated pineapple
½ cupful sugar
Whip from 3 cupfuls cream

Soak gelatin in cold water to soften. Heat pineapple, add sugar, lemon juice and soaked gelatin. Chill in pan of ice water, stirring constantly; when it begins to thicken fold in the whip from cream, mold and chill.

Love-in-a-Mist — Twenty-four macaroons, 12 lady fingers, ½ cup orange juice, 2 cups cream, green and red vegetable coloring, maraschino cherries or tiny candy hearts. Pound macaroons and fingers to crumbs, add orange or maraschino juice and 1 cup of cream. Mix well. Whip remaining cream dry and stiff. Divide cake mixture into portions and fill into heart or other fancy paper cup. Color part of cream red or pink, and part green. Pile a spoon of each color on top of mixture, and place cherry or small candy heart on top as garnish. This must be served immediately. (Makes 6 portions).

PRUNE WHIP

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the vanilla and fold in the almonds, finely crushed.

Cherry Roly Poly

2 cups flour, ½-teaspoon salt, 3 teaspoons baking powder, ⅓-cup shortening, ⅔-cup milk, 3 cups red cherries, canned, ½-cup sugar, ¼-teaspoon spice.

Method: Prepare a dough as for baking powder biscuits of the flour, salt, baking powder, shortening and milk. Pat ½-inch thick. Spread with cherries, sprinkle sugar and spice over top and roll up like jelly roll. Press edges firmly together. Place the roll in greased baking pan, score the top with scissors, working into slices for convenience in cutting after baking. Bake ¾ hour in moderate oven, 350 degrees F. Ten minutes before removing, brush over top with top milk and sprinkle with sugar. When serving cut in slices and serve with a cherry sauce made from cherry juice.

OLD-FASHIONED BATTER PUDDING

One pint of milk, four eggs, whites and yolks beaten separately, two even cups of prepared flour, one teaspoon salt; beat up the eggs, add the yolks to the milk; salt the flour and stir in alternately with the whites; beat hard and bake in buttered pudding dish 45 minutes; eat with sweet sauce at once, as it soon falls.

Lovely

Desserts

Lover's Delight is very attractive. Place a slice of canned pineapple on a small plate; cover it with a slice of ice cream half an inch thick, and over it put another slice of the fruit. Decorate each cake with a little whipped cream and place a cherry in the centre of it. If desired, the pineapple slices and the ice cream may be cut into heart shapes with a cutter before they are put together.

Steamed Fig Pudding

¾ Pound of Figs
1½ Cupfuls of Milk
½ Pound of Beef Suet
1½ Cupfuls of Dried Bread Crumbs
1½ Cupfuls of Flour
3 Eggs
2½ Teaspoonfuls of Watkins Baking Powder
1 Cupful of Brown Sugar
1 Teaspoonful of Watkins Nutmeg

Stew the figs, chopped coarsely, in milk for twenty minutes. In the meantime, combine with the suet, chopped to resemble a coarse meal, the bread crumbs, flour, sugar and nutmeg; then stir in the beaten eggs and finally the figs and milk.

When the mixture is well blended, pour into a mold to steam for two hours and serve unmolded.

Pineapple Ice

4 Cupfuls of water and pineapple juice
1½ or 2 Cupfuls of sugar
2 Cupfuls of pineapple pulp
2 Tablespoonfuls of lemon juice
1 Egg white

To the pineapple juice add water to make four cupfuls of liquid. Boil water, pineapple juice and sugar together for ten minutes. Cool, add lemon juice and pulp of pineapple. Freeze to a mush, then add egg white, beaten until stiff, and continue freezing until mixture is quite solid.

ALMOND MERINGUE

2 Egg Whites
6 Tablespoonfuls of Sugar
A few drops of Watkins Vanilla
½ Cupful of Blanched Almonds

Whip the whites of eggs to a foam and then gradually sprinkle on the sugar, beating until stiff. Flavor with

BY JANE EDDINGTON.

Two Milk Puddings.

In English literature we find many references to "milk puddings," and we have wondered how many people could define a milk pudding. In some cases it would certainly be quite correct to call certain puddings condensed milk puddings because their quality depends on the cooking down of the milk—with a thickening agent, and sometimes with and sometimes without any sweetening.

The Indian pudding may be called a pudding of that type, and since it is so excellent cold—with cream—it is as good for summer as winter use. Here is one formula: One quart of milk, one-fourth cup of Indian meal which is four tablespoons, or one tablespoon of thickening agent to each measuring cup of milk, one-fourth cup of sorghum or molasses, one teaspoon salt, or not, but best added late in the cooking, with flavorings to suit and fruit. Seeded raisins are frequently put into these puddings but a fine apple may be best. One-half teaspoon of ginger may be acceptable to many a taste. Bake slowly in buttered pudding dish for three hours or more, stirring in the top now and then as in baking a rice pudding.

Twice this amount of Indian meal may be used, but one of the most standard of the Indian pudding recipes has no more than this, with twice as much molasses, instead of which I much prefer sorghum, although even brown sugar may be used. The pudding in the latter case is not of the old shade.

For the simplest of all the condensed milk puddings, take also a quart of milk or four cups, and four tablespoons of rice, which is one-fourth cup. Wash the rice well, then pour boiling water on it, let stand five minutes, pour off the water and let drain, put in buttered baking dish, add milk and bake for three hours in a 300 degree oven.

When the top begins to puff up stir it into the pudding. It may not do this the first time until it has baked an hour. Also scrape off the brown ring on the dish and stir in, but do not let it get too brown and stiff. This and the top is what gives the rich and pleasant flavor to the pudding. Eat hot or chilled and serve with cream.

MACEDOINE OF FRUITS AND CAKE.

(By Mrs. Aylmer Macpherson.)

Cut into small pieces ½ cup candied cherries, 1 tablespoon citron peel, ½ cup stoned dates, 2 tablespoons puffed raisins, 2 tablespoons crystallized pears. Place in a saucepan, together with 1 cup canned pineapple, shredded, and its juice. Let all get very hot. In the meantime cut sponge cake in rounds, fry in butter until brown on both sides. Place the fruit macedoine on top of each round and serve at once.

BAKED HONEY CUSTARD
(A delicious dessert made without sugar)

Beat three eggs slightly, taking care not to make them foamy. Add slowly ¼ cup honey, 2 cups scalded milk, ⅛ teaspoon powdered cinnamon and ¾ teaspoon salt. Bake in cups which should be set in a pan of water.

NAMES AND STATIONS OF MELONS.

AS IN PERSIA, where melons are the daily food and sustenance of the poor people for four months of the year, the melon season in this United States is almost that long. In a dozen years the season has been lengthened from one month to four or more. In Mid-July this year there was a melon climax, when cantaloupes were sold inexpensively by the crate. Formerly the selling by the crate was rare in any month save September.

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The Flesh of the Melon.

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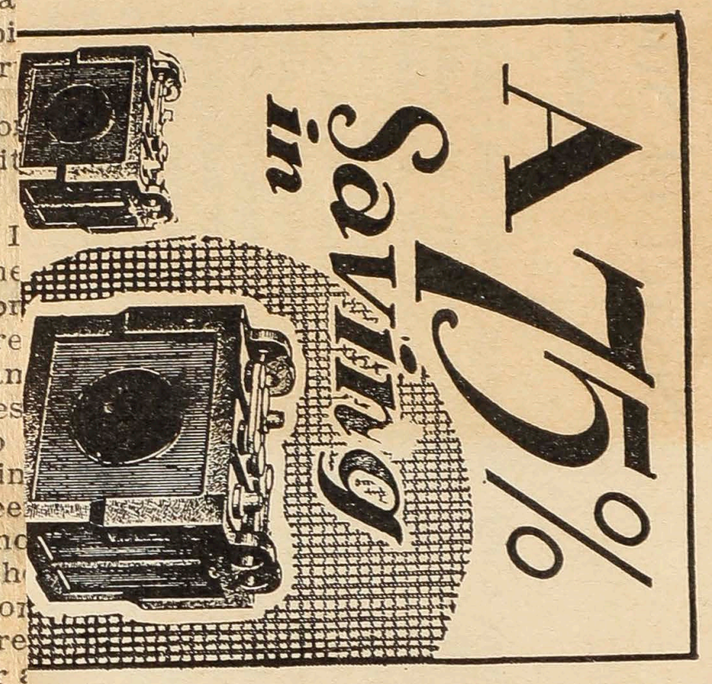

To make a partly frozen or sherbet-like preparation of the watermelon, strain the sieved watermelon or not, as you choose, and add to each two cups of it half a cup of rather thick sugar sirup and the juice of an orange, or use a little lemon juice. Freeze for half an hour without stirring, or stir and freeze only till it is a mush.

The Citron Melon.

The citron melon will keep well into the winter and can be candied whenever something of the sort is required. It is a great deal of work and requires a nice experience to make candied fruit that will keep in good condition. A way to have it at any time is to make a preserve of the melon and then it can be drained and dried a day or about for use. In making candied citron melon the lime water—weak—could be used.

bring together again and repeat. Continue to do this until it is light and porous. A candy hook or large nail is the proper thing to use. It should be fastened to the wall on a level with the shoulders. The candy is

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✱ Roy Octave.....G. S. & P. M. L 4

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Molasses Silver Cup Pudding

1 qt. milk — 3 slices Silver Cup Bread
¼ teaspoon salt — ⅔ cup molasses
½ teaspoon cinnamon

Have bread slices medium thick. Butter on both sides. Add salt, cinnamon, molasses and milk. Bake slowly for 2½ hours. Stir often until well mixed. Serve with cream.

Love-in-a-Mist — Twenty-four macaroons, 12 lady fingers, ½ cup orange juice, 2 cups cream, green and red vegetable coloring, maraschino cherries or tiny candy hearts. Pound macaroons and fingers to crumbs, add orange or maraschino juice and 1 cup of cream. Mix well. Whip remaining cream dry and stiff. Divide cake mixture into portions and fill into heart or other fancy paper cup. Color part of cream red or pink, and part green. Pile a spoon of each color on top of mixture, and place cherry or small candy heart on top as garnish. This must be served immediately. (Makes 6 portions).

PRUNE WHIP

1-3 lb prunes — ½ tablespoonful lemon juice
Whites 4 eggs
½ cupful sugar

Pick over and wash the prunes, then soak several hours in cold water to cover. Cook in same water until soft. Remove stones and rub prunes through a sieve, add sugar and cook five minutes. The mixture should be the consistency of marmalade. Beat white of eggs until very stiff, add prunes mixture when cold and lemon juice. Pile lightly into serving dishes and serve with a soft custard.

Chocolate Custard.—An attractive dessert, which would find favor at a children's party, is prepared in this way: Whisk the whites of five eggs to a stiff froth with a tablespoon of sugar and half a teaspoon of vanilla extract.

Bring a quart of milk to a boil and add two tablespoons of sugar; then drop in the egg froth by tablespoonfuls, doing a few at a time, and allowing each piece to poach for about two minutes; lift with a perforated spoon, and place to drain. When all are done, strain the milk, add the egg yolks and two tablespoons of grated chocolate, and cook until thick.

Flavor this soft custard with almond extract, and allow it to cool. When cold pour into a flat dish, lay the snow eggs over the top, and serve. Blanched and finely chopped almonds may be strewn over the top.

Fruited Whipped Cream.—Whip a pint of cream stiff, sweeten and stir into it a cup of whole strawberries, a banana, peeled, and cut into dice an orange treated in the same way and a cup of finely minced pineapple. Serve cold.

Pear Trifle

Stale sponge cake
1 Cupful of diced canned pear
1 Cupful of soft custard
⅓ Cupful of almonds

Arrange stale sponge cake in sherbet glasses. Add diced pear, pour over the soft custard, which has been thoroughly chilled. Decorate with the almonds, blanched, halved and browned.

PINEAPPLE BAVARIAN CREAM

2 tablespoonfuls granulated gelatin — 1 can grated pineapple
½ cupful cold water — ½ cupful sugar
1 tablespoonful lemon juice — Whip from 3 cupfuls cream

Soak gelatin in cold water to soften. Heat pineapple, add sugar, lemon juice and soaked gelatin. Chill in pan of ice water, stirring constantly; when it begins to thicken fold in the whip from cream, mold and chill.

Cherry Roly Poly

2 cups flour, ½-teaspoon salt, 3 teaspoons baking powder, ⅓-cup shortening, ⅔-cup milk, 3 cups red cherries, canned, ½-cup sugar, ¼-teaspoon spice.

Method: Prepare a dough as for baking powder biscuits of the flour, salt, baking powder, shortening and milk. Pat ½-inch thick. Spread with cherries, sprinkle sugar and spice over top and roll up like jelly roll. Press edges firmly together. Place the roll in greased baking pan, score the top with scissors, working into slices for convenience in cutting after baking. Bake ¾ hour in moderate oven, 350 degrees F. Ten minutes before removing, brush over top with top milk and sprinkle with sugar. When serving cut in slices and serve with a cherry sauce made from cherry juice.

OLD-FASHIONED BATTER PUDDING

One pint of milk, four eggs, whites and yolks beaten separately, two even cups of prepared flour, one teaspoon salt; beat up the eggs, add the yolks to the milk; salt the flour and stir in alternately with the whites; beat hard and bake in buttered pudding dish 45 minutes; eat with sweet sauce at once, as it soon falls.

Dessert

Lover's Delight is very attractive. Place a slice of canned pineapple on a small plate; cover it with a slice of ice cream half an inch thick, and over it put another slice of the fruit. Decorate each cake with a little whipped cream and place a cherry in the centre of it. If desired, the pineapple slices and the ice cream may be cut into heart shapes with a cutter before they are put together.

Steamed Fig Pudding

¾ Pound of Figs — 2½ Teaspoonfuls of Watkins Baking Powder
1½ Cupfuls of Milk — 1 Cupful of Brown Sugar
½ Pound of Beef Suet — 1 Teaspoonful of Watkins Nutmeg
1½ Cupfuls of Dried Bread Crumbs
1½ Cupfuls of Flour
3 Eggs

Stew the figs, chopped coarsely, in milk for twenty minutes. In the meantime, combine with the suet, chopped to resemble a coarse meal, the bread crumbs, flour, sugar and nutmeg; then stir in the beaten eggs and finally the figs and milk.

When the mixture is well blended, pour into a mold to steam for two hours and serve unmolded.

Pineapple Ice

4 Cupfuls of water and pineapple juice
1½ or 2 Cupfuls of sugar
2 Cupfuls of pineapple pulp
2 Tablespoonfuls of lemon juice
1 Egg white

To the pineapple juice add water to make four cupfuls of liquid. Boil water, pineapple juice and sugar together for ten minutes. Cool, add lemon juice and pulp of pineapple. Freeze to a mush, then add egg white, beaten until stiff, and continue freezing until mixture is quite solid.

ALMOND MERINGUE

2 Egg Whites — A few drops of Watkins Vanilla
6 Tablespoonfuls of Sugar — ½ Cupful of Blanched Almonds

Whip the whites of eggs to a foam and then gradually sprinkle on the sugar, beating until stiff. Flavor with the vanilla and fold in the almonds, finely crushed.

BY JANE EDDINGTON.

Two Milk Puddings.

In English literature we find many references to "milk puddings," and we have wondered how many people could define a milk pudding. In some cases it would certainly be quite correct to call certain puddings condensed milk puddings because their quality depends on the cooking down of the milk—with a thickening agent, and sometimes with and sometimes without any sweetening.

The Indian pudding may be called a pudding of that type, and since it is so excellent cold—with cream—it is as good for summer as winter use. Here is one formula: One quart of milk, one-fourth cup of Indian meal which is four tablespoons, or one tablespoon of thickening agent to each measuring cup of milk, one-fourth cup of sorghum or molasses, one teaspoon salt, or not, but best added late in the cooking, with flavorings to suit and fruit. Seeded raisins are frequently put into these puddings but a fine apple may be best. One-half teaspoon of ginger may be acceptable to many a taste. Bake slowly in buttered pudding dish for three hours or more, stirring in the top now and then as in baking a rice pudding.

Twice this amount of Indian meal may be used, but one of the most standard of the Indian pudding recipes has no more than this, with twice as much molasses, instead of which I much prefer sorghum, although even brown sugar may be used. The pudding in the latter case is not of the old shade.

For the simplest of all the condensed milk puddings, take also a quart of milk or four cups, and four tablespoons of rice, which is one-fourth cup. Wash the rice well, then pour boiling water on it, let stand five minutes, pour off the water and let drain, put in buttered baking dish, add milk and bake for three hours in a 300 degree oven.

When the top begins to puff up stir it into the pudding. It may not do this the first time until it has baked an hour. Also scrape off the brown ring on the dish and stir in, but do not let it get too brown and stiff. This and the top is what gives the rich and pleasant flavor to the pudding. Eat hot or chilled and serve with cream.

MACEDOINE OF FRUITS AND CAKE.

(By Mrs. Aylmer Macpherson.)

Cut into small pieces ½ cup candied cherries, 1 tablespoon citron peel, ½ cup stoned dates, 2 tablespoons puffed raisins, 2 tablespoons crystallized pears. Place in a saucepan, together with 1 cup canned pineapple, shredded, and its juice. Let all get very hot. In the meantime cut sponge cake in rounds, fry in butter until brown on both sides. Place the fruit macedoine on top of each round and serve at once.

BAKED HONEY CUSTARD
(A delicious dessert made without sugar)

Beat three eggs slightly, taking care not to make them foamy. Add slowly ¼ cup honey, 2 cups scalded milk, ⅛ teaspoon powdered cinnamon and ¾ teaspoon salt. Bake in cups which should be set in a pan of water.

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Quince Marmalade.

Perhaps not every one knows that the quince is the original of all marmalades. The Portuguese word for quince is marmelo, the confection being known as marmelada. A popular sandwich is a slice of quince marmalade between two slices of cream cheese, either with or without bread. To make this confection, prepare two quarts of quartered peeled quinces, add three cupfuls of water, and cook until the quinces are tender. Then put them through a potato-ricer and measure. And an equal quantity of sugar, one teaspoonful of cinnamon, and one-eighth teaspoonful of cloves. Return to fire, and cook until very stiff and thick. Toward the last it will be necessary to stir the mixture constantly to prevent its scorching. Put into sterilized glasses, and when cold, cover with paraffin.

Baked Quince Dumpling.

If you are fond of dumplings, do not fail to try this recipe. Make a biscuit dough as follows: Measure and sift together two cupfuls of bread flour, four teaspoonsful of baking powder, and one-half teaspoonful of salt. Work in with the tips of the fingers two tablespoonsful of shortening, until the mixture is like coarse meal. Then add slowly about three-fourths cupful of milk, using a spatula for the mixing. Toss on a well-floured board and divide into six equal portions. Roll out each piece, and place in the center of each several pieces of the fruit. Have mixed together one-fourth cupful of sugar, one-half teaspoonful of cinnamon, and a speck of cloves. Sprinkle this sugar mixture over each portion and dot with butter. Bring the edges up over all and press together with a twist. Place in a greased baking pan. Sprinkle with the sugar mixture, dot with butter, and pour into the pan three-fourths cupful of the juice in which the fruit was cooked. Bake in a 450-degree F. oven for about thirty minutes. If necessary, add water during the cooking, as the dumpling should be moist when served. Serve hot.

STEWED CRANBERRIES

Stewed cranberries make a most delicious and appetizing, as well as refreshing dish, to be served at breakfast time.

Boil a pint of water and two cupfuls sugar until it forms a boiling syrup. While the syrup is boiling drop in one pound fresh cranberries that have been thoroughly washed and allow the syrup and cranberries to boil without stirring or disturbing, until the berries stop popping. This method of cooking usually takes only three or four minutes. After the popping of the berries stops, without stirring or disturbing them, allow the berries to cool in the vessel in which they have been cooked so that the cranberries can absorb the hot syrup.

APPLE, QUINCE AND CRANBERRY JELLY

Cut five Jonathan apples and five quinces in small pieces. Cover with water and cook with one quart cranberries. Strain through a jelly-bag. To each cup of juice add one cup of sugar. Boil until it gives the jelly test. Fill sterilized jelly-glasses and cover with paraffin.

CRANBERRY CONSERVE

One quart cranberries, 1 cup water, juice and pulp of two oranges, one cup raisins, 1 cup sugar, 1 cup corn syrup.

Method: Cook cranberries, oranges, raisins and water until the cranberries burst, and the whole mixture becomes soft. Add sugar and syrup; let simmer until thick, and seal in sterilized glasses.—Mrs. J. A. J.

Spiced cranberries will add zest to cold meats, and cranberry chutney is surprisingly delightful.

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sufficient to designate the particular occasion, must be mentioned to the witness, and he must be asked whether or not he did make such statement. (*n*) 19 Vic. c. 43, s. 159.

Proof of contradictory statements by adverse witness.

215. (*o*) If a witness, upon cross-examination as to a former statement made by him relative to the subject matter of the cause, (*p*) and inconsistent with his present testimony, (*q*) does not distinctly admit that he did make such statement,

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pose of testing his credit great caution is required. If the question put to him be relevant, his answer may be contradicted by independent evidence; but if irrelevant there can be, as a general rule, no contradiction, and his answer is conclusive: see section 215. To admit evidence contradictory of irrelevant statements would lead to inextricable confusion by raising in a suit an endless series of collateral issues: *Attorney-General* v. *Hitchcock*, 1 Ex. 91. Again, an adverse witness has no right, on cross-examination, to make voluntary statements against the party examining him which he could not give in the examination-in-chief. Such statements, if made, should, upon application of the party prejudiced, be expunged from the judge's notes, otherwise the examining party will be bound by them as his own evidence, and his opponent entitled to re-examine the witness upon such new or collateral matter: *Blewett* v. *Tregonning*, 3 A. & E. 554.

(*n*) As time, place, &c. and other circumstances calculated to refresh the memory of the witness in such a manner as to prepare him for the consequences of misstatement. The object of laying a foundation for the admission of contradictory evidence is more particularly to enable the witness to explain his previous statement. For this purpose, and for this purpose only, it is apprehended that the witness may be asked whether he ever made such previous statement, and at the same time may be mentioned to him the name of the person to whom or in whose presence he is supposed to have made it: see *Crowley et al* v. *Page*, 7 C. & P. 789. "It must be in the knowledge and experience of every man that a slight hint or suggestion of some particular matter connected with a subject, puts the faculties of the mind in motion, and raises up in the memory a long train of ideas connected with that subject, which until that hint or suggestion was given were wholly absent from it. For this reason the proof that at a time past a witness has spoken on any subject does not lead to a legitimate conclusion that such witness, at the time of his examination, had that subject present to his memory, and to allow the proof of his former conversation to be adduced without first interrogating him as to that conversation and reminding him of it, would in many cases have an unfair effect upon him and upon his credit, and would deprive him of that reasonable protection, which it is the duty of the court to afford to every person who appears as a witness:" The Queen's Case, 2 B. & B. 300, *per* Abbott, C. J.

(*o*) Taken from Eng. Stat. 17 & 18 Vic. cap. 125, s. 23, Founded upon the second report of the Common Law Commissioners, section 14. This section sets at rest doubts caused by a conflict of authorities. It has been applied to criminal cases: Stat. Dom. 32 & 33 Vic. c. 29, s. 69,

(*p*) See note *j* to section 210.

(*q*) Two things are essential to the admissibility of proof as to a previous statement—first, that it be relevant to the subject matter of the cause, and, secondly, that it be inconsistent with the testimony of the witness at the trial. If a witness simply testify to a fact, his previous opinion as to the merits of the cause cannot

CRANBERRY JELLY NO. 1

The recipe for cranberry jelly has become a more or less standard one.

CRANBERRY CHUTNEY

Three cups water, 1 cup mild vinegar, 4 cups sugar, 1½ cups raisins. Boil ten

stir in strained lemon juice and freeze to the consistency of water ice. This is delicious as a dessert, or with roast turkey, or any hot or cold meats.

For a more substantial dish add one upful rich cream to the mixture be- re freezing and serve as a dessert.

RANBERRY BAVARIAN CREAM

Soak 1¼ tablespoonfuls gelatin in ne-quarter cupful cold water for five ninutes. Stew one pint of cranberries vith just enough water to prevent urning. When the berries are thor- ughly cooked rub them through a ieve. Measure one cupful of the puree nd add to it one cupful of sugar and he gelatin. Set the bowl containing his mixture in a pan of ice water nd when the mixture is warm begin eating it with the egg beater. Con- inue beating until the puree is cold nd has begun to thicken. Add one- alf cupful rich cold milk and beat gain. Lastly beat in one-half cup- ul cream that has been whipped. Beat all together thoroughly, turn nto a mould rinsed with cold water nd set near the ice to chill. Serve icy- old with whipped cream to which a ew chopped almonds and candied herries have been added.

CRANBERRY CANDY

One and one-half cupfuls sugar, 2 ablespoonfuls white corn syrup, ½ upful water, 1 egg-white, ½ cupful hick cranberry pulp or candied cran- erries.

Cook the sugar, syrup and water to firm-ball stage (246 deg. F.). Pour lowly over the well-beaten white, eating constantly. Beat until mixture stiff, add cranberry pulp, mix ghtly and drop by spoonfuls on axed paper. Sprinkle with finely- hopped pistachio nuts.

To Cover Fresh Strawberries and Grapes with Fondant

Take any quantity of fondant, heat it as for kisses, using butter or glycerine, add vanilla flavor; leave white or color pink. Take hold of strawberries by the stem, press back the leaves around it, and dip in fondant so as to completely cover the fruit. Allow surplus fondant to drain off, and deposit on wax paper. Grapes are dipped in the same way; the Malaga variety is the best for this purpose. These are delicious.

The addition of a tablespoonful of marshmallow cream (hippolite) to fondant cream, added when starting to work up the syrup into cream, lightens it considerably.

Quince Marmalade.

Perhaps not every one knows that the quince is the original of all marmalades. The Portuguese

STEWED CRANBERRIES

Stewed cranberries make a most delicious and appetizing, as well as refreshing dish, to be served at break-

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proof may be given that he did in fact make it; (*r*) but before such proof can be given, the circumstances of the supposed statement, sufficient to designate the particular occasion, must be mentioned to the witness, and he must be asked whether or not he did make such statement. (*s*) 19 Vic. c. 43, s. 160.

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be held to be relevant for the purposes of this section: see *Elton* v. *Larkins*, 5 C. & P. 385; *Daniels* v. *Conrad*, 4 Leigh. Vir. R. 401.

(*r*) Of course if the witness admit the previous statement, there will be no necessity to give other evidence of it. If he deny it, evidence to prove it may be given independently of this section. But if he say *he does not recollect*, and so neither distinctly admit nor deny, then under this section the previous statement may be proved by independent evidence. Before this act the right to do so was doubtful: see *Pain* v. *Beeston*, 1 Moo. & R. 20; *Crowley et al* v. *Page*, 7 C. & P. 789; *Long* v. *Hitchcock*, 9 C. & P. 619. In applying this section to practice it must be remembered that immediately after asking the witness whether he made any previous state or representation inconsistent with his present testimony, he should be asked whether he made the statement in writing or by parol: The Queen's Case, 2 B. & B. 292. If a witness in chief on the part of the plaintiff, being asked whether he remembers a quarrel taking place between A. and B. answer that he has heard of a quarrel between them, but does not know the cause of it, and such witness is not asked upon his cross-examination whether he has or has not made a declaration touching the cause of the quarrel, the counsel for the defendant cannot, in order to prove such witness's knowledge of the cause of the quarrel, afterwards examine a witness to prove that the other witness has made such a declaration to him touching the cause of such quarrel: *Ib.* 299. So if he answer that he does not remember it, and is not asked on his cross-examination whether he has or not made a declaration respecting such quarrel, the counsel for the defendant cannot, in order to prove that such witness must remember the quarrel, afterwards examine a witness to prove that the other witness has made such a declaration: *Ib.* If a witness in support of a prosecution has been examined in chief, and has not been asked on cross-examination as to any declaration made by him or acts done by him to procure persons corruptly to give evidence in support of the prosecution, it is not competent to the accused to examine witnesses in his defence to prove such declaration or acts without first calling back such witness in chief to be examined as to the fact whether he ever made such declaration or did such acts: *Ib.* 311. If a witness is called on the part of the plaintiff or prosecutor, and give evidence against the defendant or accused, and if after cross-examination the defendant's or accused's counsel discover that the witness so examined has corrupted or endeavoured to corrupt another person to give false testimony, in such case the counsel for the defendant or accused is not permitted to give evidence of such corrupt act of such witness, without calling him back: *Ib.* Where in an action against a company for work done, plaintiff proved by a witness that the directors had at a certain meeting employed him to do it, and the witness was afterwards asked in cross-examination whether the chairman had not told the plaintiff on that occasion that whatever he did must be at the risk of himself and others, and that the company could not pay him, which the witness denied, and defendant having called another witness to contradict him in that respect, it was held that plaintiff might give evidence in reply by way rebuttal: *Cope* v. *The Thames Haven Dock and Railway Co.* 12 Jur. 923.

(*s*) See note *n* to previous section.

CRANBERRY JELLY NO. 1

The recipe for cranberry jelly has become a more or less standard one. Recipe No. 1 is the simplest, producing a jelly, which although not a clear one is quite delicious when served with fowl or meat. It is made in a few minutes.

Cook four cupfuls cranberries and one cupful water over a hot fire about five minutes—or until the berries burst. With a wooden pestle or strong spoon press the pulp through a coarse sieve, add two cupfuls of sugar and stir until the sugar is dissolved, then pour into a mould. The sauce will not jelly if boiled after the sugar is added.

Cranberry sauce for use in ices, ice creams and numerous desserts, we make in the same way, using two cupfuls of water instead of one cupful. A dash of lemon juice is an improvement to the flavor of the mixture when it is to be used in desserts, etc. For ices of any kind, the sauce should be made very sweet—as it will lose some of its sweetness in the process of freezing.

This jelly may be diced or cut with fancy cutters to garnish the turkey platter. Dainty shapes may be made by moulding the jelly in egg-cups.

CLEAR CRANBERRY JELLY

Cook two quarts cranberries in enough water to cover them completely. When they are soft, strain and allow one cupful sugar to each cupful of juice. Boil quickly, stirring in the sugar. When it reaches jellying stage put immediately into hot sterilized glasses and seal.

CRANBERRY CHUTNEY

Three cups water, 1 cup mild vinegar, 4 cups sugar, 1½ cups raisins. Boil ten minutes. Add ¾ cupful sliced candied or preserved ginger, the juice of 1 lemon. Cook five minutes. Stir in 1 pound of cranberries and boil 10 minutes. Put in glass jars.

SPICED CRANBERRIES

Two quarts cranberries, 1½ cupfuls vinegar, 2-3 cupful water, 6 cupfuls sugar, 2 tablespoonfuls ground cinnamon, 1 tablespoonful ground cloves, 1 tablespoonful ground allspice.

Combine the ingredients, boil gently for forty-five minutes and put up as usual in jars or glasses.

CRANBERRY SALAD

Mash one large cream cheese and moisten it with one-quarter cupful rich milk or cream. Season to taste with salt and add one-quarter cupful nuts, broken into pieces about the size of a pea. Shape into a square and chill thoroughly. At serving time divide the cheese into six cubes and lay each cube in the centre of a bed of crisp white lettuce. Cut the desired amount of cranberry jelly into half-inch cubes and arrange the cubes around the cheese. Mix one cupful chopped celery in a cupful of mayonnaise dressing that has been diluted with whipped cream and pour this in a circle around the jelly cubes.

CRANBERRY ICE

Four cupfuls cranberries, 2 cupfuls water, 2 cupfuls sugar, juice of 2 lemons.

Cook cranberries with water until the berries stop popping; strain, add sugar, and cook until dissolved. Cool; stir in strained lemon juice and freeze to the consistency of water ice. This is delicious as a dessert, or with roast turkey, or any hot or cold meats.

For a more substantial dish add one cupful rich cream to the mixture before freezing and serve as a dessert.

CRANBERRY BAVARIAN CREAM

Soak 1¼ tablespoonfuls gelatin in one-quarter cupful cold water for five minutes. Stew one pint of cranberries with just enough water to prevent burning. When the berries are thoroughly cooked rub them through a sieve. Measure one cupful of the puree and add to it one cupful of sugar and the gelatin. Set the bowl containing this mixture in a pan of ice water and when the mixture is warm begin beating it with the egg beater. Continue beating until the puree is cold and has begun to thicken. Add one-half cupful rich cold milk and beat again. Lastly beat in one-half cupful cream that has been whipped. Beat all together thoroughly, turn into a mould rinsed with cold water and set near the ice to chill. Serve icy-cold with whipped cream to which a few chopped almonds and candied cherries have been added.

CRANBERRY CANDY

One and one-half cupfuls sugar, 2 tablespoonfuls white corn syrup, ½ cupful water, 1 egg-white, ½ cupful thick cranberry pulp or candied cranberries.

Cook the sugar, syrup and water to a firm-ball stage (246 deg. F.). Pour slowly over the well-beaten white, beating constantly. Beat until mixture is stiff, add cranberry pulp, mix lightly and drop by spoonfuls on waxed paper. Sprinkle with finely-chopped pistachio nuts.

Potato Cake.

1 cup mashed potatoes, 1 cup butter, 2 " Sugar: rub butter & sugar to cream ½ " cider-milk, 4 eggs, ½ cake chocolate 3 good cups flour, 2 teaspoons baking powder 1 teaspoon cinnamon, 1 " cloves ½ nutmeg, 1 cup walnut meats broken in pieces. Dissolve chocolate in ½ cup of hot water. Bake in slow oven

Mrs. A. J. P.

To Cover Fresh Strawberries and Grapes with Fondant

Take any quantity of fondant, heat it as for kisses, using butter or glycerine, add vanilla flavor; leave white or color pink. Take hold of strawberries by the stem, press back the leaves around it, and dip in fondant so as to completely cover the fruit. Allow surplus fondant to drain off, and deposit on wax paper. Grapes are dipped in the same way; the Malaga variety is the best for this purpose. These are delicious.

The addition of a tablespoonful of marshmallow cream (hippolite) to fondant cream, added when starting to work up the syrup into cream, lightens it considerably.

CRANBERRIES

Cranberries contain a large per cent of citric acid and iron, and the food elements contained in them take the place, in part, of the vegetables and fruits which are available in summer months. They may be served in many appetizing ways as a winter fruit, and being more wholesome than almost any other tart sauce, they should be utilized to the largest extent while they are on the market. They are at times plentiful and cheap, and after all that are relished have been used fresh, and put up as jelly, and canned or dried for making pies, and as syrup for making drinks, it is well to know that they can be preserved raw.

To preserve cranberries raw, pick them over carefully, taking out all the soft ones. Put the firm berries into bottles or glass jars, cover with pure cold water, cork, and place in a cool dry place. They will keep for months, but should be examined occasionally, and replenished with water, if it is needed. Medium-sized berries are generally more solid, and keep better than the especially large ones.

The receipts given herewith are arranged in accordance with the formulas given in reliable cook books. We are indebted to: Fruit Recipes, by Riley M. Fletcher-Berry; Science in the Kitchen, by Ella Heaton Kellogg; Mrs. Norton's Cook Book, by Jeanette Young Norton; Mrs. Wilson's Cook Book, by Mary A. Wilson; Mrs. Rorer's New Cook Book, by Sarah Tyson Rorer; and Successful Farming, a magazine published at Des Moines, Iowa.

Cranberry drink—Put one quart of cranberries into an earthenware dish, mash them thoroughly, and pour over them one quart of boiling water. Allow the mixture to stand until cold, then pour off the liquid, sweeten to taste, and set on ice, if you wish to serve it very cold.

Cranberry sauce for pudding—Stir two cups of sugar into one quart of boiling water. When sugar is dissolved, add one quart of cranberries. As soon as berries begin to cook, mash them, and let them boil seven minutes. Strain immediately through a colander, let cool, and serve. A little cornstarch may be mixed with water and stirred into the hot sauce, if thickening is desired.

Cranberry shortcake—To one quart of cranberries, add one and one half cups of cold water; simmer slowly about one hour. When the skins of berries are tender and transparent, indicating that they are done, remove from fire, and sweeten with plenty of sugar. Make the shortcake from your favorite receipt, cover with the cranberry sauce, and top with meringue.

Cranberry tart—Stew cranberries, using about two thirds as much sugar as fruit. Line tart shells with rich pastry and bake until light brown; fill with the cranberry sauce, top with lattice of thinly rolled strips of pastry, and finish baking. A well sweetened meringue may be used in place of the pastry on top. Raisins may be combined with the cranberries in making the filling.

Cranberry syrup—A syrup which may be bottled and kept for making cordials, shrubs, ices, fruit whips, sponge, snow, or frozen custard, is made by boiling equal parts of sugar and water together and dropping into it whole, uncooked cranberries, allowing them to simmer until clear and tender.

Cranberry compote—Make a heavy syrup of equal measures of sugar and water. Have ready, a quart of firm cranberries that have been run through with a coarse needle; add berries to the syrup while it is boiling. Cook berries in the syrup until it is very thick. Serve cold.

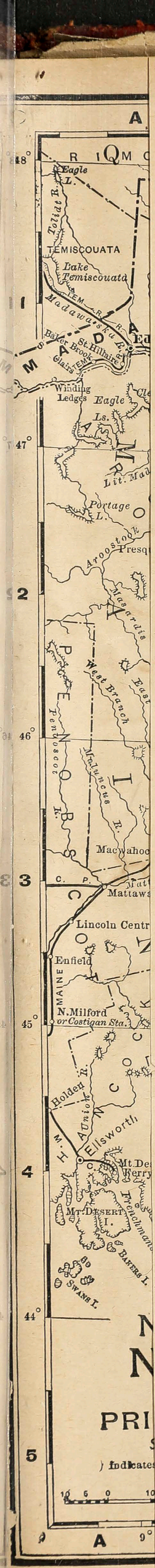
Cranberry freeze—To one quart of cranberries add one and one half cups of cold water, and simmer slowly one hour, or until berries are tender, then strain. Make a syrup of one pint each of sugar and water, and add to it three cups of the strained cranberry pulp; cool, and partially freeze, then mix in one pint of cream (whipped or plain), and complete the freezing.

Cranberry salad—One pint of cranberries, one cup of sugar, one cup each of chopped nuts, celery, and apple, most of the juice of a lemon and half an orange, yolk of one egg, three fourths cup of olive oil, pinch of salt and red pepper. Put cranberries in covered granite sauce pan, with just enough water to keep from burning; cover and stew until tender; add the sugar and let cool. Lightly mix cranberries, nut meats, celery, apple, orange juice and half the lemon juice, and set in cold place. Make a mayonnaise dressing of the egg yolk and olive oil, which have been on ice. Beat the egg yolk, adding salt and pepper; then drop in the oil, slowly, beating continuously, until the mixture is quite thick, then add a little of the lemon juice, drop by drop, alternating with the oil, until ingredients have been used, and stopping while the dressing is quite thick. Set on ice, and when ready to serve, stir in a little whipped cream, then fold into the salad.

Spiced cranberry jelly—Two quarts cranberries, two cups boiling water, three cups sugar, two pieces stick cinnamon, one fourth cup whole cloves, one eighth teaspoon salt. Pick over and wash the cranberries; add the boiling water, cinnamon, cloves, and salt, and cook slowly until the berries are soft. Put through a sieve and add the sugar. Cook until the mixture is very thick and of a jellylike consistency. Pour into a moistened mold and set in a cold place. When firm and cold, unmold. This jelly will keep for days.

Cranberry dessert—Three cups cranberries, two cups sugar, two teaspoons vanilla, one teaspoon lemon extract, one quart whipped cream. Wash the cranberries and chop fine. Add the sugar and let stand over night or for eight hours. Add the rest of the ingredients and pile lightly in serving dishes. This receipt will make ten portions.

Cranberry raisin pie—Chop together until quite fine one pint of cranberries, one cup of seeded raisins, and two apples; add two cups of sugar. Line a pie tin with pastry and sprinkle with flour. Place the fruit in this, cover with top crust, and bake in a moderate oven.



Chocolate Cake:— 3 Layers.

4 tablespoons grated Chocolate
(unsweetened)
3 " sugar
2 " boiling water
& flavor with vanilla
and set on stove to melt

1½ cups sugar (1 is plenty)
½ " butter
4 eggs
2 cups flour or more
1 " milk
3 teaspoons B. powder
Cream butter and
sugar. Add melted
chocolate.

9. T. S.

Baked Fish with Tomato Sauce:-

Cut fish in pieces & cover
with tomato sauce. Bake
often with the sauce and bake
15 or 20 minutes. When cook-
ed put 2 or 3 slices of onion
& remove when cooked.

Parsley Sauce:—
Cream 2 tablespoons butter,
tablespoon lemon juice, 1 table-
spoon minced parsley. Spread over
fish and serve.

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CRANBERRIES

Cranberries contain a large per cent of citric acid and iron, and the food elements contained in them take the place, in part, of the vegetables and fruits which are available in summer months. They may be served in many appetizing ways as a winter fruit, and being more wholesome than almost any other tart sauce, they should be utilized to the largest extent while they are on the market. They are at times plentiful and cheap, and after all that are relished have been used fresh, and put up as jelly, and canned or dried for making pies, and as syrup for making drinks, it is well to know that they can be preserved raw.

To preserve cranberries raw, pick them over carefully, taking out all the soft ones. Put the firm berries into bottles or glass jars, cover with pure cold water, cork, and place in a cool dry place. They will keep for months, but should be examined occasionally, and replenished with water, if it is needed. Medium-sized berries are generally more solid, and keep better than the especially large ones.

The receipts given herewith are arranged in accordance with the formulas given in reliable cook books. We are indebted to: Fruit Recipes, by Riley M. Fletcher-Berry; Science in the Kitchen, by Ella Heaton Kellogg; Mrs. Norton's Cook Book, by Jeanette Young Norton; Mrs. Wilson's Cook Book, by Mary A. Wilson; Mrs. Rorer's New Cook Book, by Sarah Tyson Rorer; and Successful Farming, a magazine published at Des Moines, Iowa.

Cranberry drink—Put one quart of cranberries into an earthenware dish, mash them thoroughly, and pour over them one quart of boiling water. Allow the mixture to stand until cold, then pour off the liquid, sweeten to taste, and set on ice, if you wish to serve it very cold.

Cranberry sauce for pudding—Stir two cups of sugar into one quart of boiling water. When sugar is dissolved, add one quart of cranberries. As soon as berries begin to cook, mash them, and let them boil seven minutes. Strain immediately through a colander, let cool, and serve. A little cornstarch may be mixed with water and stirred into the hot sauce, if thickening is desired.

Cranberry shortcake—To one quart of cranberries, add one and one half cups of cold water; simmer slowly about one hour. When the skins of berries are tender and transparent, indicating that they are done, remove from fire, and sweeten with plenty of sugar. Make the shortcake from your favorite receipt, cover with the cranberry sauce, and top with meringue.

Cranberry tart—Stew cranberries, using about two thirds as much sugar as fruit. Line tart shells with rich pastry and bake until light brown; fill with the cranberry sauce, top with lattice of thinly rolled strips of pastry, and finish baking. A well sweetened meringue may be used in place of the pastry on top. Raisins may be combined with the cranberries in making the filling.

Cranberry syrup—A syrup which may be bottled and kept for making cordials, shrubs, ices, fruit whips, sponge, snow, or frozen custard, is made by boiling equal parts of sugar and water together and dropping into it whole, uncooked cranberries, allowing them to simmer until clear and tender.

Cranberry compote—Make a heavy syrup of equal measures of sugar and water. Have ready, a quart of firm cranberries that have been run through with a coarse needle; add berries to the syrup while it is boiling. Cook berries in the syrup until it is very thick. Serve cold.

Cranberry freeze—To one quart of cranberries add one and one half cups of cold water, and simmer slowly one hour, or until berries are tender, then strain. Make a syrup of one pint each of sugar and water, and add to it three cups of the strained cranberry pulp; cool, and partially freeze, then mix in one pint of cream (whipped or plain), and complete the freezing.

Cranberry salad—One pint of cranberries, one cup of sugar, one cup each of chopped nuts, celery, and apple, most of the juice of a lemon and half an orange, yolk of one egg, three fourths cup of olive oil, pinch of salt and red pepper. Put cranberries in covered granite sauce pan, with just enough water to keep from burning; cover and stew until tender; add the sugar and let cool. Lightly mix cranberries, nut meats, celery, apple, orange juice and half the lemon juice, and set in cold place. Make a mayonnaise dressing of the egg yolk and olive oil, which have been on ice. Beat the egg yolk, adding salt and pepper; then drop in the oil, slowly, beating continuously, until the mixture is quite thick, then add a little of the lemon juice, drop by drop, alternating with the oil, until ingredients have been used, and stopping while the dressing is quite thick. Set on ice, and when ready to serve, stir in a little whipped cream, then fold into the salad.

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MAP OF NEW BRUNSWICK NOVA SCOTIA AND PRINCE EDWARD ISLAND.

Size of type indicates importance of places.

) indicates **PROVINCE CAPITAL.** ⊙ indicates **County Seat**

SCALE OF STATUTE MILES.

10 5 0 10 20 30 40 50 60 70 80 90 100

37 MILES TO THE INCH.

Longitude West from Greenwich

Longitude East from Washington

MAP OF NEWFOUNDLAND

SCALE OF STATUTE MILES 0 10 20 30 40 60 70 80 90 100

120 MILES TO THE INCH.

Copyright 1901 by The Matthews-Northrup Co., Complete Engraving & Printing Works, Buffalo and New Y

Baked Fish Stuffed :—

1 cup crumbs
½ teaspoon salt
¼ " pepper
1 " parsley
2 tablespoons melted butter
1 teaspoon capers or chopped pickles
½ teaspoon onion juice

Rub fish over with lemon juice 2 tablespoons melted butter put dressing in fish and Sew up.

Hollandaise Sauce for the above :—

½ cup butter creamed
add from 2 to 4 yolks eggs
1 tablespoon lemon juice
¼ teaspoon pepper
½ " mustard
½ " salt
1 pinch curry
½ cup boiling water and stir until it thickens.

In naming the different species of grapes the heraldry of the world, the paradises that have been, and the heavens that are have been ransacked for names. In fact, the source of paradise, Persia, was famed for "Casbin's luscious grapes of amber hue," the fairest grape of all, the royal grape, "gold color, transparent, and as big as a small olive." They made the strongest and most luscious wine in the world, but the story of how is a marvel of plant growing. And

From golden goblets there
The guests sat quaffing the delicious juice
Of Shiraz's golden grape.

Any encyclopedia will tell you about Shiraz, and perhaps about the grapes of the Khullar vineyards.

The names of grapes have often had the most entrancing or romantic qualities, while those who know their Concord history or Santee river lore get a bit of patriotic thrill from grapes with these names. And then there is the Scuppernong. The celebrated Riesling of the Rhine, the Malaga of Spain and Portugal, the royal products of Burgundy, the flame Tokay, the Black Prince—can we not get a thrill from just conning such names? And does not even the mention of fox grapes mean something that also enwreathes us in a pleasant sense?

✱Gallagher C. E.....G. S. H 3½
Giberson Alfred.....Carding Mill. K 3
‖Giberson C. E.....Grist Mill. L 4
✱Green C. J.....G. S. M 4
▬Kinney Albert.....Harness. M 4
SMcCready John.....Blacksmith. M 4
✱Phillips E. D. R.....G. S. G 3½
●Shaw Joseph L..Tanner & Shoemkr. L 4
✱Shaw & Kyle.....G. S. J 3½
SSquires Robert.....Blacksmith. L 4
⊏Tracy J. R.....Hotel. J 3

BATHURST, Gloucester Co.—1 D
On I. C. R.—Tel., G. N. W.—Ex., Can.—△—Pop. 1,200

┐Adams, Burns & Co.....Saw Mill. B+ 1
Archibald J. J.....Restaurant. M 4
Armstrong Robert.....Fish. G 3
✱Bishop Samuel.....G. S. G 3
■Boss Chas.....Stoves & Tins. M
●Canty Thomas.....Shoemkr. M 4
▲Carter Mrs. Albert T.....Millinery. 4
SComeau Dennis.....Blacksmith. M 4
TCullen Miss Annie.....Confec. M 4
TDempsey Thomas.....Confec. M 4
TDes Brisay A. N.....Gro. G 3
SEddy Geo. S.....Carriagen..r. M 4
SElhatton Peter.....Carriages. K 3½
Ellis Mrs. John.....Res't & Barber. K 3½
Ferguson James.....Fish.
⊏Foley P. P.....Hotel. L 4
⊏Gallant Amos.....Hotel. K 3½
Gatin F. J.....Fish. G 3
✱Hachey J. J. S.....G. S. J 3½
✱Henderson Joseph.....G. S. M 4
△Hickson Mrs. A. C.....D. G.
◆Hickson Robert R.....Jeweler. M 4
SHinton A. T.....Blacksmith. K 3½
✚Jacobson Henry.....Tailor. L 4
◆Jacobson Robert A.....Jeweler. M 4
═Johnson W. R.....Books & Stat'y. G 3
▲Johnson Mrs. W. R.....Milliner.
TKearney Mrs. Thos.....Confec. L 4
TKent Hugh M.....Gro. L 4
✱Kent Wm. J. & Co.....G. S. G 3
▬Lavallee J. A.....Harness. M 4
Lewis Robert.....Peddler. K 3½
✚McKenna Bros.....Tailors. J 3½
■McKenzie & Boss.....Agt Implts. M
✚McKinley J. S. G.....Clothing. M 4
✱McLean Angus.....G. S. H 3
✱McManus F. J.....G. S. & Lumber. G 3
▲Meahan Miss Helen.....D. G. & Gro. L 4
TMeahan Miss M. A.....Gro. & Fruit. M 4
Melanson Joseph J. L.....Trader. H 3
✱Melanson S. J.....G. S. L 4
✱Melanson Samuel.....G. S. H 3
Miller John.....Fish Dealer.
Miller S. T.....Fish. M 4
⊏Power Michael.....Hotel. M
⊏Robertson Geo.....Hotel. H 3
▬Robertson Wm.....Harness. M 4
✱Roy J. C.....G. S. M
■Roy Joseph J.....Tinsmith. L 4
SSalter Thomas.....Blacksmith. M
✱Sinclair Miss Libbie.....G. S. K 3½
ZSmith A. Chipman & Co.....Drugs. (See St. John.)
✱Southwood R. D..G. S. & Millinery. M 4
‖Stacey O. F. & Co.....Mill. G 3
SStewart E. J.....Blacksmith.
┐Sumner & Co.....Saw Mill. (See Moncton.)
═Veinot Peter J.....Publisher. M
⊏White Henry.....Liquors. H 3
⊏White Jacob.....Liq. & Flour. F 3
⊏Wilbur Percy.....Hotel. L 4
SWilliamson Samuel..Livery & G. S. H 3

BAY DU VIN, Northumberland Co.—1 D
×, Tel., G. N. W.—Ex., △ Chatham

┐Rainsboro Charles.....Lumber. (See Tracadie)
Williston A. & Co.....Lobster Packers. M
✱Williston Bernard.....G. S.
Williston J. & T.....Fish, &c. M
✱Williston Phineas.....G. S. L 4

BAYFIELD, Westmoreland Co.—2 F
×, Tel., Ex., Cape Tormentine, 3 M.—△ Sackville, 36 M.—Pop. 100

SAllen E. T.....Blacksmith. L 4
ZGooden Dr. F.....Drugs. K 3½
✱Harper C. & Co.....G. S. 4
LMcGlashing R. L.....Planing Mill. M 4
SRayworth & Allen.....Carriages. K 3½

BAY SIDE, Charlotte Co.
×, Tel., Ex., △ St. Andrews, 7 M.—Pop. 150

Brown Edwin.....Lobsters. J 3½
✱Richardson Joseph.....G. S. L 4

BAY VERTE, Westmoreland Co.—2 E
On N. B. & P. E. I. R.—Tel., W. U.—Ex., Dom.—△ Sackville, 18 M.—Pop. 400

ZBlack Charles A.....Physician. G 3
Brownell Edwin.....Trader. J 3½
●Casey D. & Sons.....Tanners. M 4

✱Copp A. A.
‖Copp A. F.
‖Copp G. C.
✱Gooden E.
✱Prescott Jo
✱Prescott R
⊏Tucker J. W
┐Wood R. D

BEAC
✱Wright C.

BE
×, Tel., Ex.,

✱Guion Mrs
✱Hagerman
✱Ingraham

BEAVER
×, Tel., Ex
J
✱Cross E. W.....
Holmes Lewis.....Sardine Packer. M
✱McKay & Eldridge.....G. S. K 3½
✱Paul John F.....G. S. & Fish. K 3½

BECKAGUIMEC, Carleton Co.—2 B
(See Hartland.)

BEECHWOOD, Carleton Co.
On C. P. R.—Ex., Tel., Bath, 4. M.—△ Woodstock, 34 M.

┐Dyer G. A.....Saw Mill. M
✱Giberson Miss M. E.....G. S. M 4
✱Kearny Mrs. E. E.....G. S. M 4
✱McNally Frank E.....G. S. G 3

BELLEDUNE, Gloucester Co.—1 D
On I. C. R.—Tel., G. N. W.—Ex., Can.—△ Bathurst, 20 M.—Pop. 150

✱Chalmers James.....G. S. L 4
┐Culligan John.....Lumber & G. S. (See Jacquet River.)
TCurry John.....Gro. J 3½
⊏Daley James.....Liquors. L 4
✱Levasseur Michael.....G. S. M 4
┐Poirier & Gosseline..Lumber & G. S. K 3½
✱Poirier Michael.....G. S. M

BELLEISLE, King's Co.
×, Tel., Ex., Hampton, 5 M.—△ St. John. 25 M.

✱Keirstead M. T.....G. S. M 4

BELLEISLE CORNER, King's Co.—3 D
(See Springfield.)

BELLEISLE CREEK, King's Co.—3 D
(See also Springfield.)

×, Belleisle on Central R. R., Tel., Ex., Norton, 8 M.—Sussex, 15 M.—Pop. 200
✱DeLong W. B.....G. S. L 4
✱McAllister Walter.....G. S. J 3½
✱Scovil G. G.....G. S. K 3½

BELLEISLE POINT, King's Co.—3 D
(See Hatfield's Point.)

BELLIVEAU VILLAGE, Westmoreland Co.—2 E
(See Dorchester.)

BELYEA'S COVE, Queens Co.
×, Telephone Cody's, 15 M.—Ex., △ Sussex or St. John.—Pop. 100
✱DeLong John H.....G. S.

BEN LOMOND, St. John Co.
×, Tel., Ex., △ St. John, 11 M.

⊏Barker S. H.....Hotel. M
┐Moore Robert.....Saw Mill.

BENTON, Carleton Co.—3 B
On C. P. R.—Tel., W. U.—Ex., Dom.—△ Woodstock.—Pop. 100

●Arscott S. & Co.....Tanners. C+ 1
✱Murray Geo. & Co.....G. S. E 2
▲Sharpe Mrs. W. J. (Margaret)..Milliner. M 4
✱Speer J. L.....G. S. M 4
▲Speer Mrs. Wm.....Milliner. M 4

BENTON, York Co.—3 B
(See Benton, Carleton Co.)

BERRY'S MILLS, Westmoreland Co.—2 E
On I. C. R.—Tel., G. N. W.—Ex., Can.—△ Moncton, 8 M.—Pop. 100

‖Johnson J. A.....Mill. M
✱Keith C. B.....G. S. M 4
✱Keith W. W.....G. S. & Lumber. K 3½

BERTRAND, Gloucester Co
On Carraquet R. R.—Tel., Ex., △ Bathurst 48 M.—Pop. 150

✱Legere A. R.....G. S. M 4

BERWICK, King's Co.—3 D
(See Millstream.)

BLACK BROOK or LOGGIEVILLE, Northumberland Co.—2 D
×, Tel., Ex., △ Chatham, 5 M.—Pop. 300

✱Fraser A. J.....G. S. M 4

×, Tel., Ex., △ St. John, 15 M.
┐McLeod J. & R.....Lumber & Mill. 4

BLACK'S HARBOR, Charlotte Co.
×, Pennfield, 8 M.—Tel., Ex., St. George, 10 M.—△ St. Andrews, 32 M.—Pop. 100

✱Connors Bros.....G. S. H 3
Wallace W. E.....Fish. L 4

BLACKVILLE, Northumberland Co.—2 D
On Canada Eastern R.—Tel., W. U.—Ex., Can.—△ Newcastle, 24 M.—Pop. 450

✱Bean James.....G. S. K 3½
✱Donalds Mrs. Martha.....G. S.
‖Foley James.....Shoemkr. M 4
┐Gibson Alex. & Sons (Limited)..Lbr. (See Marysville.)
●Harris J. L.....Boots & Shoes. M 4
✱Kehoe Patrick.....G. S. H 3
✱Layton Jacob.....G. S. H 3
SLebben P. G.....Blacksmith. M 4
⊏McConnell Mrs. John.....Hotel. M
┐McDonald Finlay.....Lumber. M 4
✱McLaggan, Grindley & Co.....G. S. H 3½
✱Morehouse Herbert.....G. S. M 4
SSims James.....Blacksmith. M
✱Swim H. & F. D.....G. S. (See Doaktown.)
┐Underhill B. N. T.....Lumber. M
✱Underhill Wm. T.....G. S. K 3½

BLISSVILLE, Sunbury Co.
┐Smith P. J. & R. B.....Saw Mill.

BLOOMFIELD, Carleton Co.—2 B
×, Tel., Ex., △ Woodstock, 15 M.—Pop. 200

✱Simmons Cyrus.....G. S. K 3½
✱Stokoe G. H.....G. S. K 3½

BLOOMFIELD, King's Co.—3 D
On I. C. R.—Tel., W. U. Ex., Can.—△ St. John, 27 M.—Pop. 100

SHouston Jas.....Blacksmith. L 4
✱Titus J. E. Son.....G. S. H 3
✱Williams B. C.....G. S. M 4

BLOOMFIELD, York Co.
✱Bloomfield Grange.....G. S.

BOCABEC, Charlotte Co.
×, Tel., Ex., △ St. Andrews
✱Brayley James, Agent.....G. S. M

BOIESTOWN, Northumberland Co.—2 C
On Canada Eastern R.—Tel., W. U.—Ex., Can.—△ Fredericton or Newcastle—Pop. 250

✱Campbell W. A.....G. S. M 4
●Chittick James.....Boots & Shoes. M 4
SDuffy Bros.....B'smith & Hotel. K 3½
┐Fairley James S.....Lumber.
ZIrvine Dr. W. H.....Drugs.
McAleer John.....Peddler. M 4
✱McCloskey W. R.....G. S. H 3
✱McKay Donald.....G. S. M 4
✱Norrad E. W.....G. S.
⊏Prescott T. H.....Saloon. M
✱Richards Wm.....G. S. & Lumber. F 3
✱Saunders Peardon.....G. S. K 3½
✱Thibodeau Benj.....G. S. J 3½
✱Wilson Miss G. A.....G. S. K 3½

BON ACCORD, Victoria Co.
×, Kilburns Landing—Tel., Ex., Perth—△ Woodstock

✱Adam J. B.....G. S. H 3

BONNY RIVER, Charlotte Co.—3 C
On Shore Line, R.—Tel., Ex., St. George—△ St. Andrews

✱Sullivan Mrs. T. A.....G. S. & Hotel. M
✱Williamson Geo. M.....G. S. K 3½

BOTSFORD, Westmoreland Co.—2 E
×, Tel., Ex., Port Elgin, 10 M.—△ Sackville—Pop. 200

Amos James & Co.....Lobsters. K 3½
┐Chapman James.....Saw Mill.

fish and Rose.

If you will take stock of your larder as you read, it may surprise you to find that you have on hand practically all of the foodstuffs used daily by Turkish and Armenian housewives. The following is a partial list of foods found in any Oriental market basket: neck or shoulder of lamb or a fowl; rice or cracked wheat; tomatoes, eggplant; leek and onions; chicken stock; cabbage; lettuce; cucumbers; paprika; thyme; olive-oil or meat fat; green peppers; fresh fruits such as grapes, apricots, prunes and oranges.

This does not present a formidable list from which to develop a typical and succulent menu or series of menus calculated to tempt the eye and palate of your most pampered epicure as well as your wariest "standpatter" in things culinary.

The two foodstuffs most commonly used by the family cooks of these Near-Eastern nations are lamb or shish, and rice or pilaff. Around these as a foundation their menus are built. Here are two typical menus costing far less than the all-American steak dinner:

Dinner.

Turkish Soup. Black Olives.
Patl-jan-Shish-Kebab.
(Casserole of Lamb, Eggplant and Leeks).
Pilaff.
Glazed Apricots.

Luncheon.

Dolma or Sarma.
(Casserole of Stuffed Vegetables.)
Orange Blanc Mange.

The Turkish soup included in the dinner menu is simply a carefully prepared lamb or chicken broth seasoned with just a dash of thyme and allspice. This flavor is often varied by blending with six cupfuls of hot broth a slightly beaten egg to which the juice of a small lemon has been added.

For Patl-jan-Sish-Kebab, purchase two and one-half pounds of boned, lean, stewing lamb, saving the bones for the stock. Put the bones and scraps in a kettle with water to cover and simmer for stock for the pilaff. Cut the boned lamb into inch chunks, thread three or four on each skewer (woolen skewers may be procured from the butcher) and dredge with flour, salt and pepper. To a hot skillet, add a shaving of garlic, a few slices of onion and four tablespoonfuls of olive or vegetable oil. Then add the skewers or kebabs of lamb and brown thoroughly. Place two or three of these in the bottom of a large, deep casserole. Add to these two whole leeks. Seed two green peppers and chop finely with one small ofion. Peel one medium sized eggplant and cut into chunks. Sprinkle some of the green pepper mixture over the leeks and add several chunks of the eggplant.

There will seem to be too much eggplant or patl-jan as you pack the casserole, but remember that it shrinks to about one-fourth its original bulk as it cooks. Season generously with salt and pepper. Pour over the layer two or three tablespoonfuls of strained tomato juice and one or two teaspoonfuls of oil. Repeat the process until the lamb, egg-plant and other vegetables are used up, using one cupful of strained tomato juice, four tablespoonfuls of oil and six leeks in all. Cover closely and bake in a moderate oven of 400 degrees F. about three-quarters of an hour. Then reduce the heat and cook in a slow oven of 300 degrees F. from one and one-half to two hours. Then uncover and brown slowly for one-half hour. This dish may be cooked and reheated at serving time, losing nothing of its flavor. Jointed chicken or folw may be substituted for kebabs in this recipe. Serves eight.

For pilaff, wash one cupful of rice and dry on a clean cloth. Melt one tablespoonful of butter, olive or vegetable oil in a hot skillet and add a shaving of onion. Then add the rice and stir evenly and gently with a fork until each kernel seems to be well-coated with fat. Then add one teaspoonful of salt and one-fourth teaspoonful of paprika and three cupfuls of the lamb broth, boiling hot. Do not stir unless absolutely necessary from this point on. When the rice begins to swell, add one cupful of strained tomato juice and one and one-half cupfuls of the lamb broth and turn the heat very low. Cover and cook not more than one-half hour. If the rice seems to be getting sticky, add one-half cupful of lamb broth but do not stir. Pilaff is very delicate when made with chicken stock, instead of lamb, in which case chicken fat is used for the frying instead of butter, olive or vegetable oil. This dish is delicious reheated the second day with any left-over patl-jan-shish-kebab. Finely cracked wheat or ajem is often used instead of rice in this recipe. It serves eight.

Dolma which is included in the luncheon menu means simply stuffed vegetable of any kind. The recipe which we give here is for a casserole of stuffed tomatoes, peppers and cucumbers. Wash and hollow out four green peppers and four tomatoes. Halve and scoop out two firm cucumbers, then pare them. Stuff with the following forcemeat: Combine

c. K 3½
s. M 4
r. K 3½
S. J 3½
s. M
n. M 4
l. H 3
s. M 4
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M.—△
S. H 3
s. K 3½
r. H 3½
r. L 4
—3 D
k, R.—
Monc-
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s. G 3½
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. M
. K 3½
. L 4
. M 4
. M 4
. L 4
. K 3½
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-2 E
, 5 M.
3
R.—△
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L 4
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—Pop. 1,500

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l. M 4
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s. K 3½

Adams A. A Hotel & Shingle Mill.
Adams & Firth.....G. S. H 3
Alexander A. E.... G. S. & Lumber. E 3½
Alexander H. S.....G. S.
Anderson Auton.....G. S. L 4
Asker G. E.....Tinsmith. J 3½
Bernier J. W.....Whol. Liquors. M
Brown T. W.....Publisher. M 4
Bruce & Henderson.....Tailors. L 4
Caldwell Henry.....Blacksmith. M 4
Cantin Leon.....Jeweler. M 4
Carter Thomas.....Confec. M 4
Christopher J. B..Planing Mill, &c. H 3½
Connacher & McKendrick.....G. S. J 3½
Cool Miss Emma.....Millinery. M 4
Crawford S. W. & Co.....Tinware. M 4
Crowley Miss A.....Milliner. L 4
Delaney Mrs.....Milliner. M 4
Desmond Mrs. Daniel.....Hotel H 3
Dickie W.....Harness L 4
Diote Alex.....G. S. J 3½
Doherty W. W.....Saw Mill. H 3
Duncan & McLellan....Machinists. M
Glover Miss Sarah.....G. S. J 3½
Glover Wm.....G. S. G 3
Graham David F.....Carriages. M 4
Gray Chas.....Barber & Poolroom. M
Gray W. P.....Shingle Mill.
Hall & Fraser.....Tailors.
Henderson John.....G. S. J 3½
Jardine Mrs. J. F. (Sarah)... Hotel.
Kelly J. E.....Blacksmith. L 4
Kelso & Co.....Clothing.
Lacasse J. Alphonse.....G. S. J 3½
Lacasse Mrs. Rosa.....Hotel. L 4
Le Blanc Belonay...Boots & Shoes. L 4
Levesque Edward.....Watchmkr. L 4
McDonald A. McG.....Drugs. J 3½
McIntyre Henry.....Hotel. G 3
McKenzie Angus.....G. S. L 4
McKenzie & Flett.....G. S. H 3½
McKenzie Johnston.....Flour. J 3½
McLean Peter.....G. S. K 3½
McRae D. R.....Boots & Shoes. M 4
McRae William.....Shoemkr. K 3½
Maltby H. B.....Undertaker.
Metzler W. McD.....Painter. M 4
Miller Hugh.....Gro. H 3
Miller J. E.....Butcher. L 4
Miller W. H.....Shingle Mill. L 4
Moores Jas. H.....G. S. F 3
Mowatt Miss A. B....Millinery, &c. M 4
Mowatt John P.....Lbr., G. S., &c. F 3
Mowatt & Nelson.....Gro.
Murray J. D.....Gro. L 4
Murray R. H.....Hotel. M
O'Keefe Daniel.....Tavern. G 3
O'Leary Patrick.....Liquors. K 3½
Parker Richard.....Gro. L 4
Plamondon Alfred..Barber & Store. M 4
Richards David.....Shingle Mill. K 3½
Russell Mrs. Francis.....D. G.
St. Onge Robert.....Liquors. L 4
Sharp J. R.....Restaurant. L 4
Shives Kilgour.....Saw Mill. F 3
Sproul Wm., jr.....Gro. K 3½
Stewart Wm. T.....Livery. L 4
Sullivan Edward.. Agt. Ag'l Implts. L 4
Taylor J. H.....Agent Ag'l Implts. K 3½
Thibault Jeremiah.....Hotel. L 4
Thompson Mrs. A. K.....Millinery. M 4
Vantour J. T.....Butcher. M 4
Vermette George.....Baker. K 3½
Wran T. & Co.....Drugs. K 3½
Wright Ira.....Butcher.

CAMPO BELLO, Charlotte Co.—4 C

Ferry from Eastport, Me., 1 M.—Tel. W. U. —△ Eastport, Me.—Pop. 1,200

Babcock H. Guilford.....G. S. L 4
Batson C. H. (Welchpool).....Fish. M
Brown Alva.....G. S. L 4
Calder J. A.....Trader. K 3½
Jackson Howard.....Gro. H 3
Kelly Miss Lizzie.....G. S. L 4
Ludlow W. E.....Gro. M 4
Parker J. Lincoln.....G. S. K 3½
(See Eastport, Me.)
Savage Ethelbert.....Fisherman. M 4
Sherlock J. A.....Hotel. 3

CANAAN STATION, Kent Co.—2 D

On I. C. R.—Tel., G. N. W.—Ex., Can.— △ Moncton, 19 M.—Pop. 50

Bernard Israel.....Gro. L 4
Cormier C. D.....G. S. K 3½
DeVarennes Joseph.....G. S. M 4
Gotro James.....G. S. M 4
Sawyer Peter.....Blacksmith. M 4

CANTERBURY, York Co

(See Meductic.)

CANTERBURY STATION, York Co.—3 B

On C. P. R.—Tel., W. U.—Ex., Dom.— △ Woodstock, 12 M.—Pop. 400

Adams Peter.....Harness. M
Bennett Alexander.....G. S. L 4
Carr J. H. & Sons..Saw Mill & G. S. G 3
Cummings Mrs. E. K.....G. S. M 4
Donovan John.....G. S. H 3
Donovan Patrick.....G. S. M 4
Fleming Peter.....G. S. & Hotel. K 3½
Fox A. J.....G. S. M 4
Grant H. N.....G. S. M
Gould J. A.....G. S. K 4
Hillman George M.....Blacksmith. L 4
Jamieson Andrew.....Lumberman.
Law J. S.....G. S. K 3½
London Miss Maggie.....G. S. H 3
Merithew John B. & Co.....Lumber. J 3½
Price Geo W.....Blacksmith. L 4
Scott R. H.....Boots & Shoes. L 4
Smith J. & Sons.....Saw Mill. H 3

CAPE BALD, Westmoreland Co.—2 E

X, Tel., Ex., △ Shediac— Pop. 300

Bourgeois A. J.....G. S. L 4
Bourque P. E.....G. S. M
Dugay Mrs. J.....Millinery. L 4
Friel James.....G. S. L 4
Le Blanc B. P.....Shoemkr. M 4
Le Blanc N. S.....G. S. M 4
Le Blanc P. P.....G. S. M

CAPE SPEAR, Westmoreland Co.

X, Tel., Ex., Cape Tormentine, 5 M.— △ Sackville, 31 M.—Pop. 115

Allan G. D.....Carriagemkr. M 4

CAPE TORMENTINE, Westmoreland Co.—2 F

On N. B. & P. E. I. R. R.—Tel., W. U.— Ex., Dom.—△ Sackville, 30 M.—Pop. 100

Allen Mrs. Phœbe J.....Liquors. M
Farquharson Mrs. Wm...Millinery. M 4
Portland Packing Co...Canned Gds.
(See Portland, Me.)

Pickles

CAR NEW

With a supply of cabbage, green pepper and tomato, either green or ripe, the housewife can put up endless kinds of pickles, catsup or chili sauce. What she needs first is good vinegar, which means genuine malt or cider vinegar, and not the coarse and harsh vinegar of chemical origin. Next she needs new and fresh spices of the best grade, and should accept none that seems old, shelf-worn or musty, because a bit of poor spice will spoil the best product. Good salt (and even salt varies in quality) is also essential to give the proper brine and "pep" to pickles.

Never use any vessel or utensil made of metal either in preparing the pickles or to store them in. Use an unglazed crock to pack them in. and the best white enamel ware for their cooking. Use regular glass jars for more convenient and usable quantities, especially if your storage space is small. Never use alum or similar chemical if you wish your pickles to be wholesome. After putting up,

enough to make the mixture hold its shape. Stuff the green peppers, tomatoes and cucumbers firmly. Place in a deep caserole. Add one cupful of tomato juice and one cupful of water or lamb stock. Cover closely and bake in a moderate oven of 400 degrees F. about three-quarters of an hour. Then reduce the heat and cook in a slow oven of 300 degrees F. from one and one-half to two hours. Then uncover and brown slowly for one-half hour. Observe that this dish is meat, starch and vegetables in one delicious gesture. Serves eight.

Sarma is a variation of Dolma in which the same forcemeat is used to stuff cabbage, lettuce or beet leaves. For stuffing the leaves, they are plunged in and out of boiling salted water. Cut out the brittle ribs of the leaves and make oblong strips about two by four inches. Make a small compact mold of the forcemeat and wrap it neatly and firmly in a vegetable leaf, turning in the ends of each little package. Fill a baking dish with these and bake like the dolma. In either dolma or sarma the lamb may be left out. In this case for a luncheon or even dinner dish, make kebabs of lamb and braise them without other vegetables. Serve these around either dolma or sarma.

For orange blanc mange make a delicate cornstarch blanc mange; flavor it with grated orange peel. When unmolding the blanc mange to serve, pour over it a sweetened mixture of chopped oranges, adding one teaspoonful of rose water to each cupful of chopped oranges. Rose water is the gala flavor of the Near East.

do not color the product so strongly as ground spices and have a better flavor.

Tomato Catsup—Eight quarts ripe tomatoes, 1 quart cider vinegar, 1 cup sugar, 2 cloves garlic, 6 tablespoons salt, 1 tablespoon cloves (ground), 1 tablespoon allspice (ground), 1 tablespoon cayenne pepper, 1 tablespoon cinnamon (ground), 1 tablespoon mustard, 1 tablespoon mace (ground).

Cut tomatoes in pieces and cook with chopped garlic until a pulp. Sieve through coarse strainer, then add all other ingredients, return to cooker and simmer slowly until reduced one-half or pulp is thick. Bottle and seal.

Green Tomato and Raisin Sweet Pickle—Eight quarts green tomatoes, 1 cup salt, 2 quarts cider vinegar, 4 cups brown sugar, 2 pounds seedless raisins, 2 tablespoons whole cloves, 2 tablespoons whole allspice.

Wash and dry tomatoes, slice thickly, sprinkle with salt and let stand in crock over night. Drain. Mix vinegar, sugar and raisins and spices, and heat. Add tomato and simmer for about 1 hour. Seal in sterilized jars. (Cucumbers in thick dice may be substituted for tomatoes).

Pickled Pears—Eight pounds pears, 4 pounds sugar, 1 stick cinnamon, cloves, 1 quart vinegar, 2 bay leaves.

Boil vinegar, sugar, cinnamon broken in small pieces and bay leaves for 8 minutes. Pare and core pears, stick two cloves in each pear. Put pears into vinegar few at a time, cook until tender and pack into sterilized jars. Reduce the syrup one-half, then strain it over the pears and seal. (Peaches may be substituted for pears.)

Watermelon Rind—Five pounds watermelon rind, 1 pint vinegar, 4 cups sugar, ¼ ounce whole cloves, ¼ ounce cinnamon.

Cut rind in small pieces, peel and remove all red parts, cover with cold water and let stand for several hours. Boil in water till clear. Drain and place in large basin. Put vinegar into saucepan, add sugar and spices and boil for ten minutes, pour at once over watermelon rind. For three days in succession pour this mixture boiling hot over rind. Seal in sterilized jars.

ripe tomatoes large white own sugar, tablespoons allspice, tablespoons

tomatoes and ions very fine, ents, boil gen- Strain and boil again, if not of sufficient consistency. Set aside in closely corked bottles.

RIPE TOMATO SWEET PICKLE.

To seven pounds of firm, ripe tomatoes allow three pounds of sugar and one quart of vinegar. Peel the tomatoes and cut up, removing any very hard pulp, then put on the stove and boil gently for half an hour, adding cloves and cinnamon to suit the taste. This makes a dark pickle; but to make a lighter colored one, boil the vinegar and sugar together first, with the whole spice in little bags. Let it boil about fifteen minutes. Then remove the spice bags, put in the tomato pulp, which has been cooking separately, and let it all boil together until as thick as desired.

RIPE CUCUMBER PICKLE.

Pare the ripe cucumbers and cut lengthwise, cutting out the cores. Allow one pound of sugar to each quart of vinegar, of which you must have enough to cover the cucumbers entirely. Boil the vinegar and sugar together until perfectly clear, skim, add a few sticks of cinnamon and the cucumbers. Let boil ten minutes, then put in jars while hot, and seal. It is

Beet-Horseradish Relish

Cook, skin and coarsely chop 12 medium sized beets. Add 1 head of cabbage, shredded, 1 c. grated horseradish, 3 small onions, chopped, sugar and salt to taste, and cover with vinegar. Cook 5 to 10 minutes and seal. If not kept too long, this relish may be sealed uncooked.

Sweet Pickled Fruit

Make a syrup by boiling for a few minutes, 1 qt. vinegar, 2 lbs. brown sugar, 2 tb. allspice, 2 tb. cinnamon, ½ oz. ginger root, ½ oz. cloves, 1 t. mace, the spices being tied in a cheesecloth bag. Add the prepared fruit, peaches, pears, crab apples, etc. and cook till tender, then seal in jars.

Tomato Chutney

Ripe tomatoes 1 pk.	Apples ¼ pk.
Onions ¼ pk.	Seeded raisins 1 lb.
Brown sugar to taste	or more
Salt, root ginger	A few red peppers

Slice the onions, chop the tomatoes and apples, add the seasonings and cook ½ hour, or till soft. Add 1 qt. vinegar and cook ten minutes longer. The pieces of root ginger may be left in, or taken out when seasoned enough. Seal.

Tomato Chutney, Uncooked

Ripe tomatoes 1 lb.	Apples, large 4
Small onions 6	Sugar 1 tb.
Raisins 1 c.	Salt 1 t.
Mustard 2 tb.	Vinegar 3 c.

Heat the vinegar to the scalding point, add the seasonings and pour over the tomatoes onions and apples, chopped. Seal. Will be ready for use in 2 weeks.

Spiced Rhubarb.

ADD 1 pint good vinegar to 10 cups diced unpeeled rhubarb and simmer until tender. Add 4 pounds sugar, 2 tablespoons cinnamon and 1½ teaspoons cloves. Cook gently until consistency of marmalade.

If you will take stock of your larder as you read, it may surprise you to find that you have on hand practically all of the foodstuffs used daily by Turkish and Armenian housewives. The following is a partial list of foods found in any Oriental market basket: neck or shoulder of lamb or a fowl; rice or cracked wheat; tomatoes, eggplant; leek and onions; chicken stock; cabbage; lettuce; cucumbers; paprika; thyme; olive-oil or meat fat; green peppers; fresh fruits such as grapes, apricots, prunes and oranges.

This does not present a formidable list from which to develop a typical and succulent menu or series of menus calculated to tempt the eye and palate of your most pampered epicure as well as your wariest "standpatter" in things culinary.

The two foodstuffs most commonly used by the family cooks of these Near-Eastern nations are lamb or shish, and rice or pilaff. Around these as a foundation their menus are built. Here are two typical menus costing far less than the all-American steak dinner:

Dinner.

Turkish Soup. Black Olives.
Patl-jan-Shish-Kebab.
(Casserole of Lamb, Eggplant and Leeks).
Pilaff.
Glazed Apricots.

Luncheon.

Dolma or Sarma.
(Casserole of Stuffed Vegetables.)
Orange Blanc Mange.

The Turkish soup included in the dinner menu is simply a carefully prepared lamb or chicken broth seasoned with just a dash of thyme and allspice. This flavor is often varied by blending with six cupfuls of hot broth a slightly beaten egg to which the juice of a small lemon has been added.

For Patl-jan-Sish-Kebab, purchase two and one-half pounds of boned, lean, stewing lamb, saving the bones for the stock. Put the bones and scraps in a kettle with water to cover and simmer for stock for the pilaff. Cut the boned lamb into inch chunks, thread three or four on each skewer (woolen skewers may be procured from the butcher) and dredge with flour, salt and pepper. To a hot skillet, add a shaving of garlic, a few slices of onion and four tablespoonfuls of olive or vegetable oil. Then add the skewers or kebabs of lamb and brown thoroughly. Place two or three of these in the bottom of a large, deep casserole. Add to these two whole leeks. Seed two green peppers and chop finely with one small ofion. Peel one medium sized eggplant and cut into chunks. Sprinkle some of the green pepper mixture over the leeks and add several chunks of the eggplant.

There will seem to be too much eggplant or patl-jan as you pack the casserole, but remember that it shrinks to about one-fourth its original bulk as it cooks. Season generously with salt and pepper. Pour over the layer two or three tablespoonfuls of strained tomato juice and one or two teaspoonfuls of oil. Repeat the process until the lamb, egg-plant and other vegetables are used up, using one cupful of strained tomato juice, four tablespoonfuls of oil and six leeks in all. Cover closely and bake in a moderate oven of 400 degrees F. about three-quarters of an hour. Then reduce the heat and cook in a slow oven of 300 degrees F. from one and one-half to two hours. Then uncover and brown slowly for one-half hour. This dish may be cooked and reheated at serving time, losing nothing of its flavor. Jointed chicken or folw may be substituted for kebabs in this recipe. Serves eight.

For pilaff, wash one cupful of rice and dry on a clean cloth. Melt one tablespoonful of butter, olive or vegetable oil in a hot skillet and add a shaving of onion. Then add the rice and stir evenly and gently with a fork until each kernel seems to be well-coated with fat. Then add one teaspoonful of salt and one-fourth teaspoonful of paprika and three cupfuls of the lamb broth, boiling hot. Do not stir unless absolutely necessary from this point on. When the rice begins to swell, add one cupful of strained tomato juice and one and one-half cupfuls of the lamb broth and turn the heat very low. Cover and cook not more than one-half hour. If the rice seems to be getting sticky, add one-half cupful of lamb broth but do not stir. Pilaff is very delicate when made with chicken stock, instead of lamb, in which case chicken fat is used for the frying instead of butter, olive or vegetable oil. This dish is delicious reheated the second day with any left-over patl-jan-shish-kebab. Finely cracked wheat or ajem is often used instead of rice in this recipe. It serves eight.

Dolma which is included in the luncheon menu means simply stuffed vegetable of any kind. The recipe which we give here is for a casserole of stuffed tomatoes, peppers and cucumbers. Wash and hollow out four green peppers and four tomatoes. Halve and scoop out two firm cucumbers, then pare them. Stuff with the following forcemeat: Combine

c. K 3½
s. M 4
r. K 3½
S. J 3½
s. M
h. M 4
l. H 3
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* McKenzie & Flett.....G. S. H 3½
‖ McKenzie Johnston.....Flour. J 3½
* McLean Peter.....G. S. K 3½
* McRae D. R.....Boots & Shoes. M 4
McRae William.....Shoemkr. K 3½
Maltby H. B .....Undertaker.
Metzler W. McD.....Painter. M 4
T Miller Hugh.....Gro. H 3
Miller J. E.....Butcher. L 4
L Miller W. H.....Shingle Mill. L 4
* Moores Jas. H.....G. S. F 3
▲ Mowatt Miss A. B....Millinery, &c. M 4
Mowatt John P.....Lbr., G. S., &c. F 3
T Mowatt & Nelson.....Gro.
T Murray J. D.....Gro. L 4
Murray R. H.....Hotel. M
O'Keefe Daniel.....Tavern. G 3
O'Leary Patrick.....Liquors. K 3½
T Parker Richard.....Gro. L 4
* Plamondon Alfred..Barber & Store. M 4
L Richards David.....Shingle Mill. K 3½
▲ Russell Mrs. Francis.....D. G.
St. Onge Robert.....Liquors. L 4
Sharp J. R.....Restaurant. L 4
Shives Kilgour.....Saw Mill. F 3
T Sproul Wm., jr.....Gro. K 3½
S Stewart Wm. T.....Livery. L 4
Sullivan Edward..Agt. Ag'l Implts. L 4
Taylor J. H.....Agent Ag'l Implts. K 3½
Thibault Jeremiah.....Hotel. L 4
▲ Thompson Mrs. A. K.....Millinery. M 4
Vantour J. T.....Butcher. M 4
‖ Vermette George.....Baker. K 3½
Z Wran T. & Co.....Drugs. K 3½
Wright Ira.....Butcher.

CAMPO BELLO, Charlotte Co.—4 C
Ferry from Eastport, Me., 1 M.—Tel. W. U.
—△ Eastport, Me.—Pop. 1,200
* Babcock H. Guilford.....G. S. L 4
Batson C. H. (Welchpool).....Fish. M
* Brown Alva.....G. S. L 4
Calder J. A.....Trader. K 3½
T Jackson Howard.....Gro. H 3
* Kelly Miss Lizzie.....G. S. L 4
T Ludlow W. E.....Gro. M 4
* Parker J. Lincoln.....G. S. K 3½
(See Eastport, Me.)
Savage Ethelbert.....Fisherman. M 4
Sherlock

CANA
On I. C.
△
T Bernard
* Cormier
* DeVaren
* Gotro Ja
S Sawyer

CANTER
On C. P
△ V
Adams P
* Bennett
Carr J.
* Cummin
* Donovan
* Donovan
* Fleming
* Fox A. J
* Grant H.
* Gould J.
S Hillman
Jamieson
* Law J. S
* London
Merithe
S Price Ge
Scott R.
Smith J.

CAPE

—Pop. 1,500
Adams A. A Hotel & Shingle Mill.
* Adams & Firth.....G. S. H 3
* Alexander A. E....G. S. & Lumber. E 3½
* Alexander H. S.....G. S.
* Anderson Auton.....G. S. L 4
Asker G. E.....Tinsmith. J 3½
Bernier J. W.....Whol. Liquors. M
Brown T. W.....Publisher. M 4
Bruce & Henderson.....Tailors. L 4
S Caldwell Henry.....Blacksmith. M 4
◆ Cantin Leon.....Jeweler. M 4
T Carter Thomas.....Confec. M 4
L Christopher J. B..Planing Mill, &c. H 3½
* Connacher & McKendrick.....G. S. J 3½
▲ Cool Miss Emma.....Millinery. M 4
Crawford S. W. & Co.....Tinware. M 4
▲ Crowley Miss A.....Milliner. L 4
▲ Delaney Mrs.....Milliner. M 4
Desmond Mrs. Daniel.....Boots & Shoes. L 4
Dick
* Diot
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S Gral
Gray
Gray
Hall
* Hen
Jard
S Kell
Kels
* Laca
Laca
Le Blanc Belonay...Boots & Shoes. L 4
◆ Levesque Edward.....Watchmkr. L 4
Z McDonald A. McG.....Drugs. J 3½
McIntyre Henry.....Hotel. G 3
* McKenzie Angus.....G. S. L 4

Ex., Dom.—△ Sackville, 30 M.—Pop. 100
Allen Mrs. Phœbe J.....Liquors. M
▲ Farquharson Mrs. Wm...Millinery. M 4
Portland Packing Co...Canned Gds.
(See Portland, Me.)

Adventures of a String of Pearls

Sayer, prophet, seventh daughter and necromancer, had been an admirer and accumulator of pearls until death. Only her most intimate relatives knew of her fancy, and they knew little enough.

Like all mortals, even seventh daughters and commanders of the unearthly spirits, in time Mme. Zara was called by the Great Unknown instead of whistling it up at her own calling, and, like the good business woman she had always been, she left ed as their mother should deem fit.

With solemn ceremony the box and the box within the box were opened, and with trembling hands Mrs. Willoughbee brought forth the box within the box within the box, which yielded to an intricately fashioned key, hidden in the hollowed left foot of a montezuman clay idol which predated Cortez as a power in Mexico.

Out of the box onto the table fell a leather case, boxlike, hinged, and this opened with another weird key, secreted in the pedestal of a jade Buddha, the tiny compartment responding to two jabs in Buddha's left eye and one in his right . . . all this typical of the deceased, who never did things simply and would have thrown her pearls to the swine rather than engage a $4-a-year strong box in the nearest bank.

Pickles

CAR NEV

With a supply of cabbage, green pepper and tomato, either green or ripe, the housewife can put up endless kinds of pickles, catsup or chili sauce. What she needs first is good vinegar, which means genuine malt or cider vinegar, and not the coarse and harsh vinegar of chemical origin. Next she needs new and fresh spices of the best grade, and should accept none that seems old, shelf-worn or musty, because a bit of poor spice will spoil the best product. Good salt (and even salt varies in quality) is also essential to give the proper brine and "pep" to pickles.

Never use any vessel or utensil made of metal either in preparing the pickles or to store them in. Use an unglazed crock to pack them in, and the best white enamel ware for their cooking. Use regular glass jars for more convenient and usable quantities, especially if your storage space is small. Never use alum or similar chemical if you wish your pickles to be wholesome. After putting up, pickles should be frequently inspected and always kept in a cool and dry place. Catsups and similar liquid products should be bottled while boiling hot, corked and sealed with paraffin.

In many pickles it is necessary to make a syrup or liquid and pour over the pickles for a number of successive days. When using brine or salt the salted product is packed and let stand over night so that the ingredients may be seasoned and the salt decrease the bulk. A slaw shredder is useful, and a chopping bowl and meat-grinder and very sharp knives necessary to the work.

A general proportion for a sweet syrup is: Two quarts vinegar to 4 cups sugar (generally brown); from ½ to 1 cup of salt is sufficient to pack down a large quantity of chopped material; an acid mixture results from the proportion of 2 quarts vinegar to 2 cups sugar; spices are best used whole, tied in a small muslin bag and boiled with syrup or liquid. They do not color the product so strongly as ground spices and have a better flavor.

Tomato Catsup—Eight quarts ripe tomatoes, 1 quart cider vinegar, 1 cup sugar, 2 cloves garlic, 6 tablespoons salt, 1 tablespoon cloves (ground), 1 tablespoon allspice (ground), 1 tablespoon cayenne pepper, 1 tablespoon cinnamon (ground), 1 tablespoon mustard, 1 tablespoon mace (ground).

Cut tomatoes in pieces and cook with chopped garlic until a pulp. Sieve through coarse strainer, then add all other ingredients, return to cooker and simmer slowly until reduced one-half or pulp is thick. Bottle and seal.

Green Tomato and Raisin Sweet Pickle—Eight quarts green tomatoes, 1 cup salt, 2 quarts cider vinegar, 4 cups brown sugar, 2 pounds seedless raisins, 2 tablespoons whole cloves, 2 tablespoons whole allspice.

Wash and dry tomatoes, slice thickly, sprinkle with salt and let stand in crock over night. Drain. Mix vinegar, sugar and raisins and spices, and heat. Add tomato and simmer for about 1 hour. Seal in sterilized jars. (Cucumbers in thick dice may be substituted for tomatoes).

Pickled Pears—Eight pounds pears, 4 pounds sugar, 1 stick cinnamon, cloves, 1 quart vinegar, 2 bay leaves.

Boil vinegar, sugar, cinnamon broken in small pieces and bay leaves for 8 minutes. Pare and core pears, stick two cloves in each pear. Put pears into vinegar few at a time, cook until tender and pack into sterilized jars. Reduce the syrup one-half, then strain it over the pears and seal. (Peaches may be substituted for pears.)

Watermelon Rind—Five pounds watermelon rind, 1 pint vinegar, 4 cups sugar, ¼ ounce whole cloves, ¼ ounce cinnamon.

Cut rind in small pieces, peel and remove all red parts, cover with cold water and let stand for several hours. Boil in water till clear. Drain and place in large basin. Put vinegar into saucepan, add sugar and spices and boil for ten minutes, pour at once over watermelon rind. For three days in succession pour this mixture boiling hot over rind. Seal in sterilized jars.

Chili Sauce—Fifty ripe tomatoes, 12 peppers, 9 large white onions, ½ pound brown sugar, 2 tablespoons ginger, 9 tablespoons cloves, 9 tablespoons allspice, 4 quarts vinegar, 4½ tablespoons salt.

Remove skins from tomatoes and chop peppers and onions very fine, add to other ingredients, boil gently, stirring often. Strain and boil again, if not of sufficient consistency. Set aside in closely corked bottles.

RIPE TOMATO SWEET PICKLE.

To seven pounds of firm, ripe tomatoes allow three pounds of sugar and one quart of vinegar. Peel the tomatoes and cut up, removing any very hard pulp, then put on the stove and boil gently for half an hour, adding cloves and cinnamon to suit the taste. This makes a dark pickle; but to make a lighter colored one, boil the vinegar and sugar together first, with the whole spice in little bags. Let it boil about fifteen minutes. Then remove the spice bags, put in the tomato pulp, which has been cooking separately, and let it all boil together until as thick as desired.

RIPE CUCUMBER PICKLE.

Pare the ripe cucumbers and cut lengthwise, cutting out the cores. Allow one pound of sugar to each quart of vinegar, of which you must have enough to cover the cucumbers entirely. Boil the vinegar and sugar together until perfectly clear, skim, add a few sticks of cinnamon and the cucumbers. Let boil ten minutes, then put in jars while hot, and seal. It is

Beet-Horseradish Relish

Cook, skin and coarsely chop 12 medium sized beets. Add 1 head of cabbage, shredded, 1 c. grated horseradish, 3 small onions, chopped, sugar and salt to taste, and cover with vinegar. Cook 5 to 10 minutes and seal. If not kept too long, this relish may be sealed uncooked.

Sweet Pickled Fruit

Make a syrup by boiling for a few minutes, 1 qt. vinegar, 2 lbs. brown sugar, 2 tb. allspice, 2 tb. cinnamon, ½ oz. ginger root, ½ oz. cloves, 1 t. mace, the spices being tied in a cheesecloth bag. Add the prepared fruit, peaches, pears, crab apples, etc. and cook till tender, then seal in jars.

Tomato Chutney

Ripe tomatoes 1 pk.	Apples ¼ pk.
Onions ¼ pk.	Seeded raisins 1 lb. or more
Brown sugar to taste	A few red peppers
Salt, root ginger	

Slice the onions, chop the tomatoes and apples, add the seasonings and cook ½ hour, or till soft. Add 1 qt. vinegar and cook ten minutes longer. The pieces of root ginger may be left in, or taken out when seasoned enough. Seal.

Tomato Chutney, Uncooked

Ripe tomatoes 1 lb.	Apples, large 4
Small onions 6	Sugar 1 tb.
Raisins 1 c.	Salt 1 t.
Mustard 2 tb.	Vinegar 3 c.

Heat the vinegar to the scalding point, add the seasonings and pour over the tomatoes onions and apples, chopped. Seal. Will be ready for use in 2 weeks.

Spiced Rhubarb.

ADD 1 pint good vinegar to 10 cups diced unpeeled rhubarb and simmer until tender. Add 4 pounds sugar, 2 tablespoons cinnamon and 1½ teaspoons cloves. Cook gently until consistency of marmalade.

By JEANETTE YOUNG NORTON

If "Peter Piper sold a peck of pickled peppers" it certainly must have been in September, for in no other month during the year are such tempting odors wafted from the home kitchen as at that time.

Though the shops are filled with pickled dainties of all sorts, even in the small towns, none quite equal those that are made at home.

In households where salads are used almost daily the value of the salad vinegars used by English housewives should be better realized. They are easily made and give a pleasant change of flavor to the dependable French dressing.

If the housewife is fortunate enough to have a kitchen garden of her own to draw upon she naturally will select only the best, freshest and most perfect fruits or vegetables to pickle. If, however, they must be chosen in town, then the large markets will be the only reliable place to get the things at their best.

In order to be safe and sanitary the porcelain lined kettle, the pottery casserole, the covered pipkin, or a new granite-ware kettle will be best to use for the pickled mixtures that are to be cooked. Wooden spoons and spatulas for stirring, silver knives for paring and seeding, glass bottles with new corks, glass jars with new rubbers, stone crocks and crockery pots in which to stow away the pickles will insure the best-keeping conditions.

It is needless to tell the experienced housekeeper to see that she has all things that will be needed at hand before she begins operations, but a warning to the novice may not be amiss.

A neat pile of cheesecloth squares will be found a saving of dish towels and they are easily washed out.

Everything that is to be pickled should be carefully washed before being used, no matter if it seems immaculate to the naked eye, for some hidden dust or the trail of an insect may lurk about the stem end and cause trouble.

The salad vinegars are easily made and should be bottled in white, clean, sun dried bottles. Cress and celery vinegars are made in the same way.

Take one-half ounce of cress seed, crush it, and add to it a quart of cider vinegar, cork well and let stand for a month, then strain out the seeds and it is ready for use.

With the celery seed and a half cup of freshly washed and chopped celery leaves are added with the seed, but in that case they are allowed to stand but two weeks and are then carefully strained off.

Garlic vinegar is made by adding two ounces of minced garlic to a quart of cider vinegar, and the shallot vinegar is made the same way. Wine vinegar may be used if it is better liked.

Beet vinegar is made by taking three bunches of freshly boiled strawberry beets, cutting them in pieces and pouring over them a quart of white wine vinegar. Let them stand 24 hours, or until the vinegar is highly colored, then strain and bottle. The beets may be used at table so no waste follows the making of the vinegar.

Horseradish vinegar is a little more troublesome to make than the others. Take three ounces of freshly grated horseradish, one ounce of chopped shallots, one bud of garlic, and a saltspoon of cayenne pepper. Add them to a quart of vinegar and let stand for a month, shaking daily, then strain through a fine cloth and bottle for use.

Tarragon vinegar is made by adding a handful of fresh leaves, which may be bruised, to a quart of white wine vinegar. These should also be strained off in two or three weeks.

All the vinegars should be carefully labelled and kept in a cool place.

The main requisites for good pickles are fresh vegetables, good vinegar and spices. Cider vinegar makes the best pickles. In making brine for pickles, do not use too much salt or the vegetables will be tough or shrivelled. If very strong vinegar is used, dilute it. When cooking pickles, use a granite or porcelain kettle, otherwise the acid in the vegetable or fruit may act on the metal and produce an element that will not add to the flavor of the pickles and which may, in some cases, prove dangerous.

Plum Chutney

5 lbs. plums
3 medium sized onions
2 T. whole pickling spice
1 qt. vinegar
5 lbs. apples
3 lbs. brown sugar
4 or 5 small pieces ginger root
1 T. salt

Last year in making this I used Manitoba wild plums and the family voted it the best chutney we had ever had. If those are not available use prune plums. Pit the plums and cut in two. Add the apples, quartered, and the chopped onions. If root ginger is not available tie ground ginger in a bit of muslin instead. Add vinegar, salt and sugar and boil until thick, about one-half hour, stirring often. This is a very delicious pickle. Especially good with cold meat or fowl.

Mustard Pickles

2 qts. pickling onions
2 large cauliflower
6 green peppers
2 qts. small cucumbers

Separate the cauliflower into small pieces, add the peeled onions and the small cucumbers. Take the seeds from the peppers and chop the peppers. Make a brine of one and one-half cups salt to one gallon water and pour over these vegetables. In the morning, drain and cover with two quarts vinegar, to which enough water has been added to cover the pickles. Let these stand on the back of the stove for two hours. Drain and cover with the following dressing:

2 c. flour
6 c. white sugar
1 oz. curry powder
½ gallon vinegar
¼-lb. mustard
1 oz. tumeric
1 oz. celery seed

Mix the flour, mustard, tumeric and curry powder together, and mix to a smooth paste with a little cold vinegar. Add the sugar to the vinegar and when this is hot stir in the paste and stir constantly until the whole is cooked and smooth. Pour over the vegetables and stir well.

Pickled Beans

1 pk. beans
2½ lbs. white sugar
1 T. tumeric
1 T. celery seed
3 pts. vinegar
½ c. mustard
1 c. flour

Boil beans in strongly salted water until tender. Drain. Mix the dry ingredients and moisten with a little of the cold vinegar and add to hot vinegar. Pour over beans and seal. These are excellent mixed with meat for sandwiches.

Apple and Tomato Pickles

4½ lbs. tomatoes (green)
1½ qts. vinegar
2 tsp. allspice
2 tsp. cinnamon
4½ lbs. apples
4 lbs. brown sugar
1 tsp. pepper
Whole cloves

Quarter apples. Stick two or three whole cloves in each piece. Tie spices in bag, boil with sugar and vinegar, put in tomatoes and apples and cook until fruit is tender.

Sour Gherkins

Select one hundred very small cucumbers of uniform size, and cover with cold water, which it is well to measure in order to find out how much liquid is required to cover them. Do not wash the cucumbers as this is apt to bruise them. After an hour or two, carefully lift out to a large crock, taking care not to stir up the dirt which has settled to the bottom of the water. Add 1 c. salt to enough boiling water to cover them, cover the crock and let stand 2 days. Drain and pick over the cucumbers, discarding any which are soft or imperfect, and put in a clean crock. Cover with a hot, but not quite boiling solution of vinegar sufficient to cover them, four chopped green peppers, ½ c. salt, a few whole allspice, peppercorns, 3 or 4 blades of mace, 3 sticks of cinnamon, one oz. of mustard

Carrot Sweet Pickles

2 qts. carrots
4 c. sugar
2 c. vinegar
Spices

Use small carrots. Scrape and boil in salted water until tender. Boil the vinegar, sugar and spices together and pour over carrots. Seal while hot.

Celery Relish

3 pts. ripe tomatoes
3 pts. green tomatoes
2 bunches celery
2 pts. onions
2 red peppers
½ c. mustard seed
4 cups sugar
2 qts. vinegar
½ tsp. cinnamon
½ tsp. cloves
1 c. salt

Remove seeds from peppers and chop them. Peel onions, chop vegetables fine. Add one cup salt and allow to stand over night. Drain. Add the remaining ingredients and cook about one-half hour. Put in sterilized jars and seal.

Favorite Pickle

1 qt. raw cabbage
2 c. sugar
¼ tsp. red pepper
1 qt. boiled beets
1 tsp. pepper
1 c. grated horseradish
1 T. salt

Put in jars, cover with cold vinegar and seal.

Chui Sauce

18 medium-sized tomatoes (ripe)
3 green peppers
2½ c. vinegar
1 tsp. cinnamon
1 tsp. allspice
6 onions
3 c. sugar
2 tsp. salt
½ tsp. cloves
1 bunch celery

Peel the tomatoes, chop the onions, peppers and celery. Add vinegar and spices and cook until thick, stirring often.

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3½	X, Tel., Ex., Harvey Station—Δ Fredericton	
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Crab Apple Jelly

Cloves 3 tb.
Stick cinnamon 3 tb.
Sugar

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, then proceed in the
dd a little more than
each c. of juice. Some
qual amounts of sugar
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nd Raspberry Jelly

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d Currants

d stem, and wash 5
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d Apple Butter

Apple pulp 2 c.
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y-Currant Jam

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Mash 2 qts. rasp-
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on Preserve

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r and simmer till thick
and clear. Seal in sterile glasses.

Grape Butter

Cook the grapes in a little water, rub through a sieve, and to one pound of the pulp, add the juice of a lemon and from ½ to ¾ pounds of sugar. Mix and cook till thick, about 20 minutes. The pulp squeezed from the jelly bag after draining the juice for grape jelly may be used.

Peach Butter

Blanch the peaches, remove the skins and pits, then cook to a pulp with a little water. Weigh the pulp, and to 1 pound add 2/3 pound of sugar and cook till thick and clear. Spices may be added if wished.

Mint Jelly

Make apple jelly and when nearly done, to each half pint of jelly add 2 t. of mint extract made by pounding in a mortar the leaves and tender tips of 2 bunches of mint. Add gradually 1/3 c. sugar, and 1/3 c. water. Steep for 6 hours, strain and bottle. Or add a few mint leaves to each glass of jelly as with the scented geranium leaves.

Apple and Choke Cherry Jelly

Take twice as many apples as cherries and boil together until soft. Strain and use cup for cup of sugar, or if too sweet taxe seven cups of sugar to 10 of juice. Boil this mixture until it jellies on a saucer when tested.

Apple-Grape Conserve

Grapes 6 lbs.
Seedless raisins 1 lb.
Sugar 5 lbs.
Apples 3
Oranges 3
Nut meats if wished

Pulp the grapes, heat the pulp, till the seeds are loosened, then sift. Pare and core the apples, reserving the cores and peeling. Chop the apple and add to the grape pulp, and cook till tender. Add to the grape skins the thinly sliced oranges and the raisins and sugar and simmer till thick. In the meantime, cook the apple cores and peelings in a little water till tender, rub through a cloth or fine strainer and add to the cooking fruit mixture. When nearly done add the raisins and the walnut meats if used. Seal in sterile glasses.

Plum Butter

Wash the plums, add enough water to prevent burning, and cook till soft. Rub through a colander to remove pits, and to each pound of pulp, add ½ to 2/3 pounds sugar.

ugh a colander. Combine the fruit pulps add the sugar and simmer ick.

utes, stirring frequently. Add one cupful blanched chopped almonds and cook five minutes. Pour into sterilized glasses and seal with paraffin.

	Morris	Gro.	M 4
	McDonald Norman L.	Tailoring, &c.	L 4
T	McDonald Roderick N.	Gro. & Liq.	G 3½
C	McDougall A. & Co.	Whol. Liquors.	
+	McEachern J. L.	Tailor.	M
	McElmon Jerusha W.	Mill, &c.	
D	McEwan & Co.	Furn. & Carpets.	F 3
S	McFatridge Archibald.	Blacksmith.	H 3½
S	McFatridge John	Blacksmith.	G 3
Z	McFatridge R.	Phys'n & Drugs.	G 3
▣	McFatridge W.	Stoves, Junk, &c.	F 3
C	McGrath John	Liquors.	L 4
	McGrath John & Co.	Express.	L 4
T	McGrath Michael	Gro.	L 3½
T	McGrath Thos. J.	Gro.	L 4
T	McGregor James	Gro. & Fruit.	K 3½
L	McInnes John & Son.	Builders.	F 3
	McIntyre Mrs Catherine	Second-hand Goods.	L 4
+	McIntyre John	Clothing, &c.	K 3½
▲	McKay A. W.	Dressmkr.	M 4
▮	McKenzie Hugh D.	Coal & Com'n Agent.	F 2½
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Pickles and Relishes

Triple Service Relish

1 qt. carrots
1 qt. string beans
1 qt. sweet corn
1 qt. small onions
1 qt. cauliflower
1 qt. cucumbers
1 pt. green peppers
1 qt. lima beans
¼-lb. mustard seed
2 T. salt
4 c. brown sugar
3 qts. vinegar

Dice the carrots and cut up the beans. If the cucumbers are large cut those as well, divide the cauliflower into flowerets, parboil the carrots, beans and cauliflower until tender, scald the corn and onions. Take the seeds out of the peppers and cut in small pieces or put through the food chopper. Put the salt, vinegar and sugar in a kettle and bring to a boil. Add vegetables and mustard seed and let come to a boil again. Put in jars and seal. A little of this, mixed with salad dressing, makes a very nice addition to a salad. If all the vegetables are not available, use what you have.

Beet Relish

2 c. chopped beets
2 c. vinegar
1 tsp. salt
½ c. horseradish
1 c. sugar
1 tsp. mustard

Boil the beets, skin and chop. Add the horseradish. Heat vinegar and other ingredients, and pour over beets and horseradish. Bottle while hot.

Pickled Peaches

2 lbs. sugar
4 lbs. peaches
1 qt. vinegar
Cloves and cinnamon

Heat the sugar and vinegar. If whole cloves and stick cinnamon are not available tie two teaspoons cinnamon and one teaspoon cloves in a bit of muslin and add to the sugar and vinegar. When this is hot add a layer of peaches and cook until the peaches are tender, but not broken. Bottle while hot. This is especially good with cold meat.

Gooseberry Catsup

5 lbs. berries
2½ lbs. sugar
1 tsp. allspice
1 pt. vinegar
1 tsp. cinnamon
½ tsp. black pepper

Put all the ingredients in a kettle and cook until the fruit is tender and the mixture thickens slightly.

Dill Pickles

100 cucumbers
1 qt. vinegar
5 qts. water
1½ c. salt

Select cucumbers that are about half grown. Soak them in cold water over night, next morning wipe them dry and fill sterilized half-gallon jars half full. Add a layer of dill and fill jars with cucumbers. Boil the water, salt and vinegar together and fill the jars. Seal at once.

Tomato Pickles (Not Cooked)

1 peck ripe tomatoes
3 onions
3 red peppers
1 qt. vinegar
1 c. horseradish
3 bunches celery
1 oz. mustard seed
2 lbs. brown sugar
1 c. salt

Peel and chop the tomatoes. Add one cup salt and let stand over night. In the morning, drain, add the chopped onions, celery and peppers. Mix the sugar and vinegar until the sugar is dissolved. Add the mustard seed. Pour over the chopped vegetables and seal in sterilized jars.

Rhubarb Relish

1 qt. rhubarb
1 pt. vinegar
1 tsp. cinnamon
½ tsp. allspice
1 qt. onions
1½ lbs. brown sugar
½ tsp. cloves
½ tsp. pepper
1 tsp. salt

Boil until fairly thick, about the consistency of jam.

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Tarragon vinegar is made by adding a handful of fresh leaves, which may be bruised, to a quart of white wine vinegar. These should also be strained off in two or three weeks.

All the vinegars should be carefully labelled and kept in a cool place.

The main requisites for good pickles are fresh vegetables, good vinegar and spices. Cider vinegar makes the best pickles. In making brine for pickles, do not use too much salt or the vegetables will be tough or shrivelled. If very strong vinegar is used, dilute it. When cooking pickles, use a granite or porcelain kettle, otherwise the acid in the vegetable or fruit may act on the metal and produce an element that will not add to the flavor of the pickles and which may, in some cases, prove dangerous.

Plum Chutney

5 lbs. plums
3 medium sized onions
2 T. whole pickling spice
1 qt. vinegar
5 lbs. apples
3 lbs. brown sugar
4 or 5 small pieces ginger root
1 T. salt

Last year in making this I used Manitoba wild plums and the family voted it the best chutney we had ever had. If those are not available use prune plums. Pit the plums and cut in two. Add the apples, quartered, and the chopped onions. If root ginger is not available tie ground ginger in a bit of muslin instead. Add vinegar, salt and sugar and boil until thick, about one-half hour, stirring often. This is a very delicious pickle. Especially good with cold meat or fowl.

Mustard Pickles

2 qts. pickling onions
2 large cauliflower
6 green peppers
2 qts. small cucumbers

Separate the cauliflower into small pieces, add the peeled onions and the small cucumbers. Take the seeds from the peppers and chop the peppers. Make a brine of one and one-half cups salt to one gallon water and pour over these vegetables. In the morning, drain and cover with two quarts vinegar, to which enough water has been added to cover the pickles. Let these stand on the back of the stove for two hours. Drain and cover with the following dressing:

2 c. flour
6 c. white sugar
1 oz. curry powder
½ gallon vinegar
¼-lb. mustard
1 oz. tumeric
1 oz. celery seed

Mix the flour, mustard, tumeric and curry powder together, and mix to a smooth paste with a little cold vinegar. Add the sugar to the vinegar and when this is hot stir in the paste and stir constantly until the whole is cooked and smooth. Pour over the vegetables and stir well.

Pickled Beans

1 pk. beans
2½ lbs. white sugar
1 T. tumeric
1 T. celery seed
3 pts. vinegar
½ c. mustard
1 c. flour

Boil beans in strongly salted water until tender. Drain. Mix the dry ingredients and moisten with a little of the cold vinegar and add to hot vinegar. Pour over beans and seal. These are excellent mixed with meat for sandwiches.

Apple and Tomato Pickles

4½ lbs. tomatoes (green)
1½ qts. vinegar
2 tsp. allspice
2 tsp. cinnamon
4½ lbs. apples
4 lbs. brown sugar
1 tsp. pepper
Whole cloves

Quarter apples. Stick two or three whole cloves in each piece. Tie spices in bag, boil with sugar and vinegar, put in tomatoes and apples and cook until fruit is tender.

Sour Gherkins

Select one hundred [illegible] cucumbers of uniform size, [illegible] with cold water, which it [illegible] measure in order to find ou[illegible] liquid is required to cover [illegible] not wash the cucumbers a[illegible] to bruise them. After an [illegible] carefully lift out to a large [illegible] ing care not to stir up the [illegible] has settled to the bottom [illegible] Add 1 c. salt to enough [illegible] to cover them, cover the [illegible] stand 2 days. Drain and [illegible] cucumbers, discarding an[illegible] soft or imperfect, and pu[illegible] crock. Cover with a hot, [illegible] boiling solution of vinegar [illegible] cover them, four choppe[illegible] pers, ½ c. salt, a few w[illegible] peppercorns, 3 or 4 blade[illegible] sticks of cinnamon [illegible]

Carrot Sweet Pi[illegible]

2 qts. carrots
4 c. sugar
2 c. vi[illegible]
Spice[illegible]

Use small carrots. Sc[illegible] in salted water until t[illegible] the vinegar, sugar and sp[illegible] and pour over carrots. hot.

Celery Relis[illegible]

3 pts. ripe tomatoes
3 pts. green tomatoes
2 bunches celery
2 pts. onions
2 red peppers
½ c. mustard seed
4 cu[illegible]
2 qts
½ ts
½ ts
1 c. s

Remove seeds from [illegible] chop them. Peel onion [illegible] tables fine. Add one [illegible] allow to stand over n[illegible] Add the remaining in[illegible] cook about one-half h[illegible] sterilized jars and seal.

Favorite Pic[illegible]

1 qt. raw cabbage
2 c. sugar
¼ tsp. red pepper
1 qt. boiled beets
1 tsp
1 c.
1 T.

Put in jars, cover wit[illegible] and seal.

Chui Sauc[illegible]

18 medium-sized tomatoes (ripe)
3 green peppers
2½ c. vinegar
1 tsp. cinnamon
1 tsp. allspice
6 on[illegible]
3 c.
2 tsp

Peel the tomatoes, ch[illegible] peppers and celery. [illegible] and spices and cook [illegible] stirring often.

[illegible]RING AT SAME TIME.

[illegible] demurrer are good and [illegible]he Court or a Judge may [illegible]posed of. (*y*) 19 Vic. c. [illegible]

[illegible]f money, &c.: whereas the def[illegible] representation and pretence, a[illegible]der that age, as the defendant [illegible]ell knew, and that the defend[illegible] plaintiff was damaged, &c.: *Pr*[illegible] demur and to plead, first, not[illegible]ed in the alleged fraudulent rep[illegible]orney, which stated that he [illegible]der the circumstances aforesaid [illegible]and also a traverse that plain[illegible], and that he was also advised [illegible]ad in substance on demurrer [illegible]old, the defendant pleaded tha[illegible]s of the fraud of plaintiff.

[illegible]y to that plea, and it was refu[illegible]

[illegible]23, of this act and notes theret[illegible]s that it shall be in the disc[illegible] direct which issue shall be firs[illegible] were issues in law and in fa[illegible] of the plaintiff, the court in w[illegible] issues in fact until the issues[illegible] where defendant contemplated[illegible]

Now in all cases where leav[illegible]her with an issue or issues o[illegible] issue or issues of law shall [illegible] of fact, unless otherwise exp[illegible] order permitting such issue o[illegible] B. 150. It is generally advis[illegible]o the whole cause of action [illegible] there is no occasion afterwa[illegible]48; *Crucknell* v. *Trueman*, 9 [illegible] *aillard*, 3 U. C. L. J. 113; *K*[illegible] the issue in fact is first tri[illegible] to the determination of the [illegible] will not be allowed his cos[illegible]s, 300 (3). But see *Bird* v. *I*[illegible] tiff would be entitled to cos[illegible] of the demurrer will not ha[illegible] udge may have good reaso[illegible] ll not be tried before the [illegible] If the issues are to be trie[illegible] to be *contingent*, depending [illegible] for the jury to assess conti[illegible] as well to try the issue as t[illegible] rs, 300 (3). It has been h[illegible] ry without assessing conting[illegible] ict for the defendant upon [illegible] led to a *venire de novo*: *Gre*[illegible]

[illegible]

	✱ Gregg Mrs. Wm.....[illegible]ry
	DOWNEYV LLE, K[illegible]ict
.—	✱ Pickett A. M.....[illegible]led
	DUMFRIES, Yo[illegible]
3½	X, Tel., Ex., Harvey St[illegible] ericton
	✱ McClymont Peter.....
G.	**DUPEY'S CORNER, We**[illegible]
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3	✱ Herbert N. D..... Le Blanc & Landy.....
3½	Lauritte Lazor.....
4	
4	**DURHAM BRIDGE, York Co.**
4	On Canada Eastern R.R.—Tel., Ex., △ Fredericton—12 M.
3½	✱ Fletcher J. D..... G. S.
3½	✱ Sloat John..... G. S. H 3½
	DUTCH VALLEY, King's Co.—3 D
2	*(See Waterford.)*
4	
3½	**EDGETT'S LANDING, Albert Co.**
2	X, Tel., Ex., Hillsborough, 1½ M.—△ Moncton, 15 M.—Pop. 300
4	✱ Barnett George.....G. S. M
3½	S Rennison John..... Carriagemkr. M

Spiced Crab Apple Jelly

Crab apples 1 peck
Vinegar 3 qts.
Water 1 qt.
Cloves 3 tb.
Stick cinnamon 3 tb.
Sugar

Tie the spices in a strong bag. Cook the crab apples, vinegar, water and spices in a covered kettle till the apples are soft, then proceed in the usual way. Add a little more than ¾ c. sugar to each c. of juice. Some people prefer equal amounts of sugar and juice. This jelly is delicious with cold meats.

Gooseberry and Raspberry Jelly

Use equal quantities of the berries, stem them. Add water to almost cover them, and follow the general directions, using ¾ as much sugar as juice.

Spiced Currants

Pick over and stem, and wash 5 pounds of currants, red or white, or if liked, black ones. Add 4 pounds of brown sugar, and let stand till the sugar is melted. Add 2 c. mild vinegar, 2 tb. cloves, ground, and 2 tb. ground cinnamon, and simmer till thick, probably about two hours. Seal in glasses.

Grape and Apple Butter

Grape pulp 2 c.
Apple pulp 2 c.
Sugar 3 c.

Cook and sift the grapes and apples separately, combine both with the sugar and simmer till thick. Seal in sterilized glasses.

Cherry Conserve

Pit 2 qts. of sour cherries and simmer in their juice about 15 minutes. Add ½ lb. seeded raisins, cut in pieces, the grated rind and pulp of 2 large oranges and 2 lbs. sugar. Simmer till thick. When nearly done, add some broken walnut meats. Seal in sterile glasses.

Raspberry-Currant Jam

Crush 1 qt. currants, cook till tender, strain. Mash 2 qts. raspberries and add to the currant juice. Cook 10 minutes, add sugar, ¾ lb. to each pint of juice and berries. Simmer till thick.

Crimson Preserve

Cook till tender, 1 pint each of strawberries, pitted cherries, red raspberries, red currants. Add 3 lbs. granulated sugar and simmer till thick and clear. Seal in sterile glasses.

Grape Butter

Cook the grapes in a little water, rub through a sieve, and to one pound of the pulp, add the juice of a lemon and from ½ to ¾ pounds of sugar. Mix and cook till thick, about 20 minutes. The pulp squeezed from the jelly bag after draining the juice for grape jelly may be used.

Peach Butter

Blanch the peaches, remove the skins and pits, then cook to a pulp with a little water. Weigh the pulp, and to 1 pound add 2/3 pound of sugar and cook till thick and clear. Spices may be added if wished.

Mint Jelly

Make apple jelly and when nearly done, to each half pint of jelly add 2 t. of mint extract made by pounding in a mortar the leaves and tender tips of 2 bunches of mint. Add gradually 1/3 c. sugar, and 1/3 c. water. Steep for 6 hours, strain and bottle. Or add a few mint leaves to each glass of jelly as with the scented geranium leaves.

Apple and Choke Cherry Jelly

Take twice as many apples as cherries and boil together until soft. Strain and use cup for cup of sugar, or if too sweet taxe seven cups of sugar to 10 of juice. Boil this mixture until it jellies on a saucer when tested.

Apple-Grape Conserve

Grapes 6 lbs.
Seedless raisins 1 lb.
Sugar 5 lbs.
Apples 3
Oranges 3
Nut meats if wished

Pulp the grapes, heat the pulp, till the seeds are loosened, then sift. Pare and core the apples, reserving the cores and peeling. Chop the apple and add to the grape pulp, and cook till tender. Add to the grape skins the thinly sliced oranges and the raisins and sugar and simmer till thick. In the meantime, cook the apple cores and peelings in a little water till tender, rub through a cloth or fine strainer and add to the cooking fruit mixture. When nearly done add the raisins and the walnut meats if used. Seal in sterile glasses.

Plum Butter

Wash the plums, add enough water to prevent burning, and cook till soft. Rub through a colander to remove pits, and to each pound of pulp, add ½ to 2/3 pounds sugar.

ti ugh a colander. Combine the fruit pulps add the sugar and simmer nick.

utes, stirring frequently. Add one cupful blanched chopped almonds and cook five minutes. Pour into sterilized glasses and seal with paraffin.

	Morris	Gro.	M 4
	McDonald Norman L.	Tailoring, &c.	L 4
T	McDonald Roderick N.	Gro. & Liq.	G 3½
C	McDougall A. & Co.	Whol. Liquors.	
✚	McEachern J. L.	Tailor.	M
	McElmon Jerusha W.	Mill, &c.	
D	McEwan & Co.	Furn. & Carpets.	F 3
S	McFatridge Archibald.	Blacksmith.	H 3½
S	McFatridge John	Blacksmith.	G 3
Z	McFatridge R.	Phys'n & Drugs.	G 3
▦	McFatridge W.	Stoves, Junk, &c.	F 3
C	McGrath John	Liquors.	L 4
	McGrath John & Co.	Express.	L 4
T	McGrath Michael	Gro.	L 3½
T	McGrath Thos. J.	Gro.	L 4
T	McGregor James	Gro. & Fruit.	K 3½
L	McInnes John & Son	Builders.	F 3
	McIntyre Mrs Catherine	Second-hand Goods.	L 4
✚	McIntyre John	Clothing, &c.	K 3½
▲	McKay A. W.	Dressmkr.	M 4
▮	McKenzie Hugh D.	Coal & Com'n Agent.	F 2½
L	McKenzie Wm A.	Builder.	
	McKerron Wm.	Fwdr., Ship & Custom House Broker.	3
✚	McKerrow J. D.	Hats & Furs.	M
▮	McLearn J. & Son	Express, Feed, &c.	J 4
	McLellan Geo.	Victualler.	H 3
T	McLeod D. C.	Gro.	L 4

Pickles and Relishes

Triple Service Relish

1 qt. carrots
1 qt. string beans
1 qt. sweet corn
1 qt. small onions
1 qt. cauliflower
1 qt. cucumbers
1 pt. green peppers
1 qt. lima beans
¼-lb. mustard seed
2 T. salt
4 c. brown sugar
3 qts. vinegar

Dice the carrots and cut up the beans. If the cucumbers are large cut those as well, divide the cauliflower into flowerets, parboil the carrots, beans and cauliflower until tender, scald the corn and onions. Take the seeds out of the peppers and cut in small pieces or put through the food chopper. Put the salt, vinegar and sugar in a kettle and bring to a boil. Add vegetables and mustard seed and let come to a boil again. Put in jars and seal. A little of this, mixed with salad dressing, makes a very nice addition to a salad. If all the vegetables are not available, use what you have.

Beet Relish

2 c. chopped beets
2 c. vinegar
1 tsp. salt
½ c. horseradish
1 c. sugar
1 tsp. mustard

Boil the beets, skin and chop. Add the horseradish. Heat vinegar and other ingredients, and pour over beets and horseradish. Bottle while hot.

Pickled Peaches

2 lbs. sugar
4 lbs. peaches
1 qt. vinegar
Cloves and cinnamon

Heat the sugar and vinegar. If whole cloves and stick cinnamon are not available tie two teaspoons cinnamon and one teaspoon cloves in a bit of muslin and add to the sugar and vinegar. When this is hot add a layer of peaches and cook until the peaches are tender, but not broken. Bottle while hot. This is especially good with cold meat.

Gooseberry Catsup

5 lbs. berries
2½ lbs. sugar
1 tsp. allspice
1 pt. vinegar
1 tsp. cinnamon
½ tsp. black pepper

Put all the ingredients in a kettle and cook until the fruit is tender and the mixture thickens slightly.

Dill Pickles

100 cucumbers
1 qt. vinegar
5 qts. water
1½ c. salt

Select cucumbers that are about half grown. Soak them in cold water over night, next morning wipe them dry and fill sterilized half-gallon jars half full. Add a layer of dill and fill jars with cucumbers. Boil the water, salt and vinegar together and fill the jars. Seal at once.

Tomato Pickles (Not Cooked)

1 peck ripe tomatoes
3 onions
3 red peppers
1 qt. vinegar
1 c. horseradish
3 bunches celery
1 oz. mustard seed
2 lbs. brown sugar
1 c. salt

Peel and chop the tomatoes. Add one cup salt and let stand over night. In the morning, drain, add the chopped onions, celery and peppers. Mix the sugar and vinegar until the sugar is dissolved. Add the mustard seed. Pour over the chopped vegetables and seal in sterilized jars.

Rhubarb Relish

1 qt. rhubarb
1 pt. vinegar
1 tsp. cinnamon
½ tsp. allspice
1 qt. onions
1½ lbs. brown sugar
½ tsp. cloves
½ tsp. pepper
1 tsp. salt

Boil until fairly thick, about the consistency of jam.

A Quick Blue Plum Jam.

Wash, drain and cut the blue prune plums into small pieces. Put them over a small fire without adding any water and cook till soft. Then sieve or not, and add a third as much sugar as there is of the plum puree and cook to a jam stage.

Walnut Plum Jam.

One pound of plums, one-half an orange cut up and soaked in water to cover over night, a large handful of walnuts, and some raisins or not, as you choose. The addition of raisins influences the amount of sugar used, which should be from one-half to three-quarters of a cup to each cup of the fruit mixture. This will be superior if cooked in small portions, that is, even this amount should be divided for cooking. This is but a small portion as compared with the quantities prescribed by most of the recipes one finds for this jam.

When the ingredients are cut up daintily and the time is short for cooking it, this may have deliciously fruity flavors and also give us a preparation of delightfully flavored walnut meats.

Plum Cheese or Plum Butter.

What used to be called Damson cheese is just as good when made of plums as it is when made of the Damsons. More than that, we can use either preparation, that is, a cheese or butter made in this way, and cook it drier than it would be for these and call it a plum leather.

Wash and stem a quart of plums, dry them, put them into a covered casserole with half a cup of sugar and bake in a slow oven for two hours. Sieve them, cook down the pulp a third, add half a cup of sugar and cook them whole for five minutes, when it should be a stiff jam. More sugar than this can be used with the acid Damson, or according as they are quite ripe or not quite ripe.

The use of some sugar in baking them seems to be economical, and cooking them with the stones or pits is worth while. In the old days the stones were cracked and some of the kernels cooked in plum jams.

Red Plum Marmalade.

Scald and remove the skins of ripe plums and take out the pits. For a sweet conserve allow one pound of sugar to each pound of fruit; mix the two and allow them to stand for half and hour. Cook for about twenty minutes like any jam, and then put into pots or glasses and seal finally with paraffin. This does not keep the original flavor and character for a long time, as does plum cheese or butter; therefore it should be made for earlier use.

The Old Damson Cheese.

It is possible to find a good many things about the Damson or plum cheese in old publications. Perhaps what was written in 1852 in one of the horticultural journals on the subject of "Damson Cheese" is as interesting as any of these things:

"However much we may advocate fruit culture in our pages, we leave the cooking department to others; but there is no general rule without an exception. There are many ways to do many things, but there is only one way to make good Damson cheese. Whence it took the name of cheese, we know not, unless it be from its firm, cheese-like texture, when well made—which it will be if the following receipt is adhered to:

"Put the Damsons in a stone jar, which place in an oven or on a stove until the juice runs freely, the fruit is perfectly tender, and the stones separate from it. Remove the stones with a silver or wooden spoon; measure the pulp in a preserving pan and place it on the fire and boil until the liquid is evaporated and the fruit left dry. Whilst this is doing, have ready a quantity of white loaf sugar, allowing half a pound of sugar for every quart of pulp, as measured when put into the pan. Let this sugar be rolled fine, and then heated in the oven in a pan until it is so hot that the hand cannot be kept on it. In this hot state, mix the sugar thoroughly with the dry pulp, also hot from the fire. It will become very firm, and does not require to go on the fire again. Put it into jars or glasses whilst hot, and when cold, cover and put away."

Grape Catsup—To each 5 pints of grapes allow 1 pound of sugar, a ½ pint of vinegar and ½ ounce each of cinnamon, cloves and mace. Boil sugar and vinegar for 15 minutes. Heat pulp and skins; let cool and rub through colander; add to vinegar and sugar and cook 20 minutes.

Grape Chutney—Place in preserving kettle 2 quart seeded unripe grapes, 1½ pounds tart apples, 1 ounce each of garlic, grated horseradish, ginger, mustard, 4 ounces of salt, 1 saltspoon cayenne pepper, 1 pint vinegar and 1 cup stoned raisins. Simmer slowly till thick, then rub smooth, add ½ pint brown sugar and let stand a week in earthen crock, stirring each day. Place in small jars and cork and put away in a dry, dark, cool place.

Grape Jelly—Wash, stem and heat grapes, adding to them ⅓ part crabapples, simmer together with enough water to cover and keep from burning. Crush fruit gently and cook till soft and breaking—about 2 hours. Strain with squeezing, letting drip over night. Measure juice and heat, skimming carefully. Allow 2 cups sugar for each pint of juice and proceed as for other jellies.

Grape Butter—Simmer pulp of grapes till tender; put through colander, then add skins and cook till tender; stir sugar in, allowing ½ pound to each pound of fruit. Cook till thick and seal.

Grape Raisine—Have equal weight of grapes and pears. Simmer grapes alone till soft with very little water, having washed, seeded and stemmed them. Press through colander. Pare, core and slice pears and add to grapes. Simmer and stir till thick; sweeten, strain and pour into jars.

Grape Jam

Wash and stem the grapes, separate the skins from the pulp. Sift the pulp after cooking it a few minutes, cook the skins till tender, with a little water. Add the sifted pulp and 2/3 as much sugar, and cook rapidly till thick and clear.

Grapes

As in all preserving of fruit, do not use tin or metal utensils in which to cook grapes, as their acid markedly is affected and the flavor spoiled. Remember, in making juice that the boiling point must never be reached, but that all extraction of juice and the sterilization of juice in bottles must be followed at the simmering point over a very low fire. A high temperature coarsens and, indeed, destroys the flavor and much of the difference between the two batches of grape juice may be laid entirely to the heat at which they were cooked.

Grapes should be removed from the stems preparatory to any process, and if the juice must be extracted it is better to simmer them in the top of a steamer, or a waterless cooker or one utensil placed over another in double boiler fashion. Steam extracts juice more effectively than open flame cooking, and, as was said, the flavor is greatly preserved by the former method. A fine cheese-cloth bag is better than flannel when working with grapes, and do not squeeze, as this will make the juice for either jelly or grape juice dark colored and with sediment. Allow the bag to drip of its own weight and utilize the pulp in the bag in making marmalade or grape butter.

The best quality of jelly is made with grapes that are under ripe, because they contain a larger amount of "pectin," or the jellying quality of fruit. It is always best to include a fair proportion of underripe grapes in all jelly, jam or marmalade. Crabapples may be added to jelly to give a peculiar but delicious flavor, so also may elderberries, which are free for the gathering in many sections. The addition of a little lemon rind gives a pleasant change, and all grape products combine especially well with such spices as cinnamon, clove and allspice, being careful not to use too much of each.

A standard and simple recipe for unfermented grape juice made without sugar is as follows: Mash, boil and press grapes and extract juice. Have bottles sterilized and heated on a wooden rack in bottom of boiler or canner. Fill bottles carefully with the cooled juice, free from sediment. Pour cold water into boiler up to necks of the bottles, bring to simmering point and simmer 10 minutes. As the juice evaporates, fill up with more into each bottle. Cork and seal while hot.

If sugar is preferred follow the same steps through the extraction of juice. Then place in an open enamel kettle, bring to the boil, skim and add ½ cup sugar to each 2 cups of juice. Let dissolve and boil about 6 minutes. Fill into heated bottles and seal at once.

Cooking Sweet Cherries.

There is a tradition that only the sour cherries are excellent when cooked, but this does not allow for the fact that tastes differ. As for me, I like a sweet cherry jam and when it is served hot with clotted cream [see anon] I think it is one of the great inheritances of this season.

To cook these cherries in the simplest way, wash and take out the pits, weigh, add half their weight in sugar, set over a hot plate or over the slowest of fires and when the sugar commences to melt stir the whole carefully and thoroughly and, finally, when the sugar is well dissolved turn up the fire somewhat and cook the cherries to 220 degrees on the thermometer, skimming with discretion. The two drop test of the sirup around the cooked cherries may be used if you have no thermometer.

And right here we might mention that if you are buying a new thermometer—to save you no end of attention during the berry cooking season—that you should read the directions carefully and if it is lacquered boil that off—per directions. Then when you are ready to put it in anything hot, rinse it off with hot water first and when it is taken out of anything it is best to put it directly into a dish of hot water. If, after it has stoood in this for a little, the fruit or other sirup clings next to the glass, a wooden toothpick will be the thing to use to remove it. This is better than any brush.

When the currants come, sweet cherries may be combined with currant juice. I once developed the following recipe which I have down in black and white, but as far as I can remember the product did not appeal to me as much as the one made by the above directions did:

Wash and stone sweet cherries, weigh, take half as much sugar by weight as there are of cherries, barely wet it and cook it for five minuts to sirup stage, stirring to thorougly dissolve, add the cherries and whatever proportion of cherry juice you choose and cook to 220. Combined with currant juice, if much is used, three-fourths the weight of the cherries in sugar may be needed.

MY DEAR MRS. WILSON:

Could you give me the recipe for "amber jelly," made with grapefruit, oranges and lemons?

MRS. J. A. C.

I almost despaired of finding your recipe, but think I have located the right one. Here it is: 3 grapefruit, 3 oranges, 3 lemons; cut into thin slices without peeling, and weigh. To each pound add 3 pints of cold water. Let it stand 24 hours. Then boil until rind is perfectly tender, and again let it stand 24 hours. Then to each pound add one pound of sugar and cook until it jellies, then put into jars.

Here are some recipes from the Food Administration:

Canned Baked Apples.

Wash core good, sound, tart baking apples. Fill the cavities with one tablespoon of syrup or honey for each apple. Bake the apples until tender in a pan containing a little water. Pack the baked apples into hot sterile jars, the juice remaining in the pan. Fill the jars completely with a sirup made by boiling together for two minutes, water and sirup in the proportion of one cup of water and one-half cup sirup. Seal the can.

Chipped Apples or Pears.

Hard fruit (apples or pears), eight pounds; ginger root or crystallized ginger, one ounce. Sugar, one pound (two cups); sirup, three pounds (four cups); lemons, three; water, two quarts.

Wash and prepare fruit. Weigh after it is prepared. Add sugar to sirup and water. Add lemon juice and chopped rind and fruit. Cook slowly until fruit is tender and product is thick and dark.

Apple and Carrot Conserve.

Carrots, ground or diced, one quart. Tart apples, diced, one quart. Oranges, sliced, two. Sirup, two cups. Salt.

Cook the carrots in sufficient water to cover them until they are tender; do not drain them. Add the other ingredients and cook the mixture until it is clear.

Then again the shortage of sugar need not interfere with the preservation of apples and that is another point in its favor. Other sweeteners may be used or the fruit pulp or spice may be canned without sugar and sweetened a little at the time as it is used.

Candied Apple.

Select firm and perfect apples. Apples may be prepared by cutting in eighths or in circles. Any sirup may be used, sorghum, cane corn or maple sirup or honey. Heat to the boiling point and add apple sections. Cook very slowly until almost tender. Set aside for 24 hours, then reheat and cook very slowly until tender. Cool slightly, drain completely in strainer or on fork and roll or dip in finely chopped cocoanut. Use as a confection or for a dessert. The process may be completed in one day, but fruit is not as candied. Other fruit may be prepared in the same way.

APPLE BUTTER

I shall be very much obliged if you will publish a recipe for apple butter. —Mrs. H. C., Toronto.

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Pare, core and quarter the desired quantity of apples, allowing one-third of sweet to two-thirds of sour apples. Boil sweet cider until it is reduced to one-half. While the cider is boiling rapidly add apples until the mixture is of the desired thickness. Cook slowly, stirring constantly and skimming when necessary. When the apples begin to separate from the cider, take two pounds of sugar to each bushel of apples used; add a little ground cinnamon and boil until it remains in a smooth mass, when a little is cooled. Usually one and one-half bushels of apples are enough for one and one-half gallons of boiled cider. The parings may be used for making vinegar, if desired.

Rhubarb Conserve.

Chop separately three pounds of rhubarb, half a pound of dates and half a pound of figs. Combine these ingredients and mix with sugar equal in weight to the other ingredients. Simmer until thick, stirring often.

Strawberry Conserve.

Wash and hull three boxes of strawberries and mash them a little. Put pineapple from one can, one orange and a half pound of seeded raisins through the food chopper and add the juice of one lemon. Combine all and add sugar equal to the weight of the fruit. Cook until thick, stirring it frequently.

Rhubarb Sweet Pickle.

Chop six pounds of rhubarb, mix with seven pounds of sugar, one pint of vinegar, two teaspoonfuls of cinnamon and one teaspoonful of cloves. Cook it all slowly about three hours, stirring frequently.

Rhubarb and Pineapple Jam.

Chop seven pounds of rhubarb and two medium-sized pineapples into small pieces. Add two and one-half pounds of sugar and cook for fifteen minutes. Then add two and one-half pounds more of sugar and simmer, stirring often until rich and thick.

Rhubarb Jam.

Chop six pounds of rhubarb and let it stand with five pounds of sugar overnight. In the morning put one lemon, one orange and one pound of figs through the food chopper. Mix all the ingredients together and just simmer it slowly for three hours, stirring very often.

Rhubarb Marmalade.

HAVE ready 6 pounds sliced rhubarb, 1 pound chopped dried figs, 1 pound chopped candied orange peel and 5 pounds sugar. Put in saucepan in layers, let stand overnight and then cook slowly until thick.

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Freshly Stewed Rhubarb

Six cups rhubarb; four cups sugar; very little water. Wash rhubarb carefully, but do not peel unless it is tough. Cut in pieces an inch or so long. Use only enough boiling water to cover the bottom of the saucepan, and cook until tender. Then add sugar, and continue cooking until sugar is all dissolved. Ginger may be added if one desires.

Stewed Rhubarb and Figs

Five cups rhubarb; one cup figs; three cups sugar; rind and juice of one lemon. After washing rhubarb, cut in one inch pieces; carefully wash figs and chop very fine. Add sugar and the grated rind of one lemon. Cook until the fruit is tender. Just before removing from the fire, add lemon juice.

Pineapple-Pear Preserve

Pare and core the pears, and cut in slices or cubes. Cut the pineapple in small cubes, and to each two pounds of pears allow one orange and one lemon, in very thin slices, and three-fourths as much sugar as fruit. Simmer till clear and thick. Use the pineapple in any proportion desired. One can is enough for quite a few pears.

Tested Tomato Preserve Recipes

By Mary Lee Swann,

The Well-Known Writer and Lecturer on Cooking.

Green Tomato Pickles.

CUT 1 peck green tomatoes in ¼-inch slices. Cut 1 dozen large white onions in slices. Pack the tomatoes and onions in alternate layers in earthen jar, having a layer of salt between the layers of vegetables. Let stand overnight. Drain off the brine. Repack the vegetables and cover with vinegar scalded with 3 or 4 pods of red pepper and a spice bag containing 1 cup of mixed spices.

Tomato Pickle.

CHOP 1½ quarts ripe tomatoes and 1½ quarts green tomatoes, 2 onions and 3 sweet red peppers. Discard seed of peppers. Sprinkle with ½ cup salt and let stand overnight. Drain well and add 1 quart vinegar, ½ teaspoon cloves, ½ teaspoon cinnamon, ½ teaspoon mustard and 2 cups sugar. Cook gently until tomato is tender.

Tarragon Vinegar.

WASH fresh tarragon leaves carefully and dry on a clean towel. Pack lightly into a sterilized jar, cover with cider vinegar, add a few peppercorns, adjust the cover and let stand in a sunny window about 3 or 4 weeks. Strain through several thicknesses of cheesecloth and store in a sterilized bottle with close-fitting cork.

Sweet Pickled Vegetables.

BOIL 2½ cups vinegar with ½ cup sugar, a bit of bayleaf, a piece of cinnamon, a grating of lemon rind and a few cloves for 20 minutes. Add 3 cups of cooked shredded carrots, cooked sliced beets or other cooked sliced vegetables or mixture of vegetables. The vinegar should cover the vegetables. Simmer about 5 minutes and seal in hot sterilized jars.

MINT JELLY.

Mint jelly is perfectly delicious when served with roast lamb or with any wild game. It can be made and put away like any other jelly, so as to have it on hand whenever needed.

To make mint jelly, pack a cup with mint leaves and scald with a cup of boiling water. Let it steep for an hour. Press the juice from the leaves and add to it one cup of apple juice and three-quarters of a cup of sugar. Boil this until it jellies according to your test, then pour while hot into glasses and seal with paraffine.

Tomato Butter.

PLUNGE ripe tomatoes into hot water, remove the skins and cook with a few cloves and a piece of cinnamon. Press through a sieve, and to each quart of the tomato pulp add 2⅔ cups light-brown sugar. Cook gently until thick and seal in stone crocks.

Green Tomato Preserves.

WASH and slice 4 lemons and cook gently in 1 pint water until rinds are tender. Add 4 quarts sliced green tomatoes and cook gently until done. Add 3 cups sugar and simmer until thick and pour into sterilized jars. Adjust rubbers and tops and set in a saucepan of hot water and sterilize about 10 minutes.

SPANISH PICKLE.

Chop finely 30 ripe tomatoes, 20 onions, 10 green peppers and one bunch of celery. Add two and a half cups of sugar, two tablespoons of salt, one level tablespoon each of allspice, cloves, cinnamon and mace. Add three quarts of vinegar and let all come slowly to boiling point. Stir often and let the mixture boil from two to three hours until it is dark brown in color and heavy to stir. When cold it may be stowed away in a crock or in jars. This is excellent with cold meats and keeps well.

Spiced Rhubarb

Six cups rhubarb; three-quarters cup vinegar; two cups brown sugar; one teaspoon cinnamon cloves; three-quarters teaspoon cinnamon. Add all the ingredients together and cook slowly half an hour or more until it is thick. Seal in jelly glasses or pickle jars. This is delicious served with cold meat.

DILL PICKLES

100 medium-sized cucumbers
10 quarts water
2 cups salt
1 qt. vinegar
4 qts. water
½ cup salt
Cherry leaves
Dill

Wash cucumbers. Boil together 10 qts. water, 2 cups aalt and 1 qt. vinegar for 10 minutes and let stand over night. Make a brine of 4 qts. water and ½ cup salt. In this soak cucumbers 1 hour; then drain cucumbers and pack tight in layers in jars or crocks between cherry leaves and dill. Cover with boiled brine and seal.

SWEET PICKLES

50 small cucumbers
3 cups vinegar
1 cup water
2 cups sugar
Mixed spices

Soak cucumbers in salt water all night. (1/3 cup salt to 1 qt. water). Drain and dry. Boil vinegar, water and sugar 10 minutes or until clear, add cucumbers and let stand over low fire, until they lose their grass-green color. Place 1 teaspoon mixed spices in bottom of each jar, add pickles, cover with the hot syrup and seal.

QUICK PICKLES.

Take 100 gherkin-sized cucumbers; wash thoroughly and pack in a crock with a handful of salt and enough cold water to cover, holding them down with a weighted plate. Let stand for 36 hours, then remove and wash entirely free of the salt, and repack in a fresh crock. Boil two quarts of vinegar for five minutes with a small spice bag, and let stand for the pickles. Cover then pour it over the pickles. Cover three days and they will be ready for use. Leave a long string on the spice bag and draw it out in a week or 10 days—before it grows slimy.

BREAD AND BUTTER PICKLES OR CUCUMBER KETCHUP.—1 qt. ripe cucumbers, 1 cup white onions, 2 green peppers, 2 cups vinegar, 1 cup sugar and 2 tablespoons white spice.

Peel cucumbers, remove seeds and cut into long strips, or one-half inch slices. Salt lightly and let stand twenty-four hours. Drain well. Mix vinegar, sugar, mustard seed and spice and pour over the cucumbers. Cook until soft. Pack into clean hot jars and seal at once.

Chow-Chow Pickle

Cut into shreds two heads of white cabbage, and boil them until tender. In a separate boiler, cook until tender two heads of cauliflower. In still another boiler, cook a quart of small onions, a dozen small cucumbers, six ripe sweet peppers, two quarts of small tomatoes and six roots of celery, all chopped together. While these are cooking, put two gallons of vinegar, four ounces each of ground mustard and mustard seed, a small pot of French mustard, two ounces of tumeric, and one ounce of cloves into a pan and set on the fire. When this comes to a boil, drain the other cooked vegetables, and drop into the vinegar mixture. Cook only a few minutes after adding, then bottle and seal tight.

OLD ENGLISH PICKLE

Chop fine eight ounces each of onions, red peppers and pared tart apples and place them in a crock; boil for five minutes one pint of white wine vinegar, adding to it a dessert spoon of salt, then turn it over the pickle. When it has stood for 24 hours it may be bottled into small jars, to be opened as needed.

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SWEET PICKLED PEARS

2 lbs. sugar
1½ pts. vinegar
1 doz. whole cloves
1 doz. whole allspice
2 sticks cinnamon
1 small piece ginger root
½ teaspoon mace
6 qts. Seckel pears

Make a syrup by cooking together sugar, vinegar and spices tied in cheesecloth bag. Bring to boiling-point and boil slowly 10 minutes. Select large, firm pears. Wash and pare them, but do not remove stems. Add to boiling syrup and cook gently until fruit is clear and tender. Do not try to cook too many pears at one time. Dip cooked pears out carefully and place in hot sterilized jars. Cook syrup 10 minutes longer; then fill jars to overflowing and seal at once.

PICKLED WATERMELON RIND

3½ lbs. watermelon rind
1½ cups vinegar
1½ lbs. brown sugar
½ oz. cinnamon
¼ oz. whole cloves

Remove a thick paring (about 1/3-inch) from rind of watermelon, cut out all pink part; then cut in ½-inch strips and into 2-inch lengths. Soak over night in cold salt water, using 2 tablespoons salt to each quart water. Put into preserving kettle, cover with boiling water and cook until soft; then drain. Weigh out 3½ pounds. Put on to cook with vinegar, sugar, cinnamon and cloves. Bring slowly to boiling-point and let simmer 2½ hours. Pack in sterilized jars, add syrup to overflow and seal at once.

RIPE CUCUMBER PICKLES

6 large ripe cucumbers
1 gal. water
¼ cup salt
1 qt. white vinegar
3 cups water
1½ cups sugar
2 pkgs. seeded raisins
24 whole cloves
6 sticks (3½in.) cinnamon
3 small onions

Remove thin paring from cucumbers and also remove seeds. Soak for 1 hour in a brine made with salt and water. At the end of the hour bring to the boiling point and let boil for 10 minutes; drain. Bring other ingredients slowly to boiling point, having the seasonings tied together in a little bag. Add the drained cucumbers and boil for 45 minutes or until soft. Pack in sterilized jars, cover with boiling syrup and seal at once.

PICKLED PEACHES

2 lbs. sugar
1½ pints vinegar
3 or 4 sticks cinnamon
4 quarts peaches
Cloves

Make a syrup with sugar, vinegar and cinnamon, cooking them together for 20 minutes. Remove skins from peaches by dipping them for a moment in boiling water, then rubbing with a cloth. Stick 2 cloves in each peach and cook in boiling syrup until tender. Do not try to cook too many peaches at one time. Boil syrup 10 minutes after all the fruit is done, then pour it over the peaches and seal in sterilized jars, which have been fitted with new rubbers.

CURRANT & RED RASPBERRY JAM

1 quart currants
4 quarts raspberries
2 lbs. sugar

Wash and stem currants; wash raspberries. Place in preserving kettle and heat. Add sugar and boil for 10 minutes. Turn into sterilized glasses or jars and seal.

Vegetable Marrow Jam

Vegetable marrow jam has been used for a long time. Here is just a good old fashioned recipe.

Take four pounds of brown sugar, and six pints of water. Boil until the sugar is thoroughly dissolved. Have your marrow peeled and cut into oblong pieces and put into an earthenware jar. Pour the syrup over it and let stand two days. For each pound of marrow (have it weighed before putting into the syrup) take one pound of lump sugar, one ounce ginger root, broken up, and a little pinch of cayenne, the juice and the yellow rind, finely cut, of two lemons, stir together over the fire until the sugar is quite dissolved. Strain the marrow from the first syrup and put it into this mixture. Cook very gently until the marrow is transparent. When done it will look and taste a little like preserved ginger.

CANNED BLACKBERRIES
(Cold Pack Method)

1 quart berries 2 cups water
1-1/3 cups sugar

Pick over berries; put them in a colander and let water run over them gently. Then pack into jars. Fill jars to neck with boiling syrup, made by boiling sugar and water together for 5 minutes after the boiling-point is reached. Place new scalded rubber in position; adjust lid loosely and process for 16 minutes.

If oven method is used, set regulator at 250 degrees and process 1 hour.

CANNED PEARS
(Cold Pack Method)

Scald pears 1½ minutes; dip into cold water; peel and pack into clean jars. Fill jars to neck with boiling syrup, made in the proportion of 1 cup sugar to 1½ cups water and boiled for 5 minutes after the boiling-point is reached. Place scalded new rubber in position, adjust lid loosely and process 20 minutes. Tighten covers immediately.

If oven method is used, place jars in pan, set pan on rack in oven, which is in the same position as for baking; then set regulator at 250 degrees, light oven and process 1 hour for quarts, 40 minutes for pints. Remove from oven and seal immediately.

PEACH & PEAR CONSERVE

2 cups diced peaches
2 cups diced pears
2 lemons, juice & grated rind
3 cups sugar
2/3 cup English walnuts, blanched and chopped.

Combine the ingredients, with the exception of the nuts. Cook slowly for 45 minutes; then add nuts and cook 10 minutes longer. Turn into sterilized glasses or jars and when cool cover with paraffin.

WATERMELON PRESERVES

Rind of 1 watermelon
2 lbs. sugar
1 tablespoon whole cloves
1 tablespoon salt
2 lemons
2 oranges

Remove 1/4-inch green rind from watermelon. Cut fleshy rind remaining in slices. Soak slices over night in 2 gallons cold water to which 1 tablespoon salt has been added. In the morning put on to cook in cold water and heat to boiling point. Drain and cook slices in syrup made by heating together 2 pounds sugar and 1 quart water for 10 minutes. Add to syrup sliced lemons, oranges, and cloves. Boil until watermelon is tender.

GINGER PEARS

4 lbs. pears
4 lbs. sugar
Grated rind of 2 lemons
Juice of 4 lemons
2 oz. Preserved ginger

Wash, peel and cut pears in small pieces. Add sugar, grated rind and juice of lemons, and preserved ginger, cut very fine. Cook over a slow fire until it thickens. Turn into hot sterilized jars and seal at once.

RHUBARB TUTTI-FRUTTI

3 cups rhubarb
1 large pineapple
1 orange
1 lemon
¼ lb. blanched almonds
5 cups sugar

Wash, dry and cut rhubarb and pineapple into small pieces. Wash, dry and slice thin orange and lemon. Mix fruit with finely cut blanched almonds and sugar. Cook to the consistency of jam, about 1 hour, stirring occasionally. Pour into sterilized jars or jelly glasses and when cold cover with melted paraffin and lid.

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Gooseberry-Currant Preserve

Pick over and stem gooseberries and one-third as much red currants. Let stand for some hours with three-quarters as much sugar, then simmer till clear, stirring very gently to keep the fruit as whole as possible.

PEACH AND APPLE JELLY

Wipe apples; remove stem and blossom ends and cut in quarters. Put in preserving kettle and add cold water to come nearly to top of apples. Cover and cook slowly until apples are soft; then drain through a double thickness of cheesecloth or a jelly bag.

Scald peaches 2 minutes; dip quickly in cold water. Skin, cut in halves and remove stones. Add cold water to come nearly to top of peaches. Cover and cook slowly until peaches are soft; then drain juice and use equal quantities apple and peach juice. Boil 20 minutes and add sugar in the proportion of ¾ cup sugar to each cup of juice. Bring to boiling point, boil 5 minutes, then skim and pour into sterilized jelly glasses. When cold cover with melted paraffin and lid.

PEACH JAM

2¼ lbs. peaches
3 whole allspice
½ teaspoon whole cloves
1 lb. sugar
½ cup peach juice
1 cracked peach seed

Tie spices and peach seed in a cheese-cloth bag. Wash and pare peaches and cut in small pieces; add sugar and juice. Mix well; add spices and cook, stirring occasionally to prevent burning. Boil to 220 degrees F. Pack hot in sterilized jars, or pack when cold and process by putting in the oven at 250 degrees for 10 minutes.

BLACK RASPBERRY JAM

1 quart black raspberries
1¼ cups sugar

Pick over berries and wash in a colander by gently pouring the water over them. Crush the fruit and cook for 15 minutes. Add sugar and stir constantly, using a wooden spoon. Cook to 214 degrees F., or let boil 10 minutes. Turn into sterilized glasses or jars and when cool cover with paraffin.

CANNED PEACHES
(Cold Pack Method)

Scald peaches 2 minutes; dip quickly in cold water. Skin, cut in halves and remove stones. Pack closely in clean jars, which have been fitted with new rubbers. Fill jars to neck with boiling syrup, made in the proportion of 1 cup sugar to 1½ cups water and boiled for 5 minutes after the boiling-point is reached. Adjust lid loosely. Process 16 minutes; seal immediately.

If oven method is used, place jars in pan, set pan on rack in oven, which is in the same position as for baking; then set regulator at 250 degrees, light oven and process 1 hour for quarts; 40 minutes for pints.

MINTED PINEAPPLE

3 medium-sized pineapples
4 lbs. sugar
1 cup mint
Green coloring

Peel and cut pineapple into one inch cubes. Sprinkle with sugar and finely chopped mint, stir well and let stand over night. Next morning drain juice into saucepan and cook gently 10 minutes. Color a delicate green; add pineapple and boil gently 25 to 30 minutes, or until soft and transparent. Turn into hot sterilized jars, fill to overflowing with boiling syrup; put sterilized new rubber in position and seal immediately.

BLACKBERRY & APPLE JAM

1 box blackberries
2 lbs. sugar
1 quart chopped apples

Wash blackberries; wash, peel and chop apples very fine. Mix blackberries and chopped apples thoroughly with sugar and cook slowly over a low fire until berries are soft, about 45 minutes, or to 215 degrees. Turn into sterilized glasses or jars and when cool cover with paraffin.

Preparing Summer Foods *for* Winter Use

By ETHEL SOMERS

REPEATED emphasis has been centered on the use of fresh fruit and vegetables, and now that the overabundant fruit and vegetable season is on we should give canned fruits and vegetables a deserving secondary emphasis. While they are not so valuable as the fresh item in the diet, canned foods for the hurried emergency meal can work wonders! Nor is such a diet unwholesome, if pleasingly served. As little as two tablespoons of canned tomatoes a day has cured as well as prevented such dietary diseases in infants as scurvy. Canned fruits and vegetables are an excellent resource for the shut-in winter months and a quieting insurance against those otherwise puzzling emergency dinners. CAN NOW for your winter's reserve!

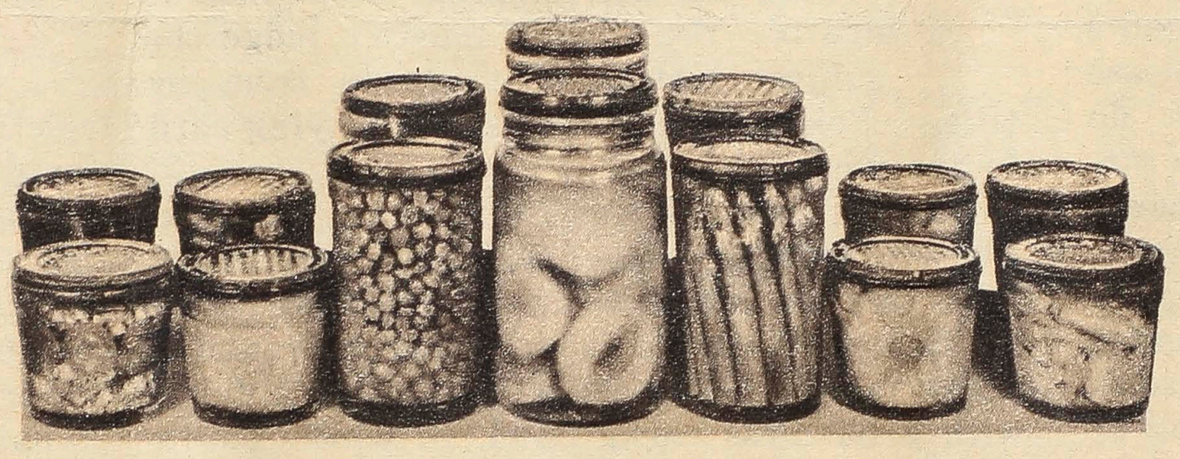
Canning is a sterilizing process wherein all the decay-producing micro-organisms on the food jar, rubber, and cover are destroyed by heat and no more are allowed to get in either before or after sealing. The sterilizing method is called processing.

Select, if possible, only freshly picked vegetables and firm, first-class fruits.

Sort and grade according to size, putting those of uniform size within the one pack, so it will look well.

Wash or scrub the product to be canned with a brush until thoroughly clean.

To scald or blanch, hold the prepared vegetable or fruit in a wire basket or square of cheesecloth, or any convenient holder, immersing the whole under boiling water as indicated on the time-table given here. Work with a small quantity —that is, enough for a few jars at a time. This blanching should be continued just long enough to make the product flexible enough to pack readily or to loosen the skins. Delicate green vegetables are best blanched in steam, as then there is less loss of minerals and flavor.



Chill the outer layer of the blanched product quickly by immersing in cold water. Remove *immediately*.

Pack into clean jars, shaking the product down. (Work fast, so the filled jar may be put to process while still hot.)

Fill all jars to within half an inch of the top, unless corn is being packed, when leave one inch for expansion in the cooking.

Fill the jars with salted water (1 teaspoon of salt to the quart) or syrup to one-fourth inch of the top. Peas, corn, and beets may be slightly sweetened by adding one teaspoon of sugar to the quart.

Place a new scalded rubber in position, adjust the sterile cover, and seal loosely.

Process at once after packing. Then seal tightly and invert to cool. When cooled, store in a cool, dark place.

TIME-TABLE FOR BLANCHING AND PRESERVING FRUITS AND VEGETABLES

PRODUCTS TO BE CANNED	GLASS JAR	METHOD OF PREPARATION	PACKING THE JAR	PROCESSING		
				IN BOILING WATER (212°F.)	STEAM PRESSURE	OVEN HEATED
HARD FRUITS Apples Pears Quinces	Pint or quart	Select, grade, skin, core, blanch in boiling water 1½ minutes, cold-dip, pack whole, quartered, or sliced.	Fill scalded jar with boiling water or syrup, place scalded rubber in position and adjust lid loosely.	30 minutes	5 lbs. for 10 min.	275°F. for 1 hour for qts. or 40 min. for pts.
Pineapples	Pint or quart	Pare, remove eyes, slice, dice, or shred, blanch 5 minutes, cold-dip.				
SOFT FRUITS Strawberries Huckleberries Dewberries	Pint or quart	Select, grade, dip quickly in and out of hot water, and instantly in and out of cold water, stem, pack whole.	Fill the scalded jar with boiling water or syrup, place scalded rubber in position and adjust lid loosely.	10 to 20 minutes	5 lbs. for 10 min.	250°F. for 1 hour for quarts or 40 min. for pts.
Cherries Grapes Plums	Pint or quart	Select, grade, scald as for berries, stem, seed, skin or pit.				
Apricots Peaches	Pint or quart	Select, stem, scald 1 to 2 minutes or sufficient to loosen the skin, dip quickly in cold water. Skin, pit, and pack in halves or sliced.	Fill the scalded jar with boiling water or syrup. Place scalded rubber in position and adjust lid loosely.	20 to 30 minutes	5 lbs. for 10 min.	250°F. for 1 hour for quarts or 40 min. for pts.
GREEN VEGETABLES Greens	Pint or quart	Wash thoroughly, scald in steam 15 minutes (or 4 minutes in boiling water), cold-dip, pack tight.	Fill scalded jar with boiling water. Add 1 teaspoon of salt per quart. Place scalded rubber in position and adjust lid loosely.	This method is not advisable for vegetables except tomatoes.	10 lbs. for 90 min.	This method is not advisable for vegetables except tomatoes.
Asparagus	Pint jars only	Select, scrub, and scald in steam 15 minutes (or 4 minutes in boiling water), cold-dip, cut or leave whole.			10 lbs. for 30 to 40 min.	

Jelly

Peas	Pint jars only	Wash the pods thoroughly. Shell the peas. Hold in a cheesecloth bag under boiling water 5 to 10 minutes. Cold-dip and pack.	Fill scalded jar with boiling water. Add 1 teaspoon of salt per quart. Place scalded rubber in position and adjust lid loosely.
VEGETABLE MIXTURES for soup or salad	Pint jars only	Prepare each item in the mixture separately, scalding and cold-dipping as indicated above. Pack mixed or in layers.	Fill scalded jar with boiling water. Add 1 teaspoon of salt per quart. Place scalded rubber in position and adjust lid loosely.
FRUIT MIXTURES to be used for salads or compotes	Pint or quart	Prepare each item in the mixture separately, scalding and cold-dipping as indicated above. Pack mixed or in layers.	Fill scalded jar with boiling water. Add 1 teaspoon of salt per quart. Place scalded rubber in position and adjust lid loosely.
SOUP STOCK	Pint or quart	Prepare clear soup stock by ordinary method.	Fill sterile jars with the hot soup. Place scalded rubber in position and adjust lid loosely.
BONED CHICKEN 2 lbs. of dressed chicken make one pint of solid meat and 1 pint of soup stock.	Pints or half pints only	Select chicken that is freshly dressed and in perfect condition. Parboil the chicken in scalding water 30 min. Free the meat from the bones and skin. Pack hot meat solidly into sterile glass jars, filling to within one inch of the top.	Add ¾ teaspoon salt to each pint of meat. Add *no* water. Place scalded rubber in position; adjust lid loosely.

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WITH orchards, berry bushes, and vines all laden with fruit, foresighted housekeepers can scarcely ignore the opportunity to fill their empty jelly glasses.

To those who follow its course consistently year in and year out, the jelly season brings few problems. But some of us are making a first attempt, and a few pointers now may save many discouraging hours later on.

Let us first take a bird's-eye view of the available fruits and consider those which can safely be counted upon to make good jelly. Hidden in the fruit is a substance called "pectin," which when combined with ugar causes the extracted fruit juice to "jell." No fruit will make a clear, tender, sparkling, transparent, quivering jelly unless it contains the correct proportion of this pectin and of acid. Therefore you will want to consider carefully the following list of fruits which we know contain sufficient pectin and acid, in the correct proportion, to make good jelly: Currants, unripe grapes, blackberries, gooseberries, slightly under-ripe raspberries, quinces, apples, huckleberries and cranberries. There are some fruits which are lacking either in pectin or in acid, and do not make good jelly when used alone. The following fruits are in this class: pears, peaches, rhubarb, strawberries, cherries and pineapple.

Many housekeepers, particularly when they are preparing large quantities of jelly, make doubly sure of the pectin content of their fruit by this simple test: Extract the juice from the fruit for jelly making. Then mix one tablespoonful of this cooked fruit juice with one tablespoonful of Epsom salts. Stir until the salts are dissolved and then let the mixture stand for twenty minutes. If the fruit juice contains sufficient pectin to make good jelly, it will form a gelantinous mass or large, flaky particles.

The amount of pectin present in the fruit you are using has great bearing on the quantity of sugar to be added in the jellying process. Too much sugar has been the cause of many a batch of soft, rather sticky jelly which refuses to 'jell." On the other hand, too little sugar produces a tough jelly. In the list of fruits satisfactory for jelly making, as given above, currants, unripe grapes, and wild apples are usually the richest in pectin. For this reason they require equal quantities of cooked fruit juice and sugar in jelly making. For the remaining fruits in the same list, which are not quite so rich in pectin, you will be safe in using two-thirds as much sugar as cooked fruit juice.

But, what is to be done with those fruits which are so delicious in flavor, yet are lacking in either pectin or acid? In the olden days our grandmothers used to combine them with apples and were delighted with the jellies that resulted. Today, however, scientific research has come to our rescue, and on almost every grocer's shelf you will find commercial pectin either in liquid or powdered form. By following the manufacturer's directions, you can add these commercial pectins not only to fruits lacking in pectin, as previously listed, but to bottled fruit juices as well, and have jellies of the most perfect color, flavor and texture. These commercial pectins not only make possible a great saving of time and work in jelly making, but assure clear, sparkling jellies from all fruits, whether rich in pectin or not. And just one added suggestion! If you find the fruit juice lacking in acid flavor, add a little lemon juice—about one tablespoonful to a pint of juice.

As a novice, you will do well to make your jelly in small quantities—not more than two quarts of fruit juice at a time. In extracting the juice from soft fruits, add to the washed fruit only enough water to prevent sticking to the pan during cooking. Heat slowly, mashing occasionally, and cook until the pulp has changed color. With hard fruits, wash, cut up without paring or coring and cook in just enough water to cover until the fruit is tender, being careful not to mash the fruit if you wish a clear jelly. Then strain the cooked fruit through two or three thicknesses of cheese-cloth, or a wet flannel bag.

After extracting the juice, measure it, as well as the sugar which is to be added. Bring the juice to the boiling point and boil rapidly about ten minutes. Then add the sugar, which has been slightly heated, so as not to retard the cooking process. Stir until the sugar is dissolved, and continue cooking until the jelly is done, skimming frequently. To test the jelly for the point at which it is done, lift a little of the juice with a spoon. If the jelly sheets, or two drops hang together, from the spoon, the jelly is done. While making this test, always remove the jelly from the fire.

When the jelly is done, pour it into hot sterilized glasses and cover at once with a thin layer of melted second layer of paraffin and whirl the glass slightly so that the paraffin rises on the side of the glass and makes a tight seal.

Grape Jelly.

WASH the grapes before picking them from the stem and drain. Just cover with water and cook until the fruit bursts, strain, and cook the juice in small quantities with an equal measure of sugar till at the two drop stage, skimming and watching closely. Jellying qualities can be cooked out of fruit.

Add a tablespoonful of caster sugar to the boiling water when you are cooking peas. It will impart that delicious sweet flavor which freshly-gathered garden peas possess.

Amber Orange Marmalade
(Slow Process)

4 oranges
2 lemons
8 cups cold water
5 cups sugar

REMOVE the washed fruit peel in quarters. Slice the pulp in uniform thin slices. Scrape the white membrane from the skin with the point of a spoon, and cut the rind* in fine, uniform strips with scissors. Combine the sliced fruits and rinds and add the cold water. Let stand overnight. (This soaks out the pectin or jellying factor.) Cook slowly until the skin is tender and again allow it to stand overnight. Add the sugar and cook slowly over a low flame until the mixture jellies (218° to 220° F.).† At this stage the sample should be of the right consistency when placed on a cold dish and cooled. Pour into sterile glasses and cover with paraffin.

Made of Figs

Figs Stuffed and Grilled.

Stuffed figs are a delicacy that can be eaten at dessert or else as a between-meal sweetmeat, with afternoon tea or with evening refreshments.

The resourceful cook will devise many interesting combinations with which to stuff them. To begin with, the figs should be softened. Sometimes those bought in glass jars are soft and plump enough as they are. Otherwise they can be steamed for a few moments, or else soaked in cold water for fifteen minutes and then dried. They should hen be slit open at the top and the filling should be inserted through this opening.

Chopped pecans mixed with a little candied ginger, chopped walnuts mixed with seeded and chopped raisins, date meats mixed with shredded blanched almonds—all these mixtures are good for the filling. Nuts of any kind, either alone or in combination, can be used. The figs can be rolled in a little fine granulated sugar or else served as they are.

Grilled figs are an old convent dish. To make them soak dry figs an hour, dry them on a soft cloth and split them open. Pat them flat with a potato masher or mallet, brush them with salad oil, and broil them over a clear, hot fire for a minute or two on each side. Slip them on a hot dish and sprinkle them with lemon juice and granulated sugar. Serve immediately.

Fig Sweets for Dessert.

Fig pudding is a substantial pudding that is easily made. Mix half a cupful of granulated sugar with half a pound of figs, chopped fine. Add a cupful of flour and another of finely chopped beef suet. Then add a little grated nutmeg, a tablespoonful of molasses and a tablespoonful of milk. Butter and flour a pudding mould and pack the fig mixture in it. Tie it securely in a cloth and boil it four hours. Serve with any light pudding sauce. Lemon or wine sauce is especially good with it.

Another fig pudding is made with custard. This pudding calls for a pound of figs soaked for half an hour in warm water and then cut in two. They should then be dipped in some unset lemon or wine jelly and then arranged around the inside of a jelly mould, which has been buttered. Mix the yolks of five beaten eggs with half a cupful of granulated sugar and slowly add a pint of milk. Thicken it in a double boiler. Soak half an ounce of powdered gelatine in a little cold water and dissolve it in hot water in a double boiler—just enough hot water to cover it. Cool it and then add it to the whites of two eggs, beaten stiff. Stir until this mixture of egg whites and gelatine is stiff and white. Then add it to the cool custard and fill the fig-lined mould with it. Chill for ten hours before serving.

An easily made fig jelly is this: Cook a pound of figs in boiling water until the skins are soft. Soften an ounce and a half of gelatine in cold water and dissolve it in half a cupful of the water in which the figs were cooked. Add three-fourths of a cupful of granulated sugar to the gelatine and measure, adding enough canned cherry juice to make a quart. Put a layer of this liquid in the bottom of a mould, let it harden, add a layer of figs and another layer of jelly, let it harden again and proceed in this way until all the figs and jelly are used. Harden and serve with whipped cream.

This is a good fig filling for any layer cake: Chop half a pound of figs or run them through a coarse division of the vegetable chopper. Add three tablespoonfuls of sugar and three tablespoonfuls of boiling water, with a tablespoonful of lemon juice. Cook in a double boiler until thick.

Nuts

Nuts are on the market every month of the year, but the supply is largest, and the prices are lowest, during the late Fall and Winter months. Quality also averages better at this time. No lot of nuts in the shell is perfect, but it should be about 85 to 90 per cent sound. Since it is practically impossible to judge quality from outward appearance, it is well to crack two or three samples of nuts before buying, and see that the nut-meats are plump and light-colored, as they should be. Furthermore, make sure that the nuts you get correspond with the sample on display and are not a slightly lower grade. Shop around, too, before you buy. Prices may vary as much as fifteen cents a pound for the same grade and variety, at stores within a block of each other. And in serving mixed nuts, we suggest that you buy the varieties you want and mix them yourself. Mixed nuts, sold as such on the market, often contain a high percentage of undesirable stock, and hence are more expensive in the end.

In buying walnuts you will find that most of them come from California or are imported. California growers have so standardized their grading of walnuts that you are assured of a uniform product, whatever grade you buy. But their very finest nuts are aristocrats indeed—for each nut carries the brand name stamped on the shell! Imported walnuts are more variable and lack the fine appearance of the fine Californias, although some of them are excellent.

Most of the peanuts in the shell which we find on the retail market are Virginia peanuts, having kernels that are large and oblong. These are sold in three sizes—Jumbo, Fancy and Extra—the Jumbos being the largest. In salted peanuts there are two varieties: Virginia peanuts described above, which are shelled, the skins removed, and then salted; and Spanish peanuts which being small and round, are salted with the skins on.

Pecans in the shell are available both in the cultivated and wild varieties. However, the cultivated paper-shell pecans are much larger than the wild variety, better flavored thinner shelled, and therefore easier to extract the meats from. So it generally pays to purchase them. In testing pecans before purchasing, it is easy to determine whether they are thin shelled or not, by pressing two together in the hands.

Almonds in the shell come from California as well as foreign countries. Like pecans, there are those that crack easily and those that do not. In fact, there are three grades; Paper shell, soft shell and hard shell. The paper shell and soft shell varieties are easier to crack, and the proportion of meats to shell is higher. So whenever possible, buy these two varieties. As with all nuts, of course, it is always well to test two or three before purchasing.

The dark, triangular shaped Brazil nuts, which, as the name suggests, grow in Brazil, are harvested in January and February, and reach this country about April, when they are at their best. Size is of little importance, but the nuts when tested should have meats of rich cream color. Filberts, pistachio nuts, the crescent shaped cashews from India, the little pignolias and pine nuts, as well as marrons or large chestnuts, are other varieties of nuts not so frequently used, but still delightful.

UPP

The fig is an unusual fruit, by the way, in the manner in which it grows. The fruit we eat is not a seed pod, in the ordinary sense of the word, as most fruits are. For the fig never has a visible flower. The first growth is a little green bag or ball, the fig as we see it later, within which the tiny flowers eventually blossom, die and go to seed.

So much for the figs as they grow. When they reach the market they have been dried and are sold either pressed in huge cakes or else packed in baskets, pasteboard packages, bags or glass jars.

Stewed figs prepared in the following way have much of the richness or flavor of the fresh fig preserve. Mix half a cupful of granulated sugar with two cupfuls of cold water and stir over the fire until the sugar is dissolved. Then add the rind of a lemon, cut in thin strips and a pound of dried figs. Stew slowly for about two and a half hours. Then remove from the fire, add the juice of a lemon and a wine glassful and a half of port. Chill and serve cold.

English Cream Toffee

½ Pound of yellow sugar
½ Pound of granulated sugar
¼ Pound of white corn syrup
¼ Pint of hot water

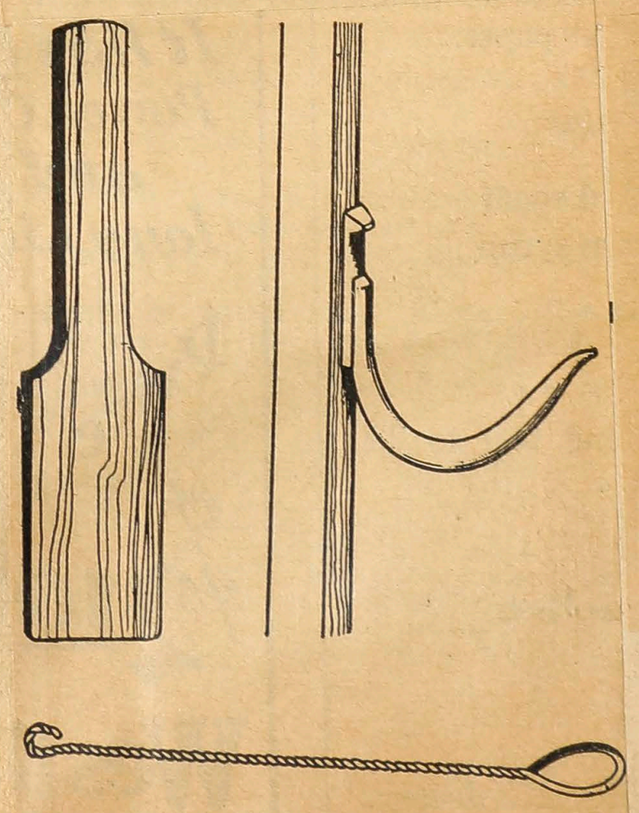
Place in saucepan, stir to dissolve sugar, boil to 230 degrees, then add:

2 Ounces of butter
¼ Pint of fondant
¼ Teaspoonful of salt

Add fondant slowly and stir continuously; boil to 256 degrees. Remove from fire, add a teaspoonful vanilla flavor, and pour into a pan well greased with lard. When cool, mark into squares.

Cocoanut Toffee

Use the same recipe as for English cream toffee, add half pound of shredded cocoanut when removed from fire. Stir well in, then pour into a well greased pan.



Three home-made candy tools—a wooden paddle for stirring, a wire fork for dipping, and a hook for "pulling" candy.

Dried Fruit

Dried fruits are very desirable substitutes for candy because they contain a large amount of sugar and in a form which is quickly assimilated. At the same time they contribute notable amounts of iron and calcium. Because dried fruits are chewy, they are moreover aids to very necessary tooth exercise. Dried fruit is always allowed to remain on the tree until it is thoroughly ripe; this is not always true of fresh fruit, which must often be picked green for shipping.

When you have the oven heated for a roast or other baked food plan to have a delicious casserole of dried fruit at the same time. The preparation is simple and the baking requires little watching, so that, with the least effort, you have a delightful dessert or breakfast fruit.

There are few food products which have made the rapid development that raisins have in the past few years. From the old-fashioned muscat raisin, which entailed tedious hand seeding, we now have the seeded muscats and the "seedless" raisins. The seeded raisins are grown with seeds, which are now removed by a special patented process that leaves the raisins plump and separate. The seedless raisins are of two varieties, the Thompson and the Sultana. The Thompson is golden brown in color, with a bluish tinge, and is very sweee, while the Sultana is more yellow and quite tart. The former are used mostly for eating and for confections, and the latter are better in plum puddings, fruit cakes, etc. The muscats also come in clusters with seeds and are very good for dessert or as a substitute for candy. Because only large, perfect bunches of grapes are used, the cluster raisins are more expensive.

For centuries, figs have been recognized as a valuable addition to the diet, but never before have they been so generally available. There are two types of commercial figs—the pressed and the pulled. Pressed figs have had some of the syrup removed and are consequently not so expensive, for syrup of figs, into which much of this syrup is put, is used extensively in the manufacture of medicines and brings a very high price. Pulled figs are the whole fruit dried with all their natural syrup. The skin of the fig is usually bright green, turning to amber as it is dried, although a few of the figs grown in the southern states are black or deep purple.

Dried peaches and apricots are from fruit ripened on the tree and have a good flavor. They are less expensive than canned fruit and should be used often in low-cost menus. There are no standardized market grades and they are usually sold loose by the pound. There is an excellent brand of partially peeled dried peaches sold in two-pound cartons.

Most of the dates used today are imported, although a few very large high-grade ones are grown in California and Arizona. Unlike other fruits, dates are dried on the tree before they are gathered. Like figs and raisins, dates may be eaten directly from the package without any preparation and are an excellent substitute for candy.

Prunes are graded into ten sizes, depending upon the number to the pound. In a study here at the institute, we found that, although there is a slightly larger percentage of waste in small prunes than in larger ones, the smaller were more economical for their meat is considerably less than that of the others. California prunes, also known as French prunes, are sweet and require little sugar, while Oregon prunes, also known as Italian prunes, are tart and require considerable sugar. Silver prunes are a yellow in color resembling ripe green gage plums.

Our currants are almost all imported. They are an entirely different fruit from the red currant commonly grown in the United States and are really a variety of s grape. They are shipped bot bulk and in packages.

THE hot days of Summer have some compensation in that they serve to ripen a number of delicious fruits and melons. August is the month for peaches, plums, pears and the honeydew and casaba melons. The peach and plum season reaches its height this month, but pears and melons are equally abundant during September.

The six varieties of peaches most important to the housewife, in the order of their ripening, are Carmen, Hiley Belle, Georgie Belle, Early Crawford, Elberta and Hale. The first three are excellent, white-fleshed, freestone peaches, and the last three are yellow-fleshed freestones. About 75 per cent of all peaches are Elbertas, a good variety for canning, but only fair quality for slicing or eating out of hand. Maturity is the biggest problem in selecting peaches, for much of the fruit is picked when too green and immature, and hence never ripens to full flavor. The ground color of yellow varieties should be yellow, and of white varieties a creamy white, not green or greenish white, on the under side. Highly-colored peaches are best, but do not mistake fruit with a big, red blush for ripe fruit if it is still hard and has a green color on the opposite side. Pronounced flatness in shape is a bad sign for peaches tend to round out in ripening on healthy trees. As a rule, large peaches are more highly flavored than small ones.

The plum is another fruit which is commonly picked too green and often comes to market hard and sour. Ripe plums are always soft, and no matter how highly colored hard plums are, they are not ripe enough to eat. Varieties of plums are entirely a matter of personal choice, and what is available in your section of the country.

There are numerous varieties of pears and some are on the market almost the year round, but at least half the crop is the excellent Bartlett variety, which is at its best during August and September. Other high quality varieties which follow the Bartlett in about the order named are Seckel, Bose, Clairgeau, Sheldon and Anjou. The Kieffer is an important late variety, but is undesirable except for cooking and is not very good even for that. Pears are just the opposite of stone fruits, for they are at their best if picked when still green and allowed to ripen in storage. Such fruit will develop better flavor and have fewer gritty cells than tree-ripened fruit. Hence choose those which verge on greenness rather than ripeness or overripeness.

The honeydew melon would be much more popular if the housekeeper always purchased them ripe. A fully matured honeydew which is fit to eat is of a creamy white or pale yellow color even on the under side. When really ripe it is soft enough so that it can be dented anywhere, and especially at the blossom end. Unless it has softened considerably at the blossom end there is no use buying it. A fully ripe honeydew also has a noticeable aroma. Often the stem of a fully matured melon has dropped off or can be easily pulled off.

Ripe casabas should be a deep, golden yellow and be fairly soft at the stem end.

Nuts and Marmalade.

The mixture of sliced Brazil nuts, or of some one of the nuts, with orange marmalade makes one of the most agreeable sweet sandwich spreads. This spread is usually used for the open sandwich, while the orange marmalade alone may be agreeable for such use and acceptable day after day to many people. By adding the nuts and perhaps some candied fruit we change the look of the spread and may make it more attractive. For instance, we may add either a little chopped candied cherry, candied angelica, or both. When we make these mixtures, blending them with the marmalade, or mixed with bits of truffles, or mushrooms, in a rich, creamy sauce. The sirup, we may use them for filling French pancakes. In fact, we have lately been practicing on a carnival pancake, the recipe for which will presently appear, and found it most attractive with the prescribed filling of this type.

In mentioning this we are preparing the way for a description of the term "salpicon." It is a queer thing that people are always looking for nice and unusual things in cookery to serve, while at the same time they will fight shy at a strange word to the finish.

Mrs. Hill, in her cook book, evidently considers the word salpicon of enough importance to define it at length, as follows: "A salpicon is a mixture of fruits in a flavored sirup, or of cooked fish, game, or meats, of one or more kinds, cut in cubes and mixed with bits of truffles, or mushrooms, in a rich, creamy sauce. The latter may be served in patties, Swedish timbale cases, in tiny casseroles, or from a vol-au-vent. Or it may be used as the filling or center of timbales, or inside a rice or potato border., A fruit salpicon is served in individual glasses, in a pineapple or muskmelon shell, or in the peel of oranges or grapefruit."

A hotel definition is: "Salpicon.—Minced meat of any sort, highly seasoned with spiced salt, lemon peel, savory herbs, truffles, etc.; a mince of which a little is sufficient, as it is used to inclose in quenelles, or in petites bouchées, or small patties, in rissolettes, and to impart savory flavors to meat and game when placed in incisions made for the purpose. Chopped chicken or game with grated ham and spiced salt, moistened with sauce, is an example."

WESTVILLE, Pictou Co.—3 G

C, △ Stellarton, 3 M.—Tel., W. U. and C. P. R.—Ex.- Pop. 3,152

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Shopping Guide for Vegetables

	In Season During	*Time to Allow for Cooking*
Artichokes (Globe)	July to October	30 mins.
" (Jerusalem)	October to March	20 to 35 mins.
Asparagus	April to June	20 to 25 mins.
Beans (French)	June to September	20 to 30 mins.
" (Runner)	July to September	15 to 20 mins.
" (Broad)	May to July	15 to 25 mins.
Beetroot	Autumn and Spring	1½ to 3 hours.
Broccoli	All the year	10 to 15 mins.
" (Sprouts)	November to May	15 to 20 mins.
Brussels (Sprouts)	September to February	10 to 15 mins.
Cabbages (Savoys)	October to March	35 to 50 mins.
" (Summer)	April to August	15 to 25 mins.
" (Red)	August to September	1 to 1½ hours.
Carrots (Old)	All the year	1 hour.
" (New)	June to August	20 to 25 mins.
Cauliflower	May to December	15 to 25 mins.
Celery	September to March	½ to 1 hour.
Chervil	Spring and Summer	Use in salads and sauces.
Cucumbers	All the year	20 to 30 mins. if cooked.
Endive	October to March	20 to 25 mins. if cooked.
Horseradish	Winter	For making sauce.
Leeks	October to March	1 hour.
Lettuce	All the year	10 to 15 mins. if cooked.
Mushrooms	August to November	20 to 30 mins. stewed or baked, 10 to 20 mins. fried.
Onions (Spanish)	July to March	1½ to 2 hrs. boiled or baked.
Parsnips	October to April	1 to 1½ hours.
Peas (Green)	May to September	15 to 25 mins.
Potatoes	All the year	20 to 50 mins.
" (New)	May to July	15 to 25 mins.
Radishes	All the year	For salads, etc.
Salsify	November to March	30 to 40 mins.
Seakale	December to April	25 mins.
Shallots	July to December	For salads and flavoring.
Spinach	All the year	20 mins.
Tomatoes	All the year	20 mins. to bake.
Truffles	November to March	1 to 1½ hours to bake.
Turnips	All the year	35 mins. to 1 hour.
" (New)	June to September	15 to 20 mins.
Turnip Greens	March to May	20 to 25 mins.
Vegetable Marrows	July to October	15 to 25 mins.
Watercress	All the year	10 mins. if steamed.

Vegetables giving the most nourishment for weight are in the following order: Potatoes, green peas, parsnips, beetroots, celery, carrots, onions, and cauliflower.

DRY MEASURE

2 pints	1 quart
8 quarts	1 peck
4 pecks	1 bushel
36 bushels	1 chaldron

LIQUID MEASURE

4 gills	1 pint
2 pints	1 quart
4 quarts	1 gallon
31½ gallons	1 barrel
2 barrels	1 hogshead

LONG MEASURE

12 inches	1 foot
3 feet	1 yard
5½ yards	1 rod
40 rods	1 furlong
8 furlongs	1 statute mile
3 miles	1 league

MARINER'S MEASURE

6 feet	1 fathom
120 fathoms	1 cable length
7½ cable lengths	1 mile
5,280 feet	1 statute mile
6,085 feet	1 nautical mile

SQUARE MEASURE

144 square inches	1 square foot
9 square feet	1 square yard
30¼ square yards	1 square rod
40 square rods	1 rood
4 roods	1 acre
640 acres	1 square mile

SURVEYOR'S MEASURE

7.92 inches	1 link
25 links	1 rod
4 rods	1 chain
10 square chains or 160 square rods	1 acre
640 acres	1 square mile
36 square miles (6 miles square)	1 township

Cooking Weights and Measures

4 teaspoons of liquid	1 tablespoon
4 tablespoons of liquid	½ gill or ¼ cup
½ cup	1 gill
2 gills	1 cup
2 cups	1 pint
4 cups (2 pints)	1 quart
4 cups of flour	1 qt. or 1 lb.
2 cups of butter	1 pound
½ cup butter	¼ lb. or 4 oz.
2 cups of granulated sugar	1 pound
2½ cups of powdered sugar	1 pound
1 pint of water or milk	1 pound
4 tablespoons of coffee	1 ounce

Boiling Time of Vegetables

Asparagus	20 to 25 minutes
Beans (string)	1 to 2 hours
Beets (new)	¾ to 1 hour
Beets (old)	4 to 6 hours
Beet Greens	1 hour or more
Brussels Sprouts	15 to 20 minutes
Cabbage	½ to 1½ hours
Carrots	1 hour or more
Cauliflower	20 to 30 minutes
Celery	2 hours
Corn	10 to 20 minutes
Macaroni	20 to 30 minutes
Onions	¾ to 2 hours
Parsnips	½ to ¾ hour
Peas	½ to 1 hour
Potatoes (white)	20 to 30 minutes
Potatoes (sweet)	15 to 25 minutes
Rice	20 to 30 minutes
Squash	15 to 20 minutes
Spinach	15 to 20 minutes
Tomatoes (stewed)	30 to 45 minutes
Turnips	30 to 45 minutes

Roasting and Baking Time for Meat, Fish, Etc.

Beef Ribs, rare, per lb	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 lb	20 to 25 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	2½ 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

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 hr.
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

CONVENIENT LAND MEASURES

10 rods by 16 rods	1 acre
8 rods by 20 rods	1 acre
5 rods by 32 rods	1 acre
4 rods by 40 rods	1 acre
5 yards by 968 yards	1 acre
10 yards by 484 yards	1 acre
20 yards by 242 yards	1 acre
40 yards by 121 yards	1 acre
220 feet by 198 feet	1 acre
110 feet by 396 feet	1 acre
60 feet by 726 feet	1 acre
120 feet by 363 feet	1 acre
300 feet by 145.2 feet	1 acre
400 feet by 108.9 feet	1 acre

WEIGHTS OF EVERYDAY THINGS

A barrel of flour weighs	196 lbs.
A barrel of salt weighs	280 lbs.
A barrel of beef weighs	200 lbs.
A barrel of pork weighs	200 lbs.
A barrel of fish weighs	200 lbs.
A keg of powder weighs	25 lbs.
A stone of lead or iron equals	14 lbs.
A pig of lead or iron equals	21½ stone
Anthracite coal, broken—cubic foot averages	54 lbs.
A ton, loose, occupies	40-43 cu. ft.
Bituminous coal, broken—cubic foot averages	49 lbs.
A ton, loose, occupies	40-48 cu. ft.
Cement, hydraulic, Rosendale, weight per bushel	70 lbs.
Cement, hydraulic, Louisville, weight per bushel	62 lbs.
Cement, hydraulic, Portland, weight per bushel	96 lbs.
Gypsum, ground, weight per bushel	10 lbs.
Lime, loose, weight per bushel	70 lbs.
Lime, well shaken, weight per bushel	80 lbs.
Sand at 98 lbs. per cu. ft., per bushel	122½ lbs.
18.29 bushels equal	1 ton
1.181 tons equal	1 cubic yd.

TIME MEASURE

60 seconds	1 minute
60 minutes	1 hour
24 hours	1 day
7 days	1 week
28, 29, 30 or 31 days	1 calendar month
30 days	1 month in computing interest
365 days	1 year
366 days	1 leap year

The Bride's Cooking Primer---Cooking Cereals

By Mrs. Christine Frederick,

The Distinguished Authority on Household Efficiency.

PROBABLY no food has more nutriment than cereals, and yet, on the average, none is more poorly cooked. The reason why so many children so often refuse cereals may be because the true flavor of the grain is not brought out by proper cooking, or because it is lumpy or pasty. And yet a bowl of oatmeal is equivalent to a portion of steak, and wheat and corn in their various cereal forms are the most wholesome dishes that any child can eat.

Of course there are many excellent so-called precooked and steamed dry cereals on the market and their use from time to time is advised. Nevertheless, on a basis of price and of nutriment, the home-cooked cereal is about four times cheaper and better. Especially in Winter, cereals should form a large part of the diet. They are cheaper than eggs or any kind of meat, and when properly prepared and seasoned and eaten with good milk or butter they are a complete and satisfying meal.

Most dry cereals are cooked badly because not enough of water is added during the cooking. A simple proportion is 4 cups of water to 1 cup of cereals. Glutinous cereals, like true oatmeal or spaghetti, need less water than starchy cereals, like rice, where the proportion may be 5 cups of water to 1 of cereal. All cereals should be stirred into rapidly boiling and salted water. The right amount of salt is 1 teaspoon of salt to every pint of water. The water should be boiling and stirred with a spoon while the cereal is slowly added or sprinkled in a way not to stop the boiling of the water. It should then be boiled for about 5 minutes, after which reduce the flame and cook slowly the desired time.

A point to remember is that a high degree of heat is needed to soften or burst the various grain cells. That is why at least a few minutes of the cooking time must be spent over a high flame and why the double-boiler method is not sufficient to cook the grains thoroughly unless it is continued over a long period. It requires about 45 minutes to cook rice in a double boiler and at least 30 minutes for a prepared cereal and, preferably, longer.

A grain not used much at present is whole or "Irish" oatmeal, sometimes called "pin" oatmeal. This is the entire grain cracked once, and is full of flavor and all the vitamines, which are sometimes removed from various rolled varieties. Of course it requires a long period of cooking. But here is where the pressure or fireless cooker is of such value. Cereals placed in them may be cooked with less fuel and less watching. Another plan is to pour boiling water over a pan of cereal in the evening, let stand a half hour, then start to cook. In the morning it will require less time to prepare for breakfast.

In warming up any cereal do not make the mistake of stirring it with a spoon without first having placed the pot in an outer pan of boiling water to soften the cereal from the sides so that it can be removed more easily. Also if some members of the family eat in advance and it is necessary to keep a portion warm later, always place in an outer kettle of hot water and cover with a lid to prevent drying out.

I once asked a famous man of unusually tall stature and excellent build what he was raised on. And he laughingly replied, "Cornmeal." And truly many housewives in the north are "missing something" when they do not serve this national cereal, corn, in the wholesome form of cornmeal grains. Nothing is more flavorful and satisfying than a well-cooked bowl of cornmeal mush that would put any box cereal to shame. But it must be cooked right.

Always have the water rapidly boiling, then sprinkle in the grains, continue the rapid stirring until they have expanded and become the consistency of a smooth mush. Then lower the flame or heat and cook slowly for 40 minutes to an hour. If well salted and thoroughly cooked, the flavor is delicious. Whatever portion is left may be poured at once into a wet mould about one-half inch thick, allowed to harden, then cut in slices and fried on the following day. This is a welcome change from other usual breakfast dishes.

While spaghetti and macaroni are not exactly cereals their cooking is similar. They also must be broken and dropped into rapidly boiling water so as to swell their bulk. Like other cereals, they scorch quickly, and must not be kept covered, otherwise they will boil over. Stir with a fork at the beginning in order to prevent the pieces sticking to each other. It is customary to drain both spaghetti and rice and to pour cold water over in order to remove the excess paste. This may make for a better looking dish, but it is robbing the dish of some of its most wholesome nutriment. If the dish is drained, at least save the water to combine with the sauce.

The Chinese and Indians are experts in cooking rice and seem to know best how to cook it so that each grain is separate. The secret is not to stir during cooking, to cook rapidly and then to dry the grains in a hot oven or on the back of the stove to swell them and make them dry. A little salt sprinkled over the top of the rice will absorb any water and make them flaky.

While many people use sugar with cereals, it is a better food habit to use butter or gravy or a fruit juice. Children especially should be taught to prefer butter on cereals rather than sugar. Cereals like rice should not be thought of solely in connection with puddings or sweet dishes, but as accompaniments to meat in place of potatoes. A dish of rice with pot roast, with any meat which has a gravy or sauce, is a welcome change from potatoes.

Rice is a staple in many countries under different names. In Italy we have "risotto," where the rice is combined with a highly seasoned sauce of tomato pulp and grated cheese. Spaniards have a similar dish in which Chili peppers predominate. The various curries of India are always eaten with rice, as are the many vegetable and shrimp and chicken dinners of the Japanese and Chinese. So it is worth while to cook a simple cereal well!

Also cereals form the basis of many puddings and cakes and unless properly cooked in the first place will not make such delicious dishes later. It is probably because their cooking is really simple that we do not take enough of pains to make the simple dish perfect. But let the bride and other housekeepers try and follow these few modest suggestions and add the cooking of cereals to their growing cook book of practical experience.

By Jane Eddington.

OF THE Italian housewife it has been said that she has a passionate intensity of interest in her work, or the very quality that is put into any art work. Once in a while one finds an American woman of that sort—once in a blue moon, anyway. The recipe, or she may call it "rule," may seem to have an exaggerated importance to her, but really it is the least item in her success invaluable though it is.

The Italian woman personifies her work, and so do all people who work with passionate intensity. She personifies the things she works with—the lard if long used or burned she calls "tired"; when an egg has boiled up quickly over the fire she calls it "mad"; the fire that is lively after she fans it she calls "allegro," or joyful, and perhaps you will recall Milton's poem "L'Allegro" in this connection, one of the loveliest poems in the English language.

We say that the Italian woman fans her fire, and in a sense she does, but even in that she exercises art, as we hope to show. She can cook a dinner with a handful of charcoal, on the dying embers making a national dessert, the sabayon. She has kettles of many graduated sizes to use and fitted to the amount of fire used, all in the interest of economical cooking (cucina economica) in an almost fuelless country.

Walter Lippmann has recently, in contrasting the ease of grasping something you can see like a play with the difficulties of grasping something you cannot see, like politics, has spoken of the realities of the latter as "complex, invisible and elusive." And that is just what some of the realities of cooking are, and among these there is none so elusive as the cooking fire.

The Cooking Success.

Nine-tenths or even ten-tenths of the success of breads and cakes, and especially of gingerbread, depends on the way they are baked, yet women will go on for years trying to bake these without first thoroughly learning about the behavior of fire. They treat the oven as though it were a dumb thing instead of something lively and quick and even destructive as any fire can be. The bread or cake made with care and trouble is shoved into the oven and it is expected to do the rest, and sometimes by a happy accident, it will. That may be a true misfortune to the cook, because there is no relying on accidents.

The recipe can be put down in black and white, the behavior of fire even when thermometers and regulators are used, in an attempt to do so, cannot be. Therefore, we would urge would-be cooks to learn fire, learn fire, learn fire!

An Italian Stove.

Once upon a time, after seeing a dinner cooked in a home kitchen in Rome, I tried to describe the stove which at sight seemed to me the most primitive thing imaginable, yet we had a wonderful dinner cooked on it and in it. The total depth of that stove was not more than eighteen inches—there was no oven—but it was table height, and underneath it were closets with large iron doors in which fuel was kept. The stove proper was of porcelain tiles with three holes in the middle of the top. About four or five inches below or underneath these holes there was a grate about six inches square. These grates were really the bottom of iron pans with slanting sides which were, at the top, the size of the holes there. There were air spaces underneath with a sliding door to close off the air.

The third hole was over an open space where charcoal could be burned and the cover for this was of many rings—some of our old fashioned wood and coal stoves had covers of this sort. This was most particularly designed for cucina economica. Kettles of different sizes were used over this, and some with globe-like instead of flat bottoms to reach to the last dying bit of charcoal, and to get work out of it.

Since coals die first on the outside and towards the center, the smallest kettle set in the innermost ring was used for the last dying ember of fire. That fire could do nothing for a large kettle, nor would it cook some foods, but the mistress of the fire knew just what it would do, and she made it work. The utensils that set into these rings had a little ridge like that in the inner kettle of a double boiler which held them in a set place. Flat bottomed pans and kettles were not used over the rings, because it was designed for the other type of work—boilings.

And there was another way of cooking on this stove, which sat close against the wall and had the top facing of tiles. Covering eighteen inches or more of this top was a sheet of iron, and a piece of the same size was against the back at right angles to it. In the angle between these two was built a charcoal fire for spit roasting, or the roasting of food before this fire on a turnspit. This was possible because of the great and rather low hood over the stove.

The Roasting Spit or Jack.

The spit was nothing but a slender rod of iron fastened at one end to a simple little machine about a foot high on top of which was something that worked like a clock, and was wound up by a sort of handle. The other end of the spit rested on something that looked like a desk filing pin with an exceptional long point. In this rod were notches in any one of which could rest the end of the spit. Some of the ornate andirons we see today have the spit or rod but no machine for turning it, but it was once turned by boys, or dogs in a treadmill).

With three windings of this spit a chicken was roasted, or three might, with more fire, have been roasted on it, because it was long enough for that, and 5 cents worth of charcoal—in 1912 it was—furnished fuel enough for the work. Sometimes the thrifty Italian housewife I knew put leftover coals in this angle on the stove top and did toasting there.

Spitting for Barbecues.

The above description has been given partly because today so many people wish to barbecue meat and this was the original way to do it. In England I have seen the great ox roastings where the slender trunk of a tree was used for the spit, and a cart wheel turned constantly by a man was fastened at one end of the tree, just outside its support. The spit was not run through the carcass of the ox, but this was fastened to the wood by staples.

An upright fire on a brick wall, with a grate in front, furnished the fire and there was a great dripping pan underneath with wells in it to catch and concentrate the trying out fat that was dipped back many times over the meat while it was cooking—for six hours or more, according to its size. Pigs were cooked the same way, the surface fat elaborately carved in fancy figures. The good modern out-of-door cook ought to know how to make a spit, and be a turnspitter, and also how to play the Tom Sawyer trick of getting others to do the turning for him.

An Italian Dinner.

For cooking one dinner on the stove above described, two or three cents' worth of charcoal was put into each of the two iron pans with the grate bottoms, and on the fires so made an elaborate meal was cooked. When the fire was not quite brisk enough for the work a fan was waved before the door at the sides, never over the fire. Then, when it was no longer necessary to have the charcoal waste by rapid burning, the door into the air space was closed, and the fire was just kept alive until it was needed for further use, which finally was for the slight cooking of the dessert, the zabaione or a hot eggnog which the French use for a sauce, the latter calling it sabayon.

The Italians also use this for a meat sauce, in which case they substitute vinegar for the wine (Marsala) which they use mostly for it when it is served hot and stirred to the last minute—for a dessert.

Agro-Dolci Lamb.

There are many Italian recipes which have as part of their title the term "agro-dolci" which means "sweet-sour," although often only the sour, in the way of vinegar or lemon juice is used and no sugar. (I do not speak positively because I know only a little about this, but have tried agro-dolci summer squash, etc., and found it and them good.)

The lamb I saw cooked over the Italian stove described above—for four people—consisted of two pounds of meat cut in small pieces and cooked in one tablespoon of fat in a covered frying pan, until the fat and the juices which had cooked out were absorbed again. It was slow and thorough cooking, as with such fuel it is bound to be. Finally, it began to brown—which is much more sensible than to have it crust over in about three minutes—and when it was well colored (remember the slow fire) it was done. Then in with it was put a half cup of vinegar in which had been soaking a sprig of rosemary. This was cooked a minute or two and the lamb was served.

There are one or two items in this that a dietitian might object to, but lemon juice and egg could be used for the sauce, and with the right sort of cooking one tablespoon of fat to two pounds of meat is not anything to object to, partly because meat has some

fat, anyway. It was put in and hot when the fire was at its best, before the meat was added, so it was not absorbed by it. O, well, we can do some nice reasoning here, if we choose.

Gas Versus Charcoal.

We have tried to show that there was a good deal of behavior to that management of a bit of charcoal to make it do a good deal of work, and the right kind of work, although not all of it can be described. There was air under it to control the fire, and this was made increasingly active by fanning. But that air could be practically shut off, and so the fire would not waste.

The heat was economized by covering the meat, as cooks who do frying pan cooking can profitably do to the advantage of their meat, although they must know when and how. With gas the pan must be hot, the fat used as a medium hot, and then when the pores of the meat have been well sealed to prevent loss of juices, with stiffening and often toughening of the meat, the cover may be put on, and most of the heat raising power of the fire tamed.

When anything is once well under way in its cooking it takes but a little fire to maintain the established temperature, while the heat required to get it up to that if it goes on is too much for the work. That seems to be the hardest thing for a cook who does not put her very heart into her work to understand, even when she has a college degree or three. I have two myself, and I can remember when this idea had not penetrated my skull cap.

Fritto Misto.

Another of the fried dishes the Italians present, in their cucina economica, is their "fritto misto" or mixed fry. It is not the same thing as the English mixed grill, which consists of two or three fresh meats cooked together on the gridiron and served at the same time. The Italian mixture is likely to contain more vegetables than meat, but each is egged and crumbed.

A nice floweret of cauliflower is flattened with a heavy knife and egged and crumbed; a part of a cooked artichoke, etc., comes along with it, or what have you to use up? The pieces of meat may be small and thin, but if raw they are cooked first, and then into the pan go the cooked vegetables. In frying pork or lamb chops we can so well fill up the pan finally, and use all the fat and juice there on little vegetable accompaniments, which will enhance the meal and be an economy in at least three ways.

The meat is indeed a companatico and may be small in amount, or shall we apply the term to the vegetables? At any rate, if you have ever had "fritto misto alla Romano," well done, you do not care so much which it is that accompanies and which is accompanied.

Another Italian Stove.

Some young English women who were art students in Rome became very happy in an Italian home of their making which they took to lessen expenses and some other objections. They learned that cooking may be art with a large A. Here is a bit that was written about their experience: "It was the stove that almost made the girls refuse the flat. To them it seemed like a brickwork table covered with a canopy. Two square openings in the brickwork, each with a grating at the bottom, seemed an impossible substitute for the familiar range of an English kitchen, but the risk was taken, and now those early fears are laughed at.

"By sprinkling a little charcoal on the top of the grating and lighting a newspaper underneath, there is soon a steady glow of heat, on which miracles of cookery can be done, and when the glow dies down it is easily revived by adding more charcoal, and fanning the opening under the grating with a palm leaf fan."

But the Italian woman I watched did not add more charcoal. She made the first allowance do the real miracles With her spirit, gas cooking could be just as animated, interesting, joyful and gay because the business would be understood. Miracle working is a joy.

[Copyright: 1928: By The Chicago Tribune.]

[illegible] of grace falls on a doorway, the next one

Corrective Diet

By DR. LORNE A. SUMMERS

There is probably no other organ in the body that is so overworked as the liver, and when continually called upon to take care of enormous quantities of food in excess of the bodily requirements, no one can really blame this poor organ for lying down in despair; and when this condition is reached we have what is known as biliousness.

As biliousness is really caused by a wrong diet, it is only reasonable to conclude that it may be corrected by a proper diet; and, as we understood in the first place, a person should eat moderately of all foods at all times. If this were practiced by the people of today, there would be a very small percentage of disease.

There are certain substances which are usually classified as foods, which are believed to be more or less irritating to the liver; pepper, mustard, spices, horseradish, etc. Alcoholic beverages are very injurious and it is good for the nation that they are now prohibited. Properly prepared tea or coffee, not too strong, is not injurious to people in normal health.

In liver trouble, it is wise to go lightly on starches. Many cases of liver trouble are brought on by eating an excessive starchy diet such as potatoes, rice, white bread, macaroni, cornstarch pudding, pies, cakes, pastries and sweets. While these foods are perfectly wholesome when eaten with moderation, they like all other foods, become a source of poison to the system when eaten to excess. In extreme cases, it may be necessary to restrict the diet to milk, broth and fruit juices. A lemon taken on arising in the morning has been found to be a great help in correcting the effects of this kind of improper eating.

Many people who have been troubled with the formation of gas in the stomach and intestines have found immediate relief when they avoided combining starchy foods with acid foods.

The reason why this combination causes gas is that the acid causes the starch to ferment. The same thing occurs when sugar and starch are mixed. Cane sugar, mixed with cereals, causes many people to have a sour stomach for the rest of the day; not only this—the gas distends the stomach, which exerts a pressure upon the surrounding organs, causing palpitation of the heart, cold hands, cold feet, headache, dizziness and extreme nausea.

When acid fruits are eaten, it is best to combine them with other fruits; that is, in the morning for breakfast, if acid fruits are to be eaten, do not eat starches, but make the breakfast consist of fruit only. However, if starches are desired a non-acid or a sub-acid fruit can be added.

STARCHY FOODS	
Potatoes	Cake
Rice	Biscuits
Bread	Grape-Nuts
Oat Meal	Shredded Wheat
Corn Flakes	Farina
Pastry	Cream of Wheat
Pie	
ACID FRUITS	
Lemons	Grapes
Oranges	Grape Juice
Grape Fruit	Apples
Limes	Apple Juice
Plums	Pineapples
SUB-ACID FRUITS	
Pears	Apricots
Peaches	Raisins
NON-ACID FRUITS	
Figs	Prunes
Dates	

Substantial Dishes

There is feasting on the substantial dishes of Persia the formulae for which were perhaps fashioned in the days of the Shepherd Kings, for every ingredient has a warrant from the Scriptures, and may be found in the list of foods used by the people beyond the Persian Gulf in their earliest annals. Polow is the chief dish, made of rice and butter, very rich, and eaten with a savory stew of mutton or fowl, cut into small pieces and cooked for hours with bits of egg plant and asparagus.

At the legation in Washington, however, in accordance with western habits that only one day is ever given at a time to the observance of any feast, national or religious, March 21 will be the holiday, and the minister will give a banquet to his staff, consisting of as many familiar dishes as can be made from ingredients to be obtained in American markets.

There will be obgoosht, a very thick vegetable soup containing large pieces of lean mutton or lamb and beef cooked slowly with every obtainable green vegetable, then strained and thickened with cream and much butter.

Polow is always served at such a banquet, and there is the delicious shami of which travellers invariably bring home the recipe, but which never seems to taste in America [illegible] it tastes at a dinner in a gar[illegible] Teheran. It is a croquette ma[illegible] the cooked and chopped tender you[illegible] chicken to which is added the mush of young green peas, strained and rolled with the chicken in toasted bread crumbs and then fried in butter.

There is served another famous Persian dish, the cookoo, a sweet omelet, prepared much as the Americans serve omelet, except that it is covered with a thick paste of fine sugar beaten up with butter, and it precedes the fruit and coffee.

At formal dinners Persians serve in a cup but little larger than a thimble thick black coffee sweetened by a syrup until it resembles a liqueur more than a beverage.

A FEW HOUSEHOLD HINTS

Hot milk is even better than boiling water for removing most stains.

Books keep better when exposed to the air than when shut up in a bookcase.

Pearl knife handles should be cleaned with a rag dipped in fine salt, and then polished with a leather.

To clean a spice mill, grind two tablespoonfuls of rice through the mill and all traces of spice will be removed.

Paint stains on floors may be removed by soaking them for a little time in turpentine or benzine, and then rubbing them with pummice stone or glass paper.

Never place a good piece of furniture very near a fire place. The heat dries the wood and the glue, often causing rot where the parts are joined together.

To clean glass put a little powdered pummice stone between the layers of a folded piece of soft muslin and stitch round the edges to prevent the powder from falling out.

Rub lamp glasses or window panes with this dry cloth and they will be clean and sparkling almost immediately.

Enough powder will remain in the cloth for use many times.

If parafin be spilled on a carpet, a good handful of oatmeal should at once be laid on the spot.

Leave it untouched for at least a day, then remove it and brush the carpet with a stiff hard broom.

To waterproof boots melt together equal parts of mutton suet and beeswax and mix it well. Warm this when needed and rub a little over the soles of the boots and over the edges where the stitching is.

Mildewed linen may be restored by soaping the spots and while still wet rubbing in powdered chalk. Then put the article in the sunshine and damp again as soon as dry. Wash finally with soap and water.

Generally a day in the open air will be long enough to bleach out all mildew spots, but sometimes a second day is necessary, and in this case it is of course necessary to apply a second time the soap and chalk.

To clean chamois leather wash in warm soapsuds, renew the suds when dirty and finally hang out leather to dry.

Pull it with the hands during the process to make it soft. This method is equally good for cleaning chamois gloves, polishing leathers, etc., but remember that the suds must only be warm not hot, and that rinsing in clear water would only make the leather hard and unfit for use.

TO DRIVE AWAY FLIES.

I think that during the present hot weather the following may be useful to some of my readers:

The kitchens of many houses, and the rooms overlooking a sunny garden, are often spoiled by a plague of flies. One of the nicest ways of getting rid of these is by the use of Fly Banc, used as a spray in the room infected.

Eucalyptol—5 drachms.
Oil of bergamot—1 drachm.
Acetic ether—5 drachms.
Cologne water—3 ounces.
Alcohol—6 ounces.

Dilute largely—one part of fly banc to ten of water—before using.

Pots of mignonette on the window-sill are said to keep flies away, and chloride of lime on the ground below the window is also a preventative.

Quassia chips soaked in water is much disliked by them, and so is borax.

To Prevent Waste in Melting Chocolate

When chocolate is melted, so much sticks to the sides and bottom of the container as to cause considerable waste. This can be prevented by greasing the pan thoroughly before putting in the chocolate.

To Set and Keep Colors

Where green or blue, or mauve, or purple, or purply-red, is the dominant note, soak the things before washing for at last ten minutes in alum water, using an ounce of alum to a gallon of water. For the madder tints, browns, brown-reds and tans, and all their kind, use sugar of lead in the same proportion. Black goods, black and white, grey and very dark purple need to be soaked in strong salt water, or have a cupful of turpentine put in the wash water. A strong tea made of whole black pepper is good to soak the finer black cottons. And if a handful of salt goes into the last rinse water, all manner of black and white things come through it much cleaner and clearer. Sunshine will bleach out almost anything colored, so prints, ginghams and chambrays had better be dried in the shade, but as quickly as possible. All soap must be rinsed out thoroughly. Wheat bran is better. Tie it loosely in cheese cloth, and use the same as soap in tepid water. Yellows, buffs and tans are made much brighter by adding a cupful of strong stained coffee to the rinsing w...

HOUSEHOLD HINTS FOR RELIEVING ORDINARY AILMENTS.

A piece of cotton dipped in water of Ammonia will stop an aching tooth if placed in the cavity—keep off gums and tongue—will blister.

A little turpentine upon a fever blister will prevent it making a sore.

Equal parts of lime water and raw linseed oil well shaken make an excellent application for severe burns.

Cooking soda applied to insect bites reduces pain and inflammation.

A saturated solution of salt in water is a good remedy for Poison Oak.

To touch the point of a boil with carbolic acid will frequently cause it to leave.

Lye and hot water will ofttimes unstop drains and sewer pipes.

To remove a glass stopper from a bottle press against one side with the thumb and tap the other smartly with a knife blade until loose.

To remove a cork from the inside of a bottle form a loop with twine and remove it from the bottle.

Powdered borax will cause ants to disappear when scattered around.

Hot applications are good to relieve pain and inflammation.

A hot bread and milk poultice applied to inflamed surface will ease the pair and inflammation when other things fail.

Cooking soda makes a fine polish fo table silver.

A few drops of tincture of iron in the drinking water of your folks twice a week will help keep them healthy.

Don't feed little chicks anything for the first two days—then only dry food for the first thirty days and raise most of them.

Don't neglect to sprinkle the eggs of your setting hens with slightly warm water two or three times just before hatching.

Dry bran makes an excellent food for growing chicks and laying hens—give them all they will eat by keeping it before them at all times.

Keep your fowls free from lice and mites and your houses and runs, clean with clean fresh drinking water.

Our own puree sieve is "worth its weight in gold." It is a cone-shaped, strongly made sieve, with a wooden pestle. Cooked vegetables and fruits may be rubbed through it in half the time that would be required for rubbing the same amount through an ordinary sieve. A good, double action egg-beater is a real time saver; with it one can beat up eggs, whipped dishes, etc., in a moment or two. A potato ricer is very useful. We use it not only for ricing the potatoes, but for pressing the juice from fruits, etc.

The cookie sheet and magic cover are to me as necessary as my stove. I just couldn't get along without them. The cookie sheet is a large sheet of aluminum, with one edge turned up to hold it by, that just fits into your oven, and it is used for such things that need a complete circulation of heat, like cookies, biscuits and cream puffs.

The magic cover is a double piece of hard, tightly woven cloth, about eighteen by fourteen inches, which is used for a rolling board. For the rolling pin is a stockinette cover which we pull on it and will fit any pin. The advantage of this magic cover is to enable you to roll soft doughs without adding extra flour, like doughnuts, cookies and pie crusts.

TO "SET" DELICATE COLORS

Many persons know that it is wise to dip delicate-colored cotton voiles, ginghams and other washable fabrics into salt and water before washing them, in orer to set the colors, so that they will not fade; but sometimes one wonders just what the proportions of salt and water should be. It has been found that, by adding one pint of salt to two quarts of wattr—hot water—a satisfactory solution is prepared. If colored fabrics are put into this while it is not and are allowed to soak a short time, it will be found that they may be washed without losing their color.—Christian Science Monitor.

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TIME TABLE FOR COOKING.

Raised Loaf Bread,	40 to 60 min.	Indian Pudding	2 to 3 hours.
Graham Gems	30 "	Bread or Rice Pudding,	1 hour.
Rolls	15 to 20 "	Steamed Puddings,	1 to 3 hours.
Plain Cake	30 to 40 "	Brown Bread	3 "
Sponge Cake	40 to 60 "	Pie Crust	30 min.
Fruit Cake	2 to 3 hours.	Custards	15 to 20 "
Cookies	10 to 15 min.	Potatoes	30 to 45 "
Plum Pudding	2 to 3 hours.	Baked Beans	7 to 8 hours.

gar Is Both Friend and nemy to Man

uel Food It Is Valua- le if Not Overeaten.

Y JANE EDDINGTON.

e is not a vitamin in a barrel gar, yet s a great food, a uous food in pres- highly commended od. But we must but us some buts ruly doubled-faced in the diet or a or a delight. sugar has enough e can be no diets And like most cal side—or half a It has great n given in doses arches or to those ar labors of any such magic quick- with other foods, haustion in about as soon as water irst.

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o for the boy who gy without regard e is fair spent? real gap between nd the time when force by making ods over into him- fill that gap, and the most rapid of y.

again we might r in reference to ue, unless we re- double faced. Like ar gives us a quick engine. When we fire of some sorts able, but it would oublesome and ill- heat a house with nd besides, it is a that in the days when fires were con- dled instead of con- stove linings were t.

too much sugar get, d out linings. As f they were put up would be correct to Sale."

luch Sugar.

tle children with all- eir mouths, for most ing ice cream cones, omething of the sort d know that under es they may drop right out of life in a few hours, as we have known some to do, we know that they have been literally burned out. You can frequent many an ice cream shop and see these unhappy little people kindling bonfires that will surely injure if not destroy them.

One of the dangers of summer in city life is that so much sugar is partaken of by everybody, in ice creams, and drinks, etc. In one good glass of lemonade we may take enough sugar to constitute a day's ration of this one food element, yet we eat it besides on berries, take it in our coffee, and in just how many other ways do you? The sour strawberries help us to overeat of sugar, and we can not seem to help it, but we can take "ades" made of less acid fruits than all lemon, a bit of which is so much needed by most of them for character.

Quickly Relieves Exhaustion.

We may take sugar for exhaustion in summer as in winter, when we rarely eat as much of it and can stand more. It is in part the sugar that makes a cup of afternoon tea so refreshing or invigorating—it relieves exhaustion. But to sit down late in the afternoon to a cool ice cream—perhaps with a sirup—or to eat a half pound of candy when a full dinner is to be eaten but an hour or two later, is foolhardy. What you do is really—from the energy standpoint—to eat two dinners, which is more than most people can manage.

There is more than one reason for every human being realizing that sugar is food, a great fuel or energy food, serviceable no end, but dangerous, too, because to overeat is dangerous always and perhaps there is as much overeating in this one way as from any there is. That people need to realize that sugar is food is illustrated by the story the great Stefansson tells to illustrate the respective values of food above the Arctic circle. He had a sugar cache which some of his men, caught without food while doing an errand over frozen seas, might have gone to had they known that sugar would keep them alive. The last words of the story are: "The lives of the two men and dogs would have been saved, if they had only known that sugar was a food and not a condiment."

Molasses Kisses

½ Pound of brown sugar
1 Cupful of molasses
1 Pound of white corn syrup
¼ Pint of hot water

Place in saucepan, stir all the time, boil to 235 degrees, then add one ounce of butter, and half teaspoonful of salt. Boil to 256 degrees, remove from fire and add half teaspoonful vanilla flavor, pour into a well greased pan. As it cools, turn in the edges to the centre. As soon as it can be handled, it has to be finished in the following way, known as pulling candy. Take the whole of it, or part of it according to size, with both hands, and pull it out as much as possible,

MAKING A ROSE POTPOURRI

One cannot but regret to see the roses shatter and fall, but even in their death they can be made to afford a lasting pleasure of perfume with but little trouble.

When the rose has become full-blown and is about to shatter, clip it off and shake the petals into a jar, sprinkling lightly with fine, dry salt. When eight or nine quarts of petals have been gathered, turn into a colander and press out the brine which will have formed, then spread the petals upon a cloth or paper to dry, tossing them about with the hands so as to prevent lumping. When dry, place in a large bowl and add the following:

Powders: Violet, half an ounce; orris-root, a quarter of an ounce; rose, half an ounce; heliotrope, half an ounce.

Spices: Half a teaspoonful of mace, one-fourth teaspoonful of cinnamon, one-fourth teaspoonful of cloves.

Essential oils: Rose, one drop; bergamot, five drops; alcohol, one dram; eucalyptus, ten drops; chiris, five drops.

This is for about half a peck of fresh rose petals. The half-peck of fresh petals will be reduced to a quarter-peck in the salt jar. You can have the powders and oils mixed at the drug store, so that it will not be necessary to purchase a quantity of each.

Place the finished mass in open bowls, and the rooms in which they remain will be deliciously scented and sweetened for several years—the potpourri retaining its strength for a surprisingly long time.—Emmet C. Hall, in Suburban Life.

PUZZLED—Orange flower skin food is one of the best of all skin nutrients, but if made at home you must be certain that the ingredients are fresh and carefully weighed. This is the formula: Melt together in a water bath one-half ounce of white wax, one-half ounce of spermaceti, one ounce of lanolin, two ounces of sweet almond oil and one ounce of cocoanut oil. Take off the fire and beat until cold, adding, little by little, two ounces of orange flower water to which five drops of tincture of benzoin have been added. Be sure to beat ingredients constantly until quite cold. Beating is the secret of fine cream.

Peanut Brittle

1 Pound of granulated sugar
½ Pound of white corn syrup
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Place in saucepan. Stir to dissolve sugar. When boiling, wash round sides of saucepan, boil to 240 degrees, then add one ounce of butter, and three-quarters pound of raw Spanish peanuts. Stirring continuously, boil until peanuts are roasted. The thermometer will then register about 290 degrees. Remove from fire, add half teaspoonful salt, and one level teaspoonful of baking soda dissolved in a tablespoonful of water. Stir well, then pour into a lard-greased pan. When cooling insert knife under it and turn over. It is usually broken up.

Peanut Crisp

Use same recipe as for peanut brittle, but omit baking soda. Leave to cool as poured, and cut up into squares before quite cold.

Liquors. M
Gro. K 3½ | Arthur J. H. & Co.....Tins, &c.
(See also Allen & Allen.)

A FEW HOUSEHOLD HINTS

Hot milk is even better than boiling water for removing most stains.

Books keep better when exposed to the air than when shut up in a bookcase.

Pearl knife handles should be cleaned with a rag dipped in fine salt, and then polished with a leather.

To clean a spice mill, grind two tablespoonfuls of rice through the mill and all traces of spice will be removed.

Paint stains on floors may be removed by soaking them for a little time in turpentine or benzine, and then rubbing them with pummice stone or glass paper.

Never place a good piece of furniture very near a fire place. The heat dries the wood and the glue, often causing rot where the parts are joined together.

To clean glass put a little powdered pummice stone between the layers of a folded piece of soft muslin and stitch round the edges to prevent the powder from falling out.

Rub lamp glasses or window panes with this dry cloth and they will be clean and sparkling almost immediately.

Enough powder will remain in the cloth for use many times.

If parafin be spilled on a carpet, a good handful of oatmeal should at once be laid on the spot.

Leave it untouched for at least a day, then remove it and brush the carpet with a stiff hard broom.

To waterproof boots melt together equal parts of mutton suet and beeswax and mix it well. Warm this when needed and rub a little over the soles of the boots and over the edges where the stitching is.

Mildewed linen may be restored by soaping the spots and while still wet rubbing in powdered chalk. Then put the article in the sunshine and damp again as soon as dry. Wash finally with soap and water.

Generally a day in the open air will be long enough to bleach out all mildew spots, but sometimes a second day is necessary, and in this case it is of course necessary to apply a second time the soap and chalk.

To clean chamois leather wash in warm soapsuds, renew the suds when dirty and finally hang out leather to dry.

Pull it with the hands during the process to make it soft. This method is equally good for cleaning chamois gloves, polishing leathers, etc., but remember that the suds must only be warm not hot, and that rinsing in clear water would only make the leather hard and unfit for use.

TO DRIVE AWAY FLIES.

I think that during the present hot weather the following may be useful to some of my readers:

The kitchens of many houses, and the rooms overlooking a sunny garden, are often spoiled by a plague of flies. One of the nicest ways of getting rid of these is by the use of Fly Banc, used as a spray in the room infected.

Eucalyptol—5 drachms.
Oil of bergamot—1 drachm.
Acetic ether—5 drachms.
Cologne water—3 ounces.
Alcohol—6 ounces.

Dilute largely—one part of fly banc to ten of water—before using.

Pots of mignonette on the window-sill are said to keep flies away, and chloride of lime on the ground below the window is also a preventative.

Quassia chips soaked in water is much disliked by them, and so is borax.

To Prevent Waste in Melting Chocolate

When chocolate is melted, so much sticks to the sides and bottom of the container as to cause considerable waste. This can be prevented by greasing the pan thoroughly before putting in the chocolate.

To Set and Keep Colors

Where green or blue, or mauve, or purple, or purply-red, is the dominant note, soak the things before washing for at last ten minutes in alum water, using an ounce of alum to a gallon of water. For the madder tints, browns, brown-reds and tans, and all their kind, use sugar of lead in the same proportion. Black goods, black and white, grey and very dark purple need to be soaked in strong salt water, or have a cupful of turpentine put in the wash water. A strong tea made of whole black pepper is good to soak the finer black cottons. And if a handful of salt goes into the last rinse water, all manner of black and white things come through it much cleaner and clearer. Sunshine will bleach out almost anything colored, so prints, ginghams and chambrays had better be dried in the shade, but as quickly as possible. All soap must be rinsed out thoroughly. Wheat bran is better. Tie it loosely in cheese cloth, and use the same as soap in tepid water. Yellows, buffs and tans are made much brighter by adding a cupful of strong stained coffee to the rinsing w[illegible]

HOUSEHOLD HINTS FOR RELIEVING ORDINARY AILMENTS.

A piece of cotton dipped in water of Ammonia will stop an aching tooth if placed in the cavity—keep off gums and tongue—will blister.

A little turpentine upon a fever blister will prevent it making a sore.

Equal parts of lime water and raw linseed oil well shaken make an excellent application for severe burns.

Cooking soda applied to insect bites reduces pain and inflammation.

A saturated solution of salt in water is a good remedy for Poison Oak.

To touch the point of a boil with carbolic acid will frequently cause it to leave.

Lye and hot water will ofttimes unstop drains and sewer pipes.

To remove a glass stopper from a bottle press against one side with the thumb and tap the other smartly with a knife blade until loose.

To remove a cork from the inside of a bottle form a loop with twine and remove it from the bottle.

Powdered borax will cause ants to disappear when scattered around.

Hot applications are good to relieve pain and inflammation.

A hot bread and milk poultice applied to inflamed surface will ease the pain and inflammation when other things fail.

Cooking soda makes a fine polish for table silver.

A few drops of tincture of iron in the drinking water of your folks twice a week will help keep them healthy.

Don't feed little chicks anything for the first two days—then only dry food for the first thirty days and raise most of them.

Don't neglect to sprinkle the eggs of your setting hens with slightly warm water two or three times just before hatching.

Dry bran makes an excellent food for growing chicks and laying hens—give them all they will eat by keeping it before them at all times.

Keep your fowls free from lice and mites and your houses and runs, clean with clean fresh drinking water.

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TIME TABLE FOR COOKING.

Raised Loaf Bread,	40 to 60 min.	Indian Pudding	2 to 3 ho
Graham Gems	30 "	Bread or Rice Pudding,	1 h
Rolls	15 to 20 "	Steamed Puddings,	1 to 3 ho
Plain Cake	30 to 40 "	Brown Bread	3
Sponge Cake	40 to 60 "	Pie Crust	30
Fruit Cake	2 to 3 hours.	Custards	15 to 20
Cookies	10 to 15 min.	Potatoes	30 to 45
Plum Pudding	2 to 3 hours.	Baked Beans	7 to 8 ho

Sugar Is Both a Friend and Enemy to Man

As Fuel Food It Is Valuable if Not Overeaten.

BY JANE EDDINGTON.

There is not a vitamin in a barrel of sugar, yet it is a great food, a flauntingly conspicuous food in present-day annals, a highly commended and commendable food. But we must stop right here and but us some buts about it. It is a truly doubled-faced ailment, a bugaboo in the diet or a blessing, a danger or a delight.

On the credit side sugar has enough and to spare. There can be no diets de luxe without it. And like most foods it has a medical side—or half a dozen medical sides. It has great worth in its service of relieving exhaustion. It is even given in doses to men on forced marches or to those performing muscular labors of any sort. It works with such magic quickness, as compared with other foods, that it can relieve exhaustion in about a wink, or almost as soon as water can fully relieve thirst.

Sugar Rapid Source of Energy.

What can sugar do for the boy who is spending his energy without regard for effects until he is fair spent? There must be a real gap between this full depletion and the time when he can get renewed force by making almost any of the foods over into himself. Sugar will fill that gap, and easily, because it is the most rapid of all sources of energy.

And right here again we might stumble into error in reference to its surpassing virtue, unless we remember that it is double faced. Like kindling wood, sugar gives us a quick fire for our body engine. When we want to build a fire of some sorts kindling is invaluable, but it would be exceedingly troublesome and ill-advised to try to heat a house with kindling only. And besides, it is a well known fact that in the days of wood burning, when fires were constantly being rekindled instead of continued solidly, the stove linings were quickly burned out.

People who eat too much sugar get, in a sense, burned out linings. As physical wrecks, if they were put up for purchase, it would be correct to label them "Fire Sale."

Danger of Too Much Sugar.

When we see little children with all-day suckers in their mouths, for most of the day, or eating ice cream cones, and coaxing for something of the sort all the time, and know that under such circumstances they may drop right out of life in a few hours, as we have known some to do, we know that they have been literally burned out. You can frequent many an ice cream shop and see these unhappy little people kindling bonfires that will surely injure if not destroy them.

One of the dangers of summer in city life is that so much sugar is partaken of by everybody, in ice creams, and drinks, etc. In one good glass of lemonade we may take enough sugar to constitute a day's ration of this one food element, yet we eat it besides on berries, take it in our coffee, and in just how many other ways do you? The sour strawberries help us to overeat of sugar, and we can not seem to help it, but we can take "ades" made of less acid fruits than all lemon, a bit of which is so much needed by most of them for character.

Quickly Relieves Exhaustion.

We may take sugar for exhaustion in summer as in winter, when we rarely eat as much of it and can stand more. It is in part the sugar that makes a cup of afternoon tea so refreshing or invigorating—it relieves exhaustion. But to sit down late in the afternoon to a cool ice cream—perhaps with a sirup—or to eat a half pound of candy when a full dinner is to be eaten but an hour or two later, is foolhardy. What you do is really—from the energy standpoint—to eat two dinners, which is more than most people can manage.

There is more than one reason for every human being realizing that sugar is food, a great fuel or energy food, serviceable no end, but dangerous, too, because to overeat is dangerous always and perhaps there is as much overeating in this one way as from any there is. That people need to realize that sugar is food is illustrated by the story the great Stefansson tells to illustrate the respective values of food above the Arctic circle. He had a sugar cache which some of his men, caught without food while doing an errand over frozen seas, might have gone to had they known that sugar would keep them alive. The last words of the story are: "The lives of the two men and dogs would have been saved, if they had only known that sugar was a food and not a condiment."

Molasses Kisses

½ Pound of brown sugar
1 Cupful of molasses
1 Pound of white corn syrup
¼ Pint of hot water

Place in saucepan, stir all the time, boil to 235 degrees, then add one ounce of butter, and half teaspoonful of salt. Boil to 256 degrees, remove from fire and add half teaspoonful vanilla flavor, pour into a well greased pan. As it cools, turn in the edges to the centre. As soon as it can be handled, it has to be finished in the following way, known as pulling candy. Take the whole of it, or part of it according to size, with both hands, and pull it out as much as possible,

(See also Allen & Allen.)
Gro. K 3½ | ■ Arthur J. H. & Co.....Tins, &c.

MAKING A ROSE POTPOURRI

One cannot but regret to see the roses shatter and fall, but even in their death they can be made to afford a lasting pleasure of perfume with but little trouble.

When the rose has become full-blown and is about to shatter, clip it off and shake the petals into a jar, sprinkling lightly with fine, dry salt. When eight or nine quarts of petals have been gathered, turn into a colander and press out the brine which will have formed, then spread the petals upon a cloth or paper to dry, tossing them about with the hands so as to prevent lumping. When dry, place in a large bowl and add the following:

Powders: Violet, half an ounce; orris-root, a quarter of an ounce; rose, half an ounce; heliotrope, half an ounce.

Spices: Half a teaspoonful of mace, one-fourth teaspoonful of cinnamon, one-fourth teaspoonful of cloves.

Essential oils: Rose, one drop; bergamot, five drops; alcohol, one dram; eucalyptus, ten drops; chiris, five drops.

This is for about half a peck of fresh rose petals. The half-peck of fresh petals will be reduced to a quarter-peck in the salt jar. You can have the powders and oils mixed at the drug store, so that it will not be necessary to purchase a quantity of each.

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Peanut Crisp

Use same recipe as for peanut brittle, but omit baking soda. Leave to cool as poured, and cut up into squares before quite cold.

Wrinkles.

Dear Hebe:—I have many lines in my forehead and around my mouth; I have your creams and would like you to tell me how to treat myself, as I live in a small town I am obliged to do it myself.

FREDA.

—

As you have the creams prepared use as follows each night: Use the cleansing cream, remove at once with a soft towel; once a week after cleansing the face steam for ten minutes, then massage; commence at the temples, with the tips of the fingers massage across the forehead from temple to temple with a rotary motion; slide the fingers down to the chin, and with the same motion work up by the side of the mouth to the eyes, slide fingers down again, each time a little farther back and work up again; repeat until the entire face has been covered. With the middle finger massage under the eyes, from the nose outward to the corner of the eyes, remove all the cream from the face and bathe with the toilet water. If these directions are carefully followed not only lines but wrinkles, if they are not too deep, will gradually disappear.

Sage Hair Tonic.

C. L. T.:—Here are the formulas requested and directions for using. You can have the formula prepared at any druggist's. You can purchase the ingredients and prepare it yourself, if you so mind, as the directions are very easily followed—

Sage Hair Restorer.

Place one quart of boiling water and two ounces of sage in an iron pot, allow to stand for twenty-four hours and then filter through filtering paper. Digest one pint of pine tar in one quart of water for forty-eight hours, stirring occasionally, and then filter, mix the two together and add:—

Bay rum	1 quart
Cologne	2 ounces
Tincture cantharides	2 ounces
Glycerine	4 ounces
Distilled water	20 ounces

Apply to the scalp once daily with a tonic brush and massage for ten minutes after applying the tonic; this will gradually restore gray hair to its original color and is also a good tonic.

of supreme court against a doctor about to abscond, but a judge's order for same must be obtained upon an affidavit swearing to debt and setting out such facts and circum

The Doctor's Orders

Obey the doctor's orders carefully in every minute detail relating to the care of the patient and the giving of medicines. Otherwise you may unintentionally defeat his best efforts.

Medicines

1st. All external applications and poisonous remedies should be kept apart from other medicines, and the latter of course labelled poison.

2nd. Carefully read directions on the bottle, etc., before giving the dose.

3rd. Thoroughly shake the bottle, whether there seems to be any sediment or not.

4th. Always carefully measure the amount to be taken in a measuring glass.

5th. Always pour away from the label so that no drops run down and render it illegible.

6th. Wash the medicine glass after each dose given.

7th. Be particular to give medicine punctually at the time ordered.

8th. In many cases it is well to keep medicine out of reach of the patient. This applies especially to sleeping draughts.

Equivalent Doses

60 drops equal 1 teaspoonful.
2 teaspoonfuls equal 1 dessertspoon.
2 dessertspoonfuls equal 1 tablespoon.
4 tablespoonfuls equal 1 wineglass.
2 wineglassfuls equal 1 teacup.
2 teacupfuls equal 1 tumbler.

Time for Giving Medicine

"Three times a day" usually means at eleven, three and seven.

"Four times a day" usually means at ten, two, and six, and once during the night.

"Every six hours" usually means at twelve and six, night and day.

"Every four hours" usually means at eleven, three and seven, both night and day.

"Every three hours" usually means at three, six, nine and twelve, night and day.

Degrees of Fever

The normal temperature of the body is 98.6° F. When it is more or less raised above this there is said to be fever. Degrees of fever have been recognized as follows:

Temperature under 101° F. is slight fever.

Temperature under 103° F. is moderate fever.

Temperature under 105° F. is high fever.

Temperature at 106° F. is called hyperpyrexia.

Baths

The physician often prescribes baths, stating "cold bath," "hot bath," etc. The temperature desired is given in the following table and should always be determined by means of a bath thermometer.

Cold bath	33° to 65° F.
Cool bath	65° to 80° F.
Tepid bath	80° to 90° F.
Warm bath	90° to 100° F.
Hot bath	100° to 112° F.

Pineapple Symbol Of Hospitality

Infinite Care Should Be Taken in Preparing This Delicious Fruit

By Sister Mary

Some authority on "Americana" tells us that the early cabinet-makers who were so fond of carving the pineapple on bed posts and table legs considered it a symbol of hospitality.

At all times and seasons pineapples can be relied on to give the finishing perfect touch to menus, fortunately it is one of the fine fruits that loses nothing of its deliciousness at the hands of the canners. However, during June the fresh fruit is plentiful in the markets and it is particularly welcome both as food and a tonic.

When using fresh pineapple, a thorough scrubbing with a stiff brush and water is a wise precaution before paring off the rind. The rough skin makes an excellent lodging place for dust and bacteria.

There's an astringent in the skin and eyes of pineapples that often makes the mouth sore, so infinite care should be taken in preparing the fruit for the table. The easiest way to do this is to cut the fruit in inch slices Then pare off and dig out the eyes with a sharp pointed knife. Remove the hard core in the centre and cut in dice or shred as preferred.

If the fruit is sprinkled with sugar at least half an hour before serving, the flavor is more bland and the sugar penetrates through the fruit

JUICE USED AS REMEDY.

Pineapple juice has a soothing effect on the membranes of the throat and often is used in throat troubles. It also is said to be a remedy for a mild attack of hiccoughs that won't respond to the traditional nine swallows of water.

The vitamin content is good, comparing favorably with oranges. This is worth keeping in mind, for at this season of the year oranges are becoming scarce and high in price. Perfectly ripe, sun-ripened pineapple is very sweet and usually

if one is going dancing and fills the system with water two or three hours before going out, the skin will have a fresh, natural odor.

Water inside and out is the first combatant, and then the general health must be brought up to par.

An abundant flow of perspiration in localized spots necessitates special measures. The use of an astringent under the arms is most often necessary, and here there is no harm done by stopping perspiration.

An astringent should not be used immediately after shaving under the arms or after using a depilatory.

Mild cases are benefited by bathing the affected surface with hot water to which either boric acid or alum has been added. Dry powders dusted upon the surface in which some deodorant is incorporated also may be found effectual in these milder cases. Salicylic acid, one gram, and boric acid, ten grams, is a favorite perspiration remedy. Where the odor is pungent and disagreeable, more drastic measures are required.

MAD DOG BITES

In case of a dog bite, it is important to encourage bleeding. Free bleeding washes the poison from the wound. To this end the wound should be enlarged and also freely washed with a 1 to 1,000 bichloride of mercury solution.

After the bleeding and cleansing, the wound is cauterized with an acid, carbolic or nitric. It is bathed again with bicarbonate of soda solution to neutralize the remaining acid. Then the wound is ready to be dressed.

If the animal inflicting the bite is known to be mad, the victim must be taken to a Pasteur institute for treatment, for what is called "preventive inoculation." Every large city has its institute, every state and provincial board of health has its institute, or has a laboratory where the serum is prepared.

If your doctor is not at hand, you should get in touch with the local or district board of health. Immediate arrangements will be made to administer the treatment. Take no chances, but do exactly as I am advising you. It is too serious a thing to neglect. It is far better to devote 15 or 20 days to this treatment than to take the chance of a terrible death.

Not everybody exposed to an infectious disease takes it. Not everybody bitten by a mad dog develops hydrophobia. Of the persons so bitten, only about one in seven develops human rabies.

HELP IN CASE OF ACCIDENTS.

Drowning. 1. Loosen clothing, if any. 2. Empty lungs of water by laying body on its stomach and lifting it by the middle so that the head hangs down. Jerk the body a few times. 3. Pull tongue forward, using handkerchief, or pin with string, if necessary. 4. Imitate motion of respiration by alternately compressing and expanding the lower ribs about twenty times a minute. Alternately raising and lowering the arms from the sides up above the head will stimulate the action of the lungs. Let it be done gently but persistently. 5. Apply warmth and friction to extremities. 6. By holding tongue forward, closing the nostrils and pressing the "Adam's apple" back (so as to close entrance to stomach), direct inflation can be tried. Take a deep breath and breathe it forcibly into the mouth of patient, compress the chest to expell the air, and repeat the operation. 7. DON'T GIVE UP! People have been saved after HOURS of patient, vigorous effort. 8. When breathing begins, take patient into a warm bed, give WARM drinks, or spirits in teaspoonfuls, fresh air and quiet.

Burns and Scalds. Cover with Cooking Soda and lay wet cloths over it. Whites of Eggs and Olive Oil. Olive or Linseed Oil, plain, or mixed with Chalk or Whiting.

Lightning. Dash cold water over a person struck.

Sunstroke. Loosen clothing. Get patient into shade, and apply ice-cold water to head.

Venomous Insects' Stings, Etc. Apply weak Ammonia Oil, Salt Water or Iodine.

Fainting. Place flat on back; allow fresh air and sprinkle with water.

Cinders in the Eye. Roll soft paper up like a lamp lighter and wet the tip to remove, or use a medicine dropper to draw it out. Rub the *other* eye.

ANTIDOTES FOR POISONS.

First.—Send for a physician.

Second. — Induce vomiting, by tickling throat with feather or finger; drinking hot water or strong mustard and water. Swallow sweet oil or whites of eggs.

Acids are antidotes for *Alkalies,* and vice versa.

SPECIAL POISONS AND ANTIDOTES.

Acids. — Muriatic, Oxalic, Acetic, Sulphuric (Oil of Vitriol), Nitric (Aqua Fortis.)—Soap-suds, magnesia, lime water.

Prussic Acid.—Ammonia in water. Dash water in face.

Carbolic Acid.—Flour and water, mucilaginous drinks..

Alkalies.—Potash, Lye, Hartshorn, Ammonia.—Vinegar or lemon juice in water.

Arsenic.—Rat Poison, Paris Green.—Milk, raw eggs, sweet oil, lime-water, flour and water.

Bug Poison.—Lead, Saltpetre, Corrosive Sublimate, Sugar of Lead, Blue Vitriol.—Whites of eggs, or milk in large doses.

Chloroform.—Chloral, Ether.—Dash cold water on head and chest. Artificial respiration.

Carbonate of Soda.—Copperas, Cobalt. — Soap-suds and mucilaginous drinks.

Iodine.—Antimony, Tartar Emetic.—Starch and water astringent infusions. Strong tea.

Mercury and its Salts.—Whites of eggs, milk, mucilages.

Opium.—Morphine, Laudanum, Paregoric, Soothing Powders or Syrups. —Strong coffee, hot bath. Keep awake and moving at any cost.

requires no sugar. From this sort of fruit, an unsweetened juice is prepared especially for babies.

It's easy to select fine fruit when marketing, for it has few imperfections. The size of pineapples really has little to do with their quality. Pound for pound one pineapple yields about the same percentage of edible material as another. Fruit wanted for immediate use should, of course, be riper than that which is not to be used for a day or two. An even golden yellow denotes full ripening. Pulling the leaves from the "crown" is another way to determine maturity. The leaves should pull easily and be white for some distance up from the base. Never choose fruit that is hard and green looking unless it is to be kept for several days before using.

Over-ripe pines are soft and frequently have black spots. The black spots indicate "black rot", which becomes troublesome with warm weather. This blemish usually starts at the base of the fruit and is easily apparent.

Remember that both the fruit and juice of fresh pineapple must be scalded before they are added to a gelatine mixture. Otherwise the jelly won't "jell".

Pineapple is one of the most versatile of fruits, for it combines with other fruits, vegetables and meats to make most delectable and piquant dishes. A whole chapter could be written just about meat and pineapple combinations, because any broiled or roasted meat gains distinction served with browned slices of juicy pineapple. All meat and fish salads are improved by the addition of diced pineapple.

Toilet Vinegar.

Dear Hebe:—Will you please publish a good toilet vinegar for the bath and do you advise the warm bath only at night?

CONSTANT READER, ALICE.

I advise the cleansing bath of warm water at the end of the day or before retiring, if the cold bath be taken in the morning as a tonic. If you prefer the cleansing bath in the morning, before leaving the tub spray with cold water. You will find the following vinegar very refreshing and pleasant; add about an ounce to an ordinary bath:—

Oil of lavender	2 ounces
Oil of bergamot	½ dram
Oil of lemon	¼ dram
Tincture of ambergris	1 ounce
White wine vinegar	10 ounces
Alcohol	8 ounces

PROPER WAY to Brush and Keep the Teeth

A PERSON possessing a perfect set of teeth does not always value them till decay begins; and then in most cases when the dentist is visited one will usually be informed that the trouble has been occasioned by neglect.

There are different causes for the decay of the teeth, but the principal ones are lack of brushing properly, not removing the particles of food from between them and indigestion.

In regard to the digestion it is only aggravated by bad teeth; not being able to masticate your food properly; it has a tendency to increase the stomach trouble. More than half the time after the teeth have been corrected by the dentist your stomach will right itself.

In regard to the use of the brush, too much cannot be said and in order to get started right let me say that the child should begin using the brush with her first teeth (baby teeth); keeping a pure and healthy mouth that it may be a proper receptacle for the permanent ones to come later. In so doing the second teeth will be of a finer quality and grow straighter.

If teeth were kept perfectly clean one would have a perfect set of teeth for a lifetime. Modern dentistry has brought it within the reach of almost every one to have presentable teeth. Preservation of the teeth means absolute cleanliness. The teeth should be cleaned thoroughly each time after eating. Strong teeth give preservation of health and reduce food to a proper condition for stomach digestion.

Tooth brushes should not be used long, but changed often; when they are used until worn out they are the reverse of clean. They should be thoroughly cleaned each time after being used. They are left wet, with more or less tooth powder intermingled with the impurities from the mouth, and this causes decay.

Most people go through the form of picking their teeth with wooden toothpicks, which, in fact, are a great enemy to the teeth, and the cause of many an unpleasant breath.

They are so large they will not pass between the teeth to remove what is there, and only lodge it tighter, to remain until decomposition sets in and it drops out of its own accord; but not until it has done a certain amount of damage, for while it remains, decaying a certain amount of acid is originated which has effect on the teeth which held it, causing in time decay.

To use the brush properly is of great importance, and also the selection of the brush is equally so. Remember it is only the hard bristles that keep the teeth perfectly clean. But two kinds; one in which the bristles are even, and the other in which the bristles have been cut across so as to leave the bristles in points, making it easier to brush between the teeth.

The teeth should be brushed up and down from the root to crown. After brushing the outside of the teeth, then clean the inside, front and sides.

When you have cleaned the teeth in this manner and think they are perfectly clean, take a piece of dental floss, which you can pass readily between the teeth; draw it up and down and you will be surprised to see how much you will remove. It is only in this manner that teeth can be perfectly cleaned, and the tartar kept from collecting.

Dental floss is used by many, but the rubber band is also good, for the floss is liable to injure some gums; while the rubber band will pass through a smaller space and cannot cause injury.

It is easy to make your own preparations, and with much less expense. Take an ounce of prepared chalk, one ounce of tincture of myrrh, half an ounce of essence of lavender, half an ounce of essence of wintergreen, one teaspoonful of salt, and one pint of water; this will make an excellent tooth wash.

To make your teeth shine, place a soft cloth to absorb the moisture in the mouth back of the teeth, allowing the same to remain there during the cleaning; dry the front part of the teeth and gums, then use your fingers and rub some of the red salve you use to polish your nails with, on the teeth; be sure and rub them well, allow the salve to remain on the teeth a couple of minutes, then wipe off with a clean, dry cloth.

With a dry cloth or chamois and some powdered chalk, polish your teeth well. Be sure and keep the teeth and gums dry during the cleaning; you will be surprised at the result. When you are through, use your tooth brush and warm water.

An excellent camphorated tooth powder is made of seven drams of precipitated chalk, half a dram of powdered camphor, one dram of orris root.

Be kind to your children by teaching them the above. You will find it economy to make them spend two or three minutes with their teeth after dining.

HOW TO KEEP EGGS FRESH.

A Method Which Is Said to Preserve Them Absolutely for Months.

It may be news to many housewives that at the cost of only one cent a dozen, plus a little time and trouble, they can keep fresh eggs for several months and still have them "strictly fresh."

The spoiling of eggs is declared by scientific men to be due to the entrance of air, carrying germs of decomposition through the shells. Normally an egg shell has a coating of mucilaginous matter, not perceptible to the touch but quite sufficient to make the shell airtight.

This coating will keep out germs for quite a while, especially if the egg is carefully handled, but it is sure to become softened in time, either by washing or by friction with a case or with other eggs. Then the germ laden air gets in and the egg begins to spoil.

This explains why eggs packed in lime or salt or placed in cold storage are very far from being fresh when they come on the market. According to experiments made at the Government station in North Dakota, there really is one method of keeping fresh eggs which does preserve their freshness.

By this method eggs which were packed in August were opened three and one-half months later and "still appeared to be perfectly fresh." In most packed eggs after a little time the yolk settles to one side and the egg is then inferior in quality. But in these three-month-old eggs the yolk was in its normal position and "in taste they were not to be distinguished from fresh, unpacked eggs." This is worth knowing, if it is true. And there are other reports to the same effect.

German experimenters tried twenty methods of preserving eggs. The three which were found most satisfactory were coating them with vaseline, preserving them in lime water, and preserving them in water glass. The vaseline was tedious, and the lime water gave the eggs a disagreeable odor and taste.

So that of all the twenty methods employed the use of water glass seemed to be the best. There is one test of packed eggs with which most cooks are familiar. Such eggs do not beat up well for cake making or for frosting. By this test the eggs kept in water glass solution seemed quite equal to the average fresh eggs of the market.

Water glass is a cheap product that should not cost more than 50 cents a gallon. One gallon would make enough solution to preserve fifty dozen eggs, so that the cost would be only one cent a dozen.

Water glass is a sodium or potassium silicate. To make the solution use ten quarts of pure water that has been thoroughly boiled and then cooled. Add one quart of water glass.

If wooden kegs are used in which to pack the eggs they should first be thoroughly scalded with boiling water. Of course any vessel, jar or keg used for this purpose must be absolutely clean.

Pack the eggs carefully in it and pour the solution over them, covering them well. Keep them in a dry, cool, dark place. Do not wash the eggs before packing.

It goes without saying that only perfectly fresh eggs can be kept fresh, even by this method. Nothing will freshen stale eggs, and if they are packed with fresh ones they may contaminate the latter.

Cod fish Balls:-

1 cup codfish just washed and shredded over water
2 cups potatoes 1 egg or 1 tablespoon milk
1 teaspoon butter and a little pepper
Put potatoes in & fish on top & not quite cover with boiling water. Boil slowly until potatoes are cooked; then drain and mash together. When nearly cold add the milk or egg; form into balls & fry in deep fat. Cook 2 1/2 minutes.

Boiled fish:-

Fry 1/4 onion, celery, carrot & turnip to a golden brown. Put into 2 quarts water 1 Bay leaf 12 pepper corns 3 cloves 1 cup vinegar & a sprig of parsley. Put in the vegetables cook all together for 5 minutes then put in fish after rubbing over with lemon juice. Do not put fish in boiling water but let it cool. The fish in

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MAP OF MANITOBA, BRITISH COLUMBIA AND THE NORTHWEST TERRITORIES.

SCALE OF STATUTE MILES.

166 MILES TO THE INCH.

PART OF BRITISH COLUMBIA

SCALE OF STATUTE MILES.

62 MILES TO THE INCH.

PART OF MANITOBA.

SCALE OF STATUTE MILES.

53 MILES TO THE INCH.

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cloth and simmer 10 minutes to the lb.

Cheese Paste:—

1 cup flour
2 tablespoons butter
2 ozs grated cheese or ½ cup
a little cayenne pepper
1 egg & enough water to mix to a paste.

Cheese Filling

1½ cups grated cheese
½ " white sauce
2 tablespoons cream

Melt cheese in double boiler add sauce & cream pour into paste & put the whites of the eggs beaten to a stiff froth on top.

Cornucopia Sandwich

Bread, butter, candied cherries, nuts, cream cheese, milk.

Slice bread thin and cut into squares. Spread with softened butter. Fold like a cornucopia, sealing the edge with butter. Fill with cream cheese which has been beaten light with milk and mixed with nuts and candied cherries. Wrap in waxed paper and chill in refrigerator before serving. Serve two on a plate with stuffed date.

Dry Beef With Bananas.

½ pound dried beef
6 bananas
3 tablespoons bacon fat

Heat the bacon fat in a fry pan, then add the dried beef wh has been picked into small pie Frizzle or saute for about three m utes or until heated through thoroughly browned. Arrange in centre of a hot platter and k hot. Then in the same fat sa the bananas which have been in halves crosswise and dusted w flour, cooking them until they golden brown, tender and ju Arrange around the beef and s at once. Serves six.

Cleaning Your New Rugs

A Word from the Institute on the Importance of Adjusting Your Vacuum Cleaner to Its Uses.

WHEN moving into a new house your new rugs may be slightly thicker than the old ones. To have a vacuum cleaner operate at its greatest efficiency, and remove not only surface dirt from the rugs, but also deeply embedded dirt, it is necessary to have the floor nozzle of the cleaner properly adjusted. When the cleaner is to be used on rugs of different thicknesses, the floor nozzle should be adjusted for each rug to obtain maximum cleaning efficiency. After the nap of the new rugs has been pressed down, one adjustment of the floor nozzle will be satisfactory.

Most vacuum cleaners have a thumbscrew which, when turned, raises or lowers the floor nozzle. This thumbscrew is usually located on the rear wheel or near the back of the nozzle. By turning the screw up or down, the floor nozzle is adjusted to the proper height above the surface of the rug. The following method of adjusting the nozzle may be used i the manufacturer has not supplied directions. The cleaner should be placed in the center of a rug with the motor running The nozzle should be raised or lowered until a point is reached at which the rug beneath it rises slighly off the floor and up against the nozzle. It should be remembered, however, that a high-cleaning efficiency does not depend entirely upon a properly adjusted floor nozzle. The bag should always be kept clean, and the cleaner should be lubricated frequently.

She must learn repose of the hands. Not to be always figetting with something. To learn to lay her hands down in her lap and keep them quiet.

She will need in her dressing-room a little shelf on which she can keep her manicuring instruments and lotions. She should have a pair of straight and sharp steel scissors, a sharp, slender and long nail file, a pair of clippers, a bunch of orange wood sticks, cut in different shapes, pointed, curved, flat; a set of emery boards, a cleaner and two polishers.

The instruments should be perfectly clean and they should lie together on the dressing table.

The fashionable nail now is long, cut to follow the shape of the finger and polished so highly that you can see your face in it.

The shape of the finger should be matched every time. A short, fat hand looks badly with a long, slender pointed nail. A long, slender finger is positively disfigured if the nail is cut blunt and square.

The first step in manicuring the nails is to soak them for five minute in warm, not hot water, in which a few drops of lemon juice or some good bleaching liquid has been placed.

With the orange stick loosen the skin around the base of the nail. This should be done every day or the flesh will certainly creep up and cover the moons again.

Take your file while the nails are still soft and follow the lines of the fingers. You can modify the shape a little so that it is pretty. If you want the finger to look a little more tapering you will wear the nail a trifle longer than the outline of the finger. After filing the nails to the proper shape, the emery board should be used to smooth the rough edges.

The nails are now ready to be polished, and a good rose-colored cream is now rubbed in. Let the cream remain a few seconds so it can be absorbed, and then with a polisher covered with pink nail powder polish them until the surface of the nails shine satisfactorily.

After this dip the fingers again in hot soapy water to rinse off the cream and powder. It will not destroy the polish, only intensify it.

Dry the hands thoroughly, on a clean towel, and with a rather pointed end of the orange wood stick around which a little cotton has been wrapped dipped in lemon juice go under each nail, removing any powder or cream remaining.

When this is finished give the nails a second vigorous rubbing with a clean buffer on which there is no powder.

Then put a little powder on the palm of the hand, which cannot be improved upon as a polisher, and rub for a few minutes.

This complete manicuring will require about half an hour and should be done regularly every week, and the nails and hands receive daily attention.

It will pay a woman to learn to be her own manicure, for not only does she save money but she becomes absolutely independent of her surroundings.

She can go away and be sure that her hands will be properly treated and she can give them the individual attention that every beautiful, well groomed hand requires.

...OW TO BE BEAUTIFUL.

Shirley Dare's Sermon to American Rosebuds on Graces and Good Looks.

Hints to the Slender, Anæmic, Chlorotic Girls Who Write Sunday-School Essays.

Suggestions to the Plump, Pasty-Faced, Giggling Damsels Who Devour Bon-Bons and Novels;

And Wholesome Advice to Indulgent Mothers Who Wash and Cook in the Kitchen.

BOSTON, May 26.—[Special.]—There is a religion of immobility, and women of all modern times have paid worshipful regards to it. The Spanish corset was its panoply, a terrible engine of heavy linen, double and quilted, with stout whalebone ribs thick as they could be set, able to turn a dagger aside, which doubtless aided to bring poison into fashion. It molded those funnel-shaped figures of old pictures, which it is wonderful were not the extinction of the race. Fixedness of form and feature came to such a point with the last princesses of the house of Medici that they wore bands of thin metal to preserve their faces from expression, and never went abroad unless masked. The long English corset and tailor-made suits, the dolman sleeve which pinions the arms, and the mounting social desire to compete with the indifferent air of the most exclusive, in our own week and fortnight, stamp our women with a growing expression of look and movement. To an intelligent, unfamiliar spectator, a young monk, let us say, from the crags of a Sinaistic monastery, the women on our streets would appear a variety of polite wooden figures, shapely and carefully draped, but limited by certain screws and pivots to very slight motions, like presenting a glove or carrying a hand-bag, and propelled in some mysterious way which leaves the poetry of motion a phrase blank of idea. Second-class story writers have rung the changes on the superiority of American beauty till it threatens to grow as tiresome as any other spread-eagle idea of ourselves. We are so fond of repeating the pretty things foreigners find it polite to say of us, that it will do no harm to hear their opinion given in serious intimacy. A brilliant European scholar, welcome in the best houses in Europe and continental society, who managed to say things which sounded extremely pleasant to the ladies he attended, without violating a very nice sense of veracity, usually confessed the whole truth afterward like this:

"Those women! they are so stiff, so *begueule*, so inexpressive. It is a blasphemy of the timber to call them of wood whereof the cross was made, or of iron, for it conducts electricity, and they do not. They are papier mache, of tissue like the wasps' nests, and the cells in their [illegible] rounded. It should ope gently toward the shoulders.

A neck disclosing its bony structure is ttractive, and, provided the owner has inarily good health, unnecessary. A d, nutritious diet, freedom from throat waist restriction, massage and exercise gradually but surely round it into symrical contour.

frequent cause of imperfect throat is igh collar. It is the implacable foe of ted contour, for it seriously impedes ation.

prominent authority asserts that no n under sixty years need despair of estoration of her throat and neck if vill work for it. Certainly, then, no woman with undeveloped throat or should be discouraged.

he neck is thin and scrawny, daily ex-, massage with a good skin food, deep hing and freedom from constriction as as possible, will fatten and develop it. ricity is also a valuable accessory. For irl with bony neck, who is unable to the expense of the professional mas-, there has been invented a massage , which has been productive of won-l results in development of neck and

It acts gently, but effectively, upon eep tissues, blood vessels and nerves, stimulating the torpid glands to iful action.

pecial exercise, which is invaluable for out hollows above the collar-bone, which will also expand the chest and nen the waist, is as follows: Extend ight foot slightly in advance of the left. forward and upward with right arm, hing it out as far as possible. Place eft hand upon the hip. Turn the face the left shoulder. Now swing the arm freely from the shoulder in a large , ten times. Repeat in the same er with the left arm. Do this until an swing each arm one hundred times or twice daily.

a rounded back or protruding shoulades practice this exercise: Bend the at right angles to the body, and throw shoulders well back. Run a short, stick across the back, holding it firmplace with the bent elbows. This will ain a correct carriage, as it is impos- for the shoulders to bend forward. deep inspirations of fresh air, filling emotest lung cavity; holding the air g as possible. Walk lightly about the for ten minutes, touching the ball of oot first to the floor. Practice this until a correct bodily carriage has benatural. The exercise immeditely ling should be practised in connection this for strengthening the back mus-

ther good exercise is to raise the ers as high as possible, then drop forcibly. Repeat until the muscles ightly fatigued. This is good practice ing out a hollow neck.

not fall in the habit of sleeping up- side only. The ultimate result will one-sided figure. One shoulder will more rounded one lung more d, and one s[illegible] the face more ed.

e soft pillows heat the head and o make a person round-shouldered. hair pillow is preferable to a feather

times the skin of the shoulders and arms is coarser and rougher than the face. This is on account of y of the glands of the skin, due to friction. Daily bathing of the parts ure, soft soap, tepid water, followed horough sponging with cold water gourous friction with a Turkish will, in a short time make the skin and smooth as velvet to the touch.

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taste which such caricature. One would really like to take to the backwoods until this ugly fashion disappears.

It can not be wise to wear woolen dresses as unchangeably as we do, considering their absorbent quality, and the contagion found in the street, in crowds, and public vehicles. In spite of German doctors who pronounce woolen the only wear, inside and out, I venture to think its absorbent property no recommendation, and do not hesitate to say, as long as other eminent doctors advise vegetable wool and silk as the only wear, that it is safe and cleanly to choose such garments as admit frequent washing, and not try to wear them a whole season without cleansing. The case is clear with a word.

There is difference enough between the hasty "wash" and thorough bathing which deserves consideration. For young women in good flesh the cool bath may be most agreeable and best. But in case of languor, pallor, and stiffness of the limbs take a hot bath, quite as hot as the skin can bear, and rendered more cleansing with ammonia, borax, or pearline. Remain in it ten minutes, to let the skin absorb the water, soaking off the old layer, softening and stimulating the new growth, and suppling the joints. Keep the water hot while taking a thorough scrub with good soap, then let it run clear, adding lavender or any pleasant toilet water for a refreshing lave. Keep the head wet in cool water if any sense of fullness there is felt.

The wiping should be with warm towels to lose none of the stimulating heat which sends the blood coursing through the veins, renewing worn tissues and carrying away obstructions.

The hot bath, followed in other things, actually leads to growth of stature, no matter [illegible] before the decline of life. The power to grow again, which Dr. W. Mitchell says often follows a terrible typhoid or yellow fever, adding half an inch to height in six months, may be gained without such fearful risks by the same strict attention to health which marks the convalescent, aided by the hot bath. This kindly agent sweeps away the millions of dead molecules by the skin, warding off fever, obesity, congestion, rheumatic stiffness, and a host of unlovely disorders, and the least anyone can do to keep oneself decent is to take a hot soak and scrub with good soap and hot towels twice a week. The wiping should be leisurely and repeated to absorb the free-flowing perspiration, and the best practice after toweling is to wrap the body in a warm bath-gown and lie down in a well-heated, well-aired room for a good rest. This rest restores tone all over, doubtless the benefit of the bath, and does away risk of taking cold, which, however, diminishes with the habit of hot bathing. The best way for busy people is to take the bath between 8 and 9 in the evening, put on clean clothes and go straight to bed to read and rest till sleepy. It is the early sleep and the bath sleep which make women young.

Rubbing warm oil on the joints and heating it before a fire promotes suppleness, and prevents rheumatic *malaise*. An old superstition to hunters and opera-dancers, to whom lightness and agility are indispensable, is to heat deer suet and the fat of goats and antelopes, and rub it well into the joints. I am greatly disposed, from observation, to value the practice of such people who are not given to throwing away their trouble. Flaxseed embrocations assist in suppling the joints, and are made by soaking the seed twelve hours in five times as much cold water, then pressing the mucilage through cheese-cloth, heating and binding it hot upon the joints, when going to bed. Friction with thick flannel, or mullein leaves, bathing with hot water after tiring exercise, or cool water when fevered. Keep the joints in good condition for the elastic gait and easy motions which of woman's graces are the soonest lost.

Actresses work hard to gain and keep pliancy of limb. I knew one ambitious creature, of rounded figure, who like most women could hardly lift her arms to do her own hair, but whose stage training, including a variety of muscular exercise fatiguing to inspect. To stand and kick at a mantel, sixty times with one foot, as many times with the other for two hours a day, gains pliancy of leg and ankle. To stoop and touch the floor without bending the knee, gives command of the limb, but to do it a hundred times in a morning is harder work than you or I have yet undertaken. Then came exercise with a gymnastic pull, of stout rubber cords a yard long with wooden handles, screwed to the wall, by which one might grip, swing, wrestle, bang backwards at full weight on the rear wheel of [illegible] of the nozzle. By turning the screw

family, sister of the scholar Mark Pattison, whose learning was one of the glories of Oxford, brilliant, remarkably beautiful in face and figure, she could satisfy her ardent spirit with nothing but life in a small town hospital, where she cooked, washed, scoured floors and grates, and tended the sick in a very different fashion from the white-aproned lady nurses in novels. It was for a life of real services the workingmen of Walsall raised her white marble statue, to glorify the grime of their streets. It is work, duty, most musical of words, which perpetuate beauty. The shapeliest hands I ever saw, and the slenderest natural waists, belonged to two of the hardest working women who had worked since childhood at common domestic duties. Comparing the trim, graceful figures I have known among farmers' wives and busy housekeepers with the red faces and overblown busts of society women, whose tight corsets could not keep down their black satin waists, the advantage is clearly with the busy women after thirty. It is not the work that ever makes farming women ugly, but careless, unhealthy habits. Constant activity keeps down flesh, and tends to a lighter step than piano practice and driving to pay calls.

I wish I could reach the mothers of a certain class, families of no special fortune, with income enough for the small gentilities of life, the very last ones who should fall out of traditional activities. The storekeepers and ministers, and upper clerks' families, whose mothers, with mistaken indulgence, are letting their daughters grow up without duties and without work, school, fancy work, a little music, no singing, but instead some church work, some society, some pattering about flower-beds, some driving—not one thing to really develop muscle or start the healthy blood. They go to bed when they please, eat what coaxes their squeamish appetites, and take walks when other girls come for them. Of course they appear delicate, and are in failing health at 15, and the mother spends her life and energies at her time of needed rest, anxiously watching and doing the work of her daughter. That devoted mother is making life very hard for that petted daughter, defrauding her of beauty, honorable esteem, and, too, probably of life. The slender, anæmic, chlorotic girls who stay up-stairs writing essays for Sunday-school class, while their mother irons their muslins or finishes off their gowns—the plump, pasty-faced, giggling damsels who loll in hammocks with a supply of bon-bons and library novels while mother and aunt go to town in heat and dust to draw coupons and entertain uninteresting visitors; the artistic young women who pin "engaged" on their studio door and hold themselves excused from every claim of others, not personally agreeable, one and all deserve what comes upon them—wrinkles and pallor, or cold and erysipelas in the face—by 25. They "go off" suddenly in looks, and the doctor has enough of them. Let your girls do housework vigorously mornings, or work, not potter, in the garden, dance or play tennis after 10 o'clock and sing part songs in the evenings, and do not let them shirk the interest, the development that lies in real work. They make such hideous invalids, these exempt girls, who put forth as a plea of their feeble gentility that "they never had any hard work to do." Their bilious headaches, their horrible breath, and still more horrible unnamed disorders, which make their presence anything but that of sweet and welcome womanhood, their suspicions, coercive tempers, their utter inadequacy to any of the burdens of life which other people do not carry so willingly as did the fond mother—these are the retribution of the doless women. Happier, perhaps, was the fate of a petted, delicate daughter, who in want of any earthly occupation was obliged to use a gymnastic apparatus at home to enable her to sleep, and who, trying it one night, caught her throat in the ropes, was unable to extricate herself as a well girl might have done, and choked to death in her father's house. When a dozen of these delicate, infertile creatures set before you with as many of the hardest worked women who are the pity of their friends for their arduous lives, the balance of good looks would be with the latter. The most beautiful woman in Boston two years ago was a hospital doctor, whose grace of carriage, erect, elastic figure and ideal face made sick women crave to look at her, and men feign sickness to be admitted to her care. Yet of all wearing lives that of a hospital nurse or doctor one would say was most trying.

SHIRLEY DARE.

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or turn hand over hand and overhead till the figure lost all the disabilities of ordinary too, too solid flesh and blood, and seemed plastic to the sentiment, as nature ordained. But at cost of months of toil and desperate aches this wonderful command was gained. I question if the play is even worth the candle, except to a professional. The whole system of gymnastic exercises for indolent women and overtrained girls is so artificial, formal, and worthless for practical ends, it has no use in our scheme of beauty. The gymnasium turns out bouncing girls, with biceps that fill out a tailor-cut sleeve well, but what use is the biceps after all? The machine-gained muscle wants endurance, the wiry staying quality which comes of gentler exercises, steadily kept up with the growth. Men and women are meant to work with their hands and body, and in the order of nature no lasting beauty or strength is possible without the human being is steadily trained to genial, useful necessary labor. Being neither college professor nor president with a record for popularity to keep up, I have no hesitation in saying the craze for physical training as practiced does as much harm at one extreme, as a sedentary life does at the other.

It is the old Greek mistake over again, which wrecked Athens and the republic by making beauty, luxury, and culture the ends of life instead of its servitors. It is for Christian civilization not to repeat the mistake either with its boys or girls. The gymnasium is as poor a substitute for the varied and testing exercise of work as the commercial institute for the exigencies of business, or as Morrison's pills for a healthy digestion.

The whole thing of calisthenics, gymnastics, exercise in short has an ill-savor to the physician, or the man who understands life, as belonging to the same category as the artifice of the Romans for avoiding the consequences of surfeit. What does a human being want exercise for in a world where he, and not less she, is placed to work? No life is perfect or satisfactory which leaves out enough daily labor to develop the system and keep it in its best condition, and the men and women who amount to anything have all found it out for themselves. Imagine a man of brains content to take his daily exercise in a gymnasium. Bryant or Gladstone want the swing of the ax against the tree to assure them they are doing something, not merely exercising! Imagine Jay Gould or the elder Vanderbilt getting their relaxation in a machine way, instead of gurding a fast trotter or running a steam yacht. If the Princess Alice had been a second-rate woman of charity organizations and petty social aims she might have been content to take enough exercise by her massagese and a health-lift to keep her alive, but the sweet princess went into the poorest houses, where wife and mother lay ill and unattended, and washed the room, and tidied the children, and rested her warm heart while she used her beautiful arms in services our Sunday-school teacher would hardly hear of.

Her great sister, the empress of Germany, whose most noble, impassioned, womanly and tender face will yet be adored by her people with that of beloved Louise of Prussia, exerts all her influence to honor home work by doing with her own hands what no German sovereign ever did before. "I was woman before I was princess," one can hear her saying, "I wish to live, therefore I must work." If she were flung from her throne tomorrow into a tenement she could and would do everything for a family with her own hands in most finished manner and with hearty relish. The really great and fine women delight in work, uncompromising, unrefined, honest work from the days when Nausicaa with her maidens went to wash their broidered garments, and the wrecked Ulysses heard their

"Womanly voices as of nymphs that haunt
The mountain summits and the river founts,
And the most grassy meadows."

Is there a lovelier picture in the tapestry of Homer than this princess going to the river that her father might

"Appear at council in vestments fresh and stainless,"

and succoring the lost wayfarer with her sweet and humane dignity? The poem gilds and glorifies every household duty from the gleam of

"Broad stone basins fairly wrought
The two famed springs of Xanthuns, hot and cold, at which
The Trojan dames and their fair daughters washed their sumptuous robes—"

when Nausicaa's mother,

"The stately daughter of Antiphates,
Gave to her hands a cruse of gold
With smooth anointing oil for her
And her attendant maids,"

its of living and too free a use of cosmetics are probably responsible.

"Two or three drops of tincture of benzoin to a quart of water will brighten the skin, but should be used only two or three times a week.

"Lemon juice in hot water is very refreshing. All animal and vegetable fats have a tendency to cause a growth of hair on the face. Cocoa butter darkens the skin."

Hotel

The Perfect Woman Waist.

The dimensions of a perfect woman are these: Five feet five inches in height; weight, one hundred and twenty-eight pounds; arms, extended, should measure from tip to tip of each middle finger just five feet, five inches, the same as her height. The length of her hand should be one-tenth of her height, her foot one-seventh, and the diameter of her chest one-fifth. From her thighs to the ground she should measure just the same as from her thighs to the top of her head. The knee should come exactly midway between the thigh and the heel. The distance from the elbow to the middle finger should be the same as from the elbow to the middle of the chest. From the top of the head to the chin should be just the length of the foot, and the same distance from the chin to the arm-pits. A woman of this height should measure twenty-four inches around the waist, thirty-four about the bust, if measured under the arms, and forty-three if measured over them. The upper arm should measure thirteen inches and the wrist six inches. The calf of the leg should measure fourteen and one-half inches, the thigh twenty-five and the ankle eight.

The Waist.

The evils resulting from unnatural slimness of waist are too well known to need discussion. Leaving out of account the hygienic aspects of the question, a rigid waist is not a beautiful one. Stiffness is incompatible with grace. Undue compression results in disproportion. Any garment which prevents deep breathing is a foe to health and beauty. A figure dependent entirely upon the corset for support is apt to be deficient in strength in the waist muscles. The figure can be so shaped and strengthened by exercise that the corset will become a distasteful and superfluous device.

A natural method of reducing the size of the waist, which, at the same time, promotes the general health, is by a simple system of free gymnastics, practiced ten or fifteen minutes night and morning.

The old method of trying to touch the floor with the tips of the fingers, without bending the knees, is a good exercise. Have the room freshly ventilated, if too cold to keep the window open, before beginning any exercise. Take a long, slow, deep breath between each movement.

Stand erect, heels together, knees rigid. Raise the hands, palms front, high above the head. Bend body forward, without relaxing knees, until finger tips are near the floor. Raise, breathe deeply and repeat. Each day the body will became more supple, until you can touch the floor with ease.

Another waist exercise is this: Stand, heels quite close, but not touching. Extend the arms horizontally. Twist the body round at the waist so that the right arm is as far to the left as possible. Repeat in the opposite direction.

Stand with hands upon the hips. Bend the body at waist line as far forward as possible, keeping the knees stiff. Bend to right — to left — then backward. Repeat each of these exercises slowly until slightly fatigued.

The Neck and Shoulder.

The perfect neck in woman is white, smooth, pliant and well rounded. It should slope gently toward the shoulders.

A neck disclosing its bony structure is unattractive, and, provided the owner has ordinarily good health, unnecessary. A good, nutritious diet, freedom from throat and waist restriction, massage and exercise will gradually but surely round it into symmetrical contour.

A frequent cause of imperfect throat is the high collar. It is the implacable foe of rounded contour, for it seriously impedes circulation.

A prominent authority asserts that no woman under sixty years need despair of the restoration of her throat and neck if she will work for it. Certainly, then, no young woman with undeveloped throat or neck should be discouraged.

If the neck is thin and scrawny, daily exercise, massage with a good skin food, deep breathing and freedom from constriction as much as possible, will fatten and develop it. Electricity is also a valuable accessory. For the girl with bony neck, who is unable to incur the expense of the professional masseuse, there has been invented a massage roller, which has been productive of wonderful results in development of neck and bust. It acts gently, but effectively, upon the deep tissues, blood vessels and nerves, thus stimulating the torpid glands to healthful action.

A special exercise, which is invaluable for filling out hollows above the collar-bone, and which will also expand the chest and lengthen the waist, is as follows: Extend the right foot slightly in advance of the left. Reach forward and upward with right arm, stretching it out as far as possible. Place the left hand upon the hip. Turn the face over the left shoulder. Now swing the right arm freely from the shoulder in a large circle, ten times. Repeat in the same manner with the left arm. Do this until you can swing each arm one hundred times once or twice daily.

For a rounded back or protruding shoulder blades practice this exercise: Bend the arms at right angles to the body, and throw the shoulders well back. Run a short, round stick across the back, holding it firmly in place with the bent elbows. This will maintain a correct carriage, as it is impossible for the shoulders to bend forward. Take deep inspirations of fresh air, filling the remotest lung cavity; holding the air as long as possible. Walk lightly about the room for ten minutes, touching the ball of the foot first to the floor. Practice this daily until a correct bodily carriage has become natural. The exercise immeditely preceding should be practised in connection with this for strengthening the back muscles.

Another good exercise is to raise the shoulders as high as possible, then drop them forcibly. Repeat until the muscles feel slightly fatigued. This is good practice for filling out a hollow neck.

Do not fall in the habit of sleeping upon one side only. The ultimate result will be a one-sided figure. One shoulder will become more rounded, one lung more crowded, and one side of the face more wrinkled.

Large soft pillows heat the head and tend to make a person round-shouldered. A low hair pillow is preferable to a feather one.

Sometimes the skin of the shoulders and upper arms is coarser and rougher than that of the face. This is on account of torpidity of the glands of the skin, due to lack of friction. Daily bathing of the parts with pure, soft soap, tepid water, followed by a thorough sponging with cold water and vigourous friction with a Turkish towel will, in a short time make the skin as fine and smooth as velvet to the touch.

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brains are not half of them full. The faces are pretty to see, once, twice, three times. Then I wish to vary the expression, but no. They are lost in a wood if you try to make them express an idea. I say to myself sometimes with a pretty girl: 'You are very nice, but if I were your husband I would cut your throat or mine, if you always looked at me with such a face.'

"They walk, their shoulders do not move, their arms do not, nor their heads—they cut just the same hole in the air. I say to myself, it is a blessed thing, this American climate, else we should have no change! Whereas, a Frenchwoman when she walks, her arms, her figure have a gracious balancement, her looks give off brightness, sentiment. It is that one is glad that she passes. Her body, it is alive, her nerves are full of electricity, her air of esprit. It is so with the Viennese, with the Polish women; they are full of steel springs, well charged. But as for your people, they have it in their brains, I suppose, but you can not send electricity through papier mache."

Many such tirades, only second to the eloquence of Taine have I heard, and come to years of observation, am forced to confess their truth. In every society the women who attract and who hold their attraction are possessed of mobility, vitality which seeks and inspires expression, and works an ever-varying charm.

Why is the cat a very Circe of pets, and type of all that is most alluring in women? Why but for her supple grace, and exquisite nervous strength which makes her tread as light as her hold is sure. Add to this that a cat is clever as old Egypt, and capable of devoted attachment as the Princess Lamballe, and there is good reason to reverse the attainder against cats, and take them as models for women, instead of libelous types. Such grace of suppleness, such endurance to preserve the grace and lightness born of easy nervous strength are an unmatched outfit for the needs of a woman. The beauty-loving Greeks felt this, and the Doric maidens who ran races in the Olympic games, and those who took part in professional dances were so supple that each could, bounding, strike her loins with the sole of her foot. You see in classic marbles the spring of the elastic figures which appear borne along by some effort of will which has nothing to do with cords and muscles.

Their dancing was no languid exercise, but, learned in court yards open to the sky and alleys shaded with roses, was the nurture and expression of such high physical condition as seems fabulous to our time. Yet I recall a girl, bred in purest northern air and hardy out-door rovings, who in a city house five stories high, when no one was near, used, in sheer lightness of heart and muscle, to spring up all four flights, two and three steps at a time, soundless, easy as the flight of a bird, and then sing her heart away hours without effort or fatigue. There is no luxury in the world like that of sound muscle, strung with the keenest nerves, which is the vital endowment of the best singers. They are twice as alive as other women, for in singing they breathe more, thus thoroughly aerating the blood, which in turn carries quickness to the brain and sharpness to the sense. To the woman who desires such excellence of condition for her own, I say, bathe, dress well, work, and sing!

To dress well ought to mean comfortably. While it is advisable for most persons to wear flannel next the skin the greater part of the year, a plump, warm-blooded girl in full vigor may find it intolerable. Justin McCarthy tells of a little charity girl, adopted by a very kind family who tried to drown herself because her protectress made her wear a flannel petticoat. If that petticoat made the free-limbed waif as uncomfortable as minor affairs, like scratchy neck-bindings and arm seams made me at the same age, I do not wonder at all. Still, women ought to dress the lower limbs more warmly than they generally do, wearing wool or silk next the skin, and close flannel knickerbocker or knit drawers like those worn by children over these when going out. Neglect of this care leads to some of the most dangerous inflammations and neuralgias in women, who have little to choose between such maladies and cancer.

Let common sense decide as to corsets. A weak, nervous woman who feels best in loose wrappers can not judge for a robust girl who really enjoys the trim set of her corset, and takes no harm from it. It is painful, however, and unsuitable to see active housekeepers going about morning, noon, and night in close-fitting dresses and corsets. Except some support for flabby figures, no corset should be worn in working dress, which in or out of doors should

THE CARE OF THE SKIN.

In a recent lecture a specialist who knows what she is talking about had this to say about the care of the skin:

"Lines can be kept out of the face altogether, but if one has a great deal of facial expression it means work. A few minutes' faithful effort every night will eradicate those which are caused by facial expression. Hot water should be first used to free the skin from soil, and then should follow a systematic massage of the face. For lines across the forehead, begin at the centre and rotate in the direction of the lines outward, using either the tip of the finger or side of the thumb. Between the eyes, rotate in the direction of the lines, upward and crosswise, using the side of the finger. For the cheek, use an upward and circular motion, and, for the chin, upward, around and about the face.

"When the eyes are tired, a rotary motion upward, around the forehead and down under the eye is restful. For two forms of skin trouble, acne and blackheads, which are most prevalent, a silver watch-key or tube, pressed over the pore until the matter exudes, is better than the usual form of pinching with the fingers. Afterward give a vigorous rubbing and cleansing. Bicarbonate of soda, two teaspoonfuls to a quart of hot water, is especially good for these disorders. The following wash is harmless and beneficial: One drachm tincture of camphor, one drachm glycerine, four ounces rose water. It is an old prescription and a standby.

"After the face is thoroughly bathed at night with both hot and cold water, the soap commonly known to the druggists as green soap is beneficial. A piece about the size of a pea, moistened and rubbed upon the face, will soften a rough skin, but should not be used every day. Only soaps and creams containing vegetable fats should be used on the face.

"A harmless cream, which can be made without too much effort, is: One drachm white wax, one drachm spermaceti, two ounces lanoline, three ounces oil of sweet almond. Melt all together in a double boiler, and, as the mixture cools, stir until smooth. When cool, beat with a fork.

"If very tired and looking haggard, a very hot water bath given the face and back of the neck, followed by a cold-water spray, will refresh one almost as much as a sleep.

"Cold creams should be used upon the face in only small quantities. They should be rubbed well in, and all superfluous oil wiped off with a soft linen handkerchief. One of the best cures for a glossy skin is massage. An average of two pounds of waste matter is thrown from the skin every twenty-four hours. An improper diet, which is usually an excess of fried foods, sweets, condiments and starches, will overcome all care of the skin. Beauty is more than skin deep. It depends upon

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The dimensions of a perfect woman are these: Fve feet five inches in height; weight, one hundred and twenty-eight pounds; arms, extended, should measure from tip to tip of each middle finger just five feet, five inches, the same as her height. The length of her hand should be one-tenth of her height, her foot one-seventh, and the diameter of her chest one-fifth. From her thighs to the ground she should measure just the same as from her thighs to the top of her head. The knee should come exactly midway between the thigh and the heel. The distance from the elbow to the middle finger should be the same as from the elbow to the middle of the chest. From the top of the head to the chin should be just the length of the foot, and the same distance from the chin to the arm-pits. A woman of this height should measure twenty-four inches around the waist, thirty-four about the bust, if measured under the arms, and forty-three if measured over them. The upper arm should measure thirteen inches and the wrist six inches. The calf of the leg should measure fourteen and one-half inches, the thigh twenty-five and the ankle eight.

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A natural method of reducing the size of the waist, which, at the same time, promotes the general health, is by a simple system of free gymnastics, practiced ten or fifteen minutes night and morning.

The old method of trying to touch the floor with the tips of the fingers, without bending the knees, is a good exercise. Have the room freshly ventilated, if too cold to keep the window open, before beginning any exercise. Take a long, slow, deep breath between each movement.

Stand erect, heels together, knees rigid. Raise the hands, palms front, high above the head. Bend body forward, without relaxing knees, until finger tips are near the floor. Raise, breathe deeply and repeat. Each day the body will became more supple, until you can touch the floor with ease.

Another waist exercise is this: Stand, heels quite close, but not touching. Extend the arms horizontally. Twist the body around at the waist so that the right arm is as far to the left as possible. Repeat in the opposite direction.

Stand with hands upon the hips. Bend the body at waist line as far forward as possible, keeping the knees stiff. Bend to right — to left — then backward. Repeat each of these exercises slowly until slightly fatigued.

The Neck and Shoulder.

The perfect neck in woman is white, smooth, pliant and well rounded. It should slope gently toward the shoulders.

A neck disclosing its bony structure is unattractive, and, provided the owner has ordinarily good health, unnecessary. A good, nutritious diet, freedom from throat and waist restriction, massage and exercise will gradually but surely round it into symmetrical contour.

A frequent cause of imperfect throat is the high collar. It is the implacable foe of rounded contour, for it seriously impedes circulation.

A prominent authority asserts that no woman under sixty years need despair of the restoration of her throat and neck if she will work for it. Certainly, then, no young woman with undeveloped throat or neck should be discouraged.

If the neck is thin and scrawny, daily exercise, massage with a good skin food, deep breathing and freedom from constriction as much as possible, will fatten and develop it. Electricity is also a valuable accessory. For the girl with bony neck, who is unable to incur the expense of the professional masseuse, there has been invented a massage roller, which has been productive of wonderful results in development of neck and bust. It acts gently, but effectively, upon the deep tissues, blood vessels and nerves, thus stimulating the torpid glands to healthful action.

A special exercise, which is invaluable for filling out hollows above the collar-bone, and which will also expand the chest and lengthen the waist, is as follows: Extend the right foot slightly in advance of the left. Reach forward and upward with right arm, stretching it out as far as possible. Place the left hand upon the hip. Turn the face over the left shoulder. Now swing the right arm freely from the shoulder in a large circle, ten times. Repeat in the same manner with the left arm. Do this until you can swing each arm one hundred times once or twice daily.

For a rounded back or protruding shoulder blades practice this exercise: Bend the arms at right angles to the body, and throw the shoulders well back. Run a short, round stick across the back, holding it firmly in place with the bent elbows. This will maintain a correct carriage, as it is impossible for the shoulders to bend forward. Take deep inspirations of fresh air, filling the remotest lung cavity; holding the air as long as possible. Walk lightly about the room for ten minutes, touching the ball of the foot first to the floor. Practice this daily until a correct bodily carriage has become natural. The exercise immeditely preceding should be practised in connection with this for strengthening the back muscles.

Another good exercise is to raise the shoulders as high as possible, then drop them forcibly. Repeat until the muscles feel slightly fatigued. This is good practice for filling out a hollow neck.

Do not fall in the habit of sleeping upon one side only. The ultimate result will be a one-sided figure. One shoulder will become more round[illegible] lung more crowded, and one s[illegible] the face more wrinkled.

Large soft pillows heat the head and tend to make a person round-shouldered. A low hair pillow is preferable to a feather one.

Sometimes the skin of the shoulders and upper arms is coarser and rougher than that of the face. This is on account of torpidity of the glands of the skin, due to lack of friction. Daily bathing of the parts wlith pure, soft soap, tepid water, followed by a thorough sponging with cold water and vigourous friction with a Turkish towel will, in a short time make the skin as fine and smooth as velvet to the touch.

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rt John (at St. Pierre)..Baker.
Alfred.....G. S. J 3½
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taste which such caricature. One would r
like to take to the backwoods until this
fashion disappears.

It can not be wise to wear woolen dresse
unchangeably as we do, considering thei
sorbent quality, and the contagion found ir
street, in crowds, and public vehicles. In
of German doctors who pronounce woole
only wear, inside and out, I venture to thin
absorbent property no recommendation, an
not hesitate to say, as long as other eminent
tors advise vegetable wool and silk as the
wear, that it is safe and cleanly to choose
garments as admit frequent washing, and
try to wear them a whole season without cle
ing. The case is clear with a word.

There is difference enough between the ha
"wash" and thorough bathing which deser
consideration. For young women in good fl
the cool bath may be most agreeable and b
But in case of languor, pallor, and stiffness
the limbs take a hot bath, quite as hot as
skin can bear, and rendered more cleans
with ammonia, borax, or pearline. Remain
it ten minutes, to let the skin absorb the wa
soaking off the old layer, softening and sti
lating the new growth, and suppling the joi
Keep the water hot while taking a thoro
scrub with good soap, then let it run clear. a
ing lavender or any pleasant toilet water fo
refreshing lave. Keep the head wet in
water if any sense of fullness there is felt.

The wiping should be with warm towels
lose none of the stimulating heat which se
the blood coursing through the veins, renew
worn tissues and carrying away obstruction

The hot bath, followed in other things,
tually leads to growth of stature, no ma
[illegible] before the decline of life.
power to grow again, which Dr. [illegible] Mitc
says often follows a terrible typhoid or ye
fever, adding half an inch to height in
months, may be gained without such fea
risks by the same strict attention to he
which marks the convalescent, aided by
hot bath. This kindly agent sweeps a
the millions of dead molecules by
skin, warding off fever, obesity,
gestion, rheumatic stiffness, and a hos
unlovely disorders, and the least anyone ca
to keep oneself decent is to take a hot soak
scrub with good soap and hot towels twi
week. The wiping should be leisurely and
peated to absorb the free-flowing perspirat
and the best practice after toweling is to
the body in a warm bath-gown and lie dow
a well-heated, well-aired room for a good
This rest restores tone all over, doubtless
benefit of the bath, and does away risk of
ing cold, which, however, diminishes with
habit of hot bathing. The best way for
people is to take the bath between 8 and
the evening, put on clean clothes and go stra
to bed to read and rest till sleepy. It is
early sleep and the bath sleep which make
men young.

Rubbing warm oil on the joints and heat
it before a fire promotes suppleness, and
vents rheumatic *malaise*. An old superst
to hunters and opera-dancers, to whom li
ness and agility are indispensable, is to
deer suet and the fat of goats and antelo
and rub it well into the joints. I am gre
disposed, from observation, to value the p
tice of such people who are not given to thr
ing away their trouble. Flaxseed embroca
assist in suppling the joints, and are made
soaking the seed twelve hours in five times
much cold water, then pressing the mucil
through cheese-cloth, heating and binding
hot upon the joints, when going to bed. F
tion with thick flannel, or mullein leaves, ba
ing with hot water after tiring exercise, or c
water when fevered. Keep the joints in g
condition for the elastic gait and easy moti
which of woman's graces are the soonest lost

Actresses work hard to gain and keep plia
of limb. I knew one ambitious creature,
rounded figure, who like most women co
hardly lift her arms to do her own hair,
whose stage training, including a variety
muscular exercise fatiguing to inspect.
stand and kick at a mantel, sixty times w
one foot, as many times with the other for t
hours a day, gains pliancy of leg and ankle.
stoop and touch the floor without bending t
knee, gives command of the limb, but to do i
hundred times in a morning is harder wo
than you or I have yet undertaken. Th
came exercise with a gymnastic pull, of sto
rubber cords a yard long with wooden handl
screwed to the wall, by which one might gr
swing, wrestle, hang backwards at full weig
on the rear wheel of [illegible]
of the nozzle. By turning th

family [illegible] of the scholar Mark Pattis
brains are not half of them full. The faces are
pretty to see, once, twice, three times. Then I
wish to vary the expression, but no. They are
lost in a wood if you try to make them express
an idea. I say to myself sometimes with a
pretty girl: 'You are very nice, but if I were
your husband I would cut your throat or mine,
if you always looked at me with such a face.'

"They walk, their shoulders do not move,
their arms do not, nor their heads—they cut
just the same hole in the air. I say to myself,
it is a blessed thing, this American climate,
else we should have no change! Whereas, a
Frenchwoman when she walks, her arms, her
figure have a gracious balancement, her looks
give off brightness, sentiment. It is that one is
glad that she passes. Her body, it is alive, her
nerves are full of electricity, her air of esprit.
It is so with the Viennese, with the Polish
women; they are full of steel springs, well
charged. But as for your people, they have it
in their brains, I suppose, but you can not send
electricity through papier mache."

Many such tirades, only second to the elo-
quence of Taine have I heard, and come to years
of observation, am forced to confess their truth.
In every society the women who attract and
who hold their attraction are possessed of mo-
bility, vitality which seeks and inspires expres-
sion, and works an ever-varying charm.

Why is the cat a very Circe of pets, and type
of all that is most alluring in women? Why but
for her supple grace, and exquisite nervous
strength which makes her tread as light as her
hold is sure. Add to this that a cat is clever as
old Egypt, and capable of devoted attachment
as the Princess Lamballe, and there is good rea-
son to reverse the attainder against cats, and
take them as models for women, instead of
libelous types. Such grace of suppleness, such
endurance to preserve the grace and lightness
born of easy nervous strength are an unmatched
outfit for the needs of a woman. The beauty-
loving Greeks felt this, and the Doric maidens
who ran races in the Olympic games, and those
who took part in professional dances were so
supple that each could, bounding, strike her
loins with the sole of her foot. You see in
classic marbles the spring of the elastic figures
which appear borne along by some effort of
will which has nothing to do with cords and
muscles.

Their dancing was no languid exercise, but,
learned in court yards open to the sky and al-
leys shaded with roses, was the nurture and ex-
pression of such high physical condition as
seems fabulous to our time. Yet I recall a
girl, bred in purest northern air and hardy
out-door rovings, who in a city house five stories
high, when no one was near, used, in sheer
lightness of heart and muscle, to spring up all
four flights, two and three steps at a time,
soundless, easy as the flight of a bird, and then
sing her heart away hours without effort or
fatigue. There is no luxury in the world like
that of sound muscle, strung with the keenest
nerves, which is the vital endowment of the
best singers. They are twice as alive as other
women, for in singing they breathe more, thus
thoroughly aerating the blood, which in turn
carries quickness to the brain and sharpness to
the sense. To the woman who desires such ex-
cellence of condition for her own, I say, bathe,
dress well, work, and sing!

To dress well ought to mean comfortably.
While it is advisable for most persons to wear
flannel next the skin the greater part of the
year, a plump, warm-blooded girl in full vigor
may find it intolerable. Justin McCarthy tells
of a little charity girl, adopted by a very kind
family who tried to drown herself because her
protectress made her wear a flannel petticoat
come as near the freedom of a gymnasium suit
as possible. French women have sense about
this, and teach their children and order their
households half the day in flowing gowns which
would scandalize our triced-up matrons. Then
the slender artistic corset is worn with visiting
and evening dress, to far less detriment. Two
or three things suggest themselves in the mat-
ter of corsets; one, that obesity is apt to follow
tight lacing in youth. Another is a doubt
whether tights in stone gray, navy blue, or red
cloth, call them tailor gowns if you will, which
reveal every line of the upper half of the fig-
ure to the very play of the muscles, are as at-
tractive on the whole as draped outlines which
relieve the curves of the form. Third, there is no
doubt whatever that the long, rigid waist now
in vogue, with its exaggerated tournure de-
stroys all grace of figure and movement, af-
flicts the eye that follows, and asperses the

[illegible] corset should be
working dress, which in or out of doors should

THE CARE OF THE SKIN.

In a recent lecture a specialist who knows what she is talking about had this to say about the care of the skin:

"Lines can be kept out of the face altogether, but if one has a great deal of facial expression it means work. A few minutes' faithful effort every night will eradicate those which are caused by facial expression. Hot water should be first used to free the skin from soil, and then should follow a systematic massage of the face. For lines across the forehead, begin at the centre and rotate in the direction of the lines outward, using either the tip of the finger or side of the thumb. Between the eyes, rotate in the direction of the lines, upward and crosswise, using the side of the finger. For the cheek, use an upward and circular motion, and, for the chin, upward, around and about the face.

"When the eyes are tired, a rotary motion upward, around the forehead and down under the eye is restful. For two forms of skin trouble, acne and blackheads, which are most prevalent, a silver watch-key or tube, pressed over the pore until the matter exudes, is better than the usual form of pinching with the fingers. Afterward give a vigorous rubbing and cleansing. Bicarbonate of soda, two teaspoonfuls to a quart of hot water, is especially good for these disorders. The following wash is harmless and beneficial: One drachm tincture of camphor, one drachm glycerine, four ounces rose water. It is an old prescription and a standby.

"After the face is thoroughly bathed at night with both hot and cold water, the soap commonly known to the druggists as green soap is beneficial. A piece about the size of a pea, moistened and rubbed upon the face, will soften a rough skin, but should not be used every day. Only soaps and creams containing vegetable fats should be used on the face.

"A harmless cream, which can be made without too much effort, is: One drachm white wax, one drachm spermaceti, two ounces lanoline, three ounces oil of sweet almond. Melt all together in a double boiler, and, as the mixture cools, stir until smooth. When cool, beat with a fork.

"If very tired and looking haggard, a very hot water bath given the face and back of the neck, followed by a cold-water spray, will refresh one almost as much as a sleep.

"Cold creams should be used upon the face in only small quantities. They should be rubbed well in, and all superfluous oil wiped off with a soft linen handkerchief. One of the best cures for a glossy skin is massage. An average of two pounds of waste matter is thrown from the skin every twenty-four hours. An improper diet, which is usually an excess of fried foods, sweets, condiments and starches, will overcome all care of the skin. Beauty is more than skin deep. It depends upon the internal economy of the whole body.

"Acid foods and vegetables, especially in the spring of the year, have a good effect upon the skin. Nature supplies our needs, if we allow her. In the spring of the year we have fresh, green vegetables and fruits, which, if properly used, will overcome the usual clogged condition of our bodies at that season. Asparagus, rhubarb and oranges are especially useful. Olive oil is used in great quantities among the Jews, and it is said that to its use they are indebted for their freedom from skin diseases and consumption.

"American women have suffered great deterioration in complexion during the last five years. Over-fatigue, wrong habits of living and too free a use of cosmetics are probably responsible.

"Two or three drops of tincture of benzoin to a quart of water will brighten the skin, but should be used only two or three times a week.

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re Arsene[illegible] Blacksmith. L 4

BEAUTY AND HEALTH.

Shirley Dare's Homely and Interesting Lecture to Women of Modern Times.

BOSTON, July 14.—It is not right to suggest cosmetic acids to women, as they are given to overdoing all processes which promise improvement in looks. There really is no remedy for ugliness which swallowed over night will effect a cure in a week. Ill looks are the punisement of neglected health, neglected perhaps for generations. The precept, "obedience is better than sacrifice," ought to be written on every door, that it might be heeded in going out and coming in, both for the written law of morals and the unwritten moralities of natural law. Obedience, day by day and hour by hour to simple duties, is more a test of sound brain and moral fiber than any amount of the heroics young ladies are fond of essaying. I don't believe my missionary friend who writes home about pulling forty teeth for Burmese women before breakfast in a morning has any harder life than her sister at home, who is up summer mornings vigilantly attending to the health of her family, urging lazy young people into their baths and fresh clothes, seeing that windows are opened, beds airing, cellars and attics aired, the milk kept pure, the food delicately fresh and acceptable, every unwholesome odor quickly traced and suppressed—who, in short, acts as health officer for the household, Neither woman has an easy life or light responsibilities. Here in the heat of summer young women are using pots of extravagant cosmetic creams in hope to secure a blameless complexion, or spreading their faces with dainty violet-glycerine, when nature would help them quickly to clear skins and bright eyes if they would only work with her. Summer is the time of all the year to lay in beauty. The free prespiration, the warmth, the open air, all lead to health and physical perfection, if not thwarted by slovenly neglects. Sleep with windows wide open, except in thunderstorms, both at night and on rising, change clothing throughout daily, at least airing clothes thoroughly in the sun for two hours before putting them on a second time. If there is any ill taste in the mouth take a teaspoonful of powdered charcoal in water before breakfast. If pimples appear, many or few, take as much sulphur with the charcoal, and seltzer aperient, congress water, or Epsom salts twenty minutes after, before eating. If any food or drink seems to disagree with you leave it off for awhile, perhaps till the heat of the season is over, when you will find its relish no way impaired for the slight abstinence. If coffee makes you stupid or headachy quit it for lemonade. If sweets ferment take to fruit, being very careful to choose only the most perfect quality and ripeness. And as you value your complexion or health leave eggs and milk in every shape alone till frost comes again.

A New Haven girl writes in the name of many others, to know just how milk should be taken as a diet for increasing flesh. Should it be fresh or boiled? Or should it be diluted with lime water if the clear milk is not well borne? Would a quart be too much in a half day? and other queries. Now if any number of young women propose to improve their flesh and looks by a milk diet, and will do me the compliment to listen to anything I can say, my advice is, don't! Milk has been the standard food of uncivilized nations, Kurds and Christians, who were ignorant how to prepare proper food. It keeps its place and is the refuge of doctors' prescriptions, because it is tolerable nutrition, that does not depend upon cooking. The bitter fact is that not one woman out of a thousand, educated or uneducated, knows how to prepare food for a delicate digestion, sick or well. Eggs and milk can be swallowed without the grace of a heathenish cook, and are tolerated by the system long enough to get up strength for eating something else. But as articles of diet the year round they are not at all to be recommended. Especially in warm weather, from the first of May, they are most injurious, clogging the system, creating biliousness of an obstinate type, and upsetting the health and comfort generally. When the crowds of women come home from the country the middle of September, I can always pick out the milk drinkers by their sallow, pasty complexions which tan and freckle frightful. Persons who take little exercise should let milk alone. They fancy it strengthens them because the lump of curd left by a glass of milk in the stomach delays digestion as long as a pork and greens dinner and always the craving inseparable from an ill nourished state of things. Milk diet, so far from being healthy or advisable, is probably the cause of as much severe sickness as any food that can be mentioned. It is so susceptible of taint and so easily corrupts of itself that it takes more courage or more obtuseness than common to venture its use when the facts are once understood. The unwholesome creamery practices of straining it once into close cans, or milk cabinets where no air can reach, simply causes putrification by the animal heat and certain properties which should pass off before it is sealed in the cans. My dear young woman, the subject is too unsavory to pursue. If you wish to obtain plumpness study variety in food. You must eat with appetite to grow good flesh. Through the summer let your fare consist of beef, mutton, or chicken broths, free of the least fat, thickened with barley, sago, or fine Italian pastes. Barley and the delicate preparations of corn, cereline, and pearl hominy or farina are best for producing healthy plumpness. Oatmeal is not advisable in summer. A shepherd out on the moors by night and day leading a hardy life may live on it the year round, but you can not. Cornstarch is clogging, as are all the fine preparations of grain. Cracked wheat, boiled three hours in plenty of water, eaten cold with berries and sugar, is far better than milk for producing roundness of figure, and is a very different thing from the uneatable paste presented at most tables. Eat crusty bread, or Graham crackers, baked over before coming to the table. The crust has more sugar and caramel developed in it by heat, and also secures thorough grinding by the teeth. Eat plenty of vegetables, fresh and well served; all the water cress, garden cress, and crisp radishes you can secure being included. There is nothing like them for making a clear skin and bright eyes. Salmon, crab, and chicken salads with mayonnaise are recommended for thin persons. In fact, brown crust bread with good salad dressing, instead of milk or butter, is excellent flesh-forming food. The new California dainty, peeled and preserved fig, is pure flesh-making material, easy of digestion by dyspeptics, even, and almost pure nutriment. Occasional crackers, preserved fruits, pure candies, and sweets are aids to plumpness, but should not take place of a meal. Acidity of the stomach is fatal to hope of plumpness in a lean person, and must be prevented by brushing the teeth after eating and taking doses of lime water, not the sour limes, but the alkali, or far better, fluid magnesia, not citrate of magnesia. The Taunton magnesia water is recommended, as leaving no deposits in the system and is the cheapest of all the magnesia fluids, A teaspoonful must be taken as often as the acidity is felt, and will benefit the breath and digestion greatly. It is curious that lemonade, sherbets, and fruit juice in summer do more to invite healthy flesh on thin people than an injudicious milk diet. Nature always seeks to preserve a healthy medium, and the same diluent, anti-bilious food that would reduce the flesh of a corpulent feeder will lay on the contours of a thin, nervous person. You may drink a quart of lemonade in a half day of July, when the fluids of the body are flowing freely, and feel better for it every way. When the grapes ripen, and the presses flow, you may live on fresh unfermented grape juice and grow round, symmetrical outlines to your heart's liking. But whether you are growing flesh or not, if you loue your health, let milk and eggs alone till October.

It is odd that when intelligent doctors are ready to give advice at 50 cents to $1 a visit, provided that one calls at the office, men and women will risk health and looks by quacking themselves. Whether the fad is milk diet or some new nerve food or skin lotion, they will risk all sorts of dangerous and disagreeable results rather than ask advice where it should be best. Differences of constitution will cause different action of specifics, so named, and a drug that is harmless in most cases may cause serious trouble in another. Add to this the fatal propensity women have for overdoing a good thing, and I can not feel that these letters are not doing as much harm as good without serious warning on the subject. Taraxacum is good for the liver and skin, so a girl in haste to have a transparent complexion of alabaster whiteness takes it in purgative doses and ruins her liver for the time. Bromides are prescribed for quieting the nerves. I know one nervous woman who would not go shopping in town without a dose to steady herself. But bromide of potassium kept up induces paralysis of the heart and ugly fainting fits to begin, and so she found. Chlorate of potash sweetens the breath by disinfecting decayed teeth and stomach. I have seen a girl eat it in reckless doses on the principle she couldn't have too much of a good thing, and the doctors may tell you the harm she did herself. Another case where a young woman found that a certain medicine kept her face clear by inducing constant purgation. She used it summer after summer, and it produced gastric inflammation, which troubled her for years and made a good complexion impossible. There is absolutely no limit to the recklessness of women with drugs, especially those proper to the toilet. One woman fancied carbolic acid would improve her skin, and so it will, diluted enough. But she used it strong till the skin of her face cracked, peeled, and—that was not the worst—left a downy growth which spoiled originally decent cheeks. Another thought cold baths the finest stimulant in the world, and took a plunge into the coldest well-water twice a day in warm weather till she had to give up with her heart probably injured for life. Another believed in hot baths, and after unlimited trial came out so weakened that it took years to restore her.

Moderation is the rule for all treatment, but most persons learn it too late and miss the life-long benefit they might derive from the agencies they wear out in a year or two.

Electricity has been sadly overdone by women who fancied they knew enough to treat themselves, bought a small battery and tried to use it as a bank of vitality. Students try to do double work by aid of this fearful stimulant, and find out it shatters their nerves in less time than alcohol. It is no use in trying to find a philosopher's stone or an Aladdin lamp, or any substitute for the pains-taking process of developing care and judgment for oneself. You can not by any marvel of science give health or beauty by pressing an electric button or holding the handles of a battery, or swallowing any bolus, or lathering yourself with sweet-scented lotions, although cosmetic receipe books and dealers may tell you so in flourishing sentences. The modern Recaimer plies a dangerous trade, hardly less injurious than that of Tofana, the Italian who sold cosmetics and poisons, making a discrimination between the two. The modern toilet artist deals in the strongest drugs, poisons, and stimulants. She will offer you gentian and coca as fillis to the nervous force, and genteel "pick-me-ups," and women will take them, ignorant that they are spending life double tides, and using up in two or three brilliant years the nervous force that would carry them safely through a score. You are offered corrosive sublimate (under another and prettier name) as a face wash sovereign for refining the complexion, and you may buy arsenic bonbons to produce the *blanc mat* admired in certain circles, and overlay your face with lead lotions and powders, which make short work of paralizing the muscles, and painting the dreaded "blue line" of lead poisoning on the gums and lips. Foolish girls see

white actresses' complexion worn
iresome creatures who would sign
uls away, supposing them to
such a thing, for a new
id feel sure there can't be any harm
she looks lovely and says she never
tter in her life. "But they do
the terrible closing experience of
s of folly, which are known only to
and agonized friends. Idiocy or
re the kindest finale, but death in
m is the penalty all must pay who
arsenic habit. You hear that best
owders and lotions are harmless,
appear so in nine cases out of ten.
effects in the unlucky tenth case are
like poisoning no one can tell the
e. But few stop to think that the
leadened complexion left in a few
the use of bismuth powders and
s produced by atrophy of the skin
nd is in fact death at the surface.
ions of more vitality revenge them-
getting up a reaction after being
by applications which close the
d a fine crop of pimples forces the
s outward. It is risky to mask the
anything, wash or powder, which
skin for any length of time. Even
or vaseline must be left off every
, or pimples around the edge of the
show how closely nature follows
f repression. Perspiration is a bet-
r of the complexion than any ap-
that can be named.
rimes are committed in the use of
, only druggists and doctors know.
om the use of violet powder were
d by coroner's inquests in England
rs since, and not a year passes but
e victim adds her life to the sacri-
nity. These cases were poisoned
tion though the skin, the innocent
olet powder being thirty-eight per
ious acid, and the rest starch.
inc is substituted for bismuth on
nsive cosmetics, and a clever coun-
sts used among other curiosities of
to tell how, when his stock of
s and face-balm ran low on occa-
ne local ball, the town girls used
is best white-lead paint in
use it on neck and arms
it out well" as painters say
owdered starch dusted on the paint
ish, and red flannel dipped in vine-
the color. I have had girls beg
als of old artificial red roses to rub
eeks as a substitute for rouge,
rmine saucer when broken to bits
e in the eyes of these covetous
One can't but wonder what sort of
e simple youths are under who can
s in faces shedding pearl powder
ed with paint at a dollar a box. A
up in perfumed putty of zinc or
te, which forms much of the lily-
l, and glycerine may pass under a
ut a man who can admire it might
ed by one of the card-board sylphs
lvertise patent corsets in show-

SHIRLEY DARE.

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olden time women knew how to be
hemselves and to the world by a
f domestic learning gone sadly into
e. They were skilled in the use of
herbs and worts, whose virtues were
eans imaginary as we are taught to
m. The wisest men have ever held
actice in esteem, from the learned
ve, the Dutch physician who took
hat at the elder bush for its many
virtues, down to today. I have ceased
arprised to hear the highest physi-
city practice pay unfeigned tribute
simple method known to old women
at students. Of all things on earth
are most kind to women, whether as
erfumes, or medicines. You will
gratefully of Dr. Caius, court physi-
Queens Mary and Elizabeth, when
l how sovereign his prescription of
ng to a sweet apple" for headache
igue. If you have never had a nerv-
adache charmed away by the scent
roses, mignonette, or the brier-like
ce of sweet apples, you have missed
sweetest sorcery of nature. The re-

viving power of fresh scents is a special grace to the nerves of women—fresh scents, be it remembered, breathed in fresh air. As the air of the sea braces and soothes by the salts it holds in solution, the inland air might be made purifying by the odor of flowers and plants in quantities. I hardly know which to choose in dreams, the rosmarine odor of the sea, the balm of the great sage deserts, the pure scent of the lavender fields of Surrey, or the sandalwood incense of the pines at noon. Were I Lord Paramount, a pine tree should never be cut down near human habitation, but left to purify and invigorate the air. All women with weak lungs or heart, or ailing nerves, used to surround themselves with plants and flowers of reviving odor, in generous quantity, to inhale their medicine with every breath.

Nor are their virtues all "in the air." Those who want a strengthening bath should strew southernwood or camomile in the water an hour before, and let the sun shine on it. The bath will feel like velvet, and weak back or lungs get a very pretty tonic. Exposing water to the sun and air softens it greatly, which explains why certain lake water is so delicious to bathe in. Better than juice of watermelons for the face is juice of house-leek, pounded and squeezed through muslin, mixed with sweet cream if you like, and left to dry on the skin. The juice alone will be preferred by most, for it is soothing enough to heal a bee sting, or a canker, and the malic acid in it sometimes drives away freckles. It is impossible to tell what will benefit different complexions, and each woman may have the interest of experimenting for herself with the various plants in her garden. Alas, that we can not always think of a woman and a garden together. Nearly every plant has its beautifying quality. A broth of fennel, which is such a sauce for mackerel, is advised for persons who are growing too fleshy, or the roasted parsnip or parsnip wine for those who would grow plump and full-bosomed. Eating caraway seed is said not only to aid weak digestion but to make the eyes bright and strengthen the sight. Elder blossoms steeped in boiling water have repute for removing the tan on sunbrown faces, and their distilled water is praised by old as making the skin "faire and beautifull" and curing headache. The spirit of elderberries alone, or drank with wine, is excellent medicine in dropsies. A decoction of the leaves of the wild viburnum (V. Lantana) is said to dye the hair black and may be used for eyelashes and mustaches. The weed known as goosegrass or cleavers (Galium Aperine) was in old times "familiarly taken as a broth to keep them lank and lean that were apt to grow fat." The seeds roasted form a substitute for coffee and the caffein of the plant probably supports the bodily powers, rendering food less necessary, after the manner of coca. The common southernwood of gardens, the garde robe of the French, so called from its keeping moths out of clothing in drawers; the fragrant tussilage, or garden coltsfoot, which Charles Kingsley, devoted botanist as well as author, loved so well, is a delicate nervine if the smoke of its leaves is inhaled through a reed, and is a pretty stimulant if one wants to feel and look bright and be in good voice for society.

I never could honestly join the crusade against tobacco smoking, for from my youngest days the fumes of a good cigar have proved the most exquisite nervine, clearing the brain and quieting the aches which menace existence. In a moment or two after breathing the odor a feeling of delicious peace steals through every nerve to my finger tips and the most tranquil sense of well being prevades the whole frame. But some one else must do the smoking, and I can not understand how, having such a soothing potency at command, smokers should prevent the kindly gift by excess. It is not a morality, but the highest artistic sense of pleasures, which deals in them guardedly and extracts the last atom of aroma in perpetual fullness and freshness. If instead of pastilles, burned in close rooms, it were a custom to inhale the fine fumes of resinous plants and woods it would have a remarkable effect on the nerves. One may breathe purer air in city rooms for having well-filled window boxes, not of lobelias and stale geraniums, but of mignonette, carnations, lavender, and other ozone-making flowers. It is exquisitely ordained that flowers and plants have great influence on the health of sensitive people, not as mere pleasures of sight and smell, but in a direct medical way. Fifty years ago in English countries invalids used to be taken out of doors and laid on the camomile bed in the garden to inhale its strengthening odor; and Elizabethan gardens had their banks of sweet flowers and aromatics, meant to recline upon as savory and good for the health. I am sure that no woman who has ever worked about flowers much will doubt the wisdom of this practice. Not only the garden flowers but the weeds are kindly to humanity. An old missionary who studied medicine abroad and practiced it in China thirty years told me of a notable cordial and tonic for all who are weakly, run-down persons, especially those with malarious disease, in the leaves and flowering tops of common boneset and yarrow steeped in boiling water and drank cold. A course of dandelion tea followed by this tonic will leave any woman fresh and lively, if restoration is possible by medicine. This draught, which is a mild absinthe, shows its effect in the clear color and brightness of the eye. Burdock is a famous restorative of the hair, but must be used with skill or the hair falls out from overstimulation. The bur-reed or lesser burdock (Xanthium Strumarium) makes an infusion which dyes the hair yellow and was so used in the days of Dioscorides. Tea of century leaves is said by valued writers to cure all freckles, and is very strengthening to the digestion. The field gentian, I am told, is a principal ingredient of "Moxie's" well-known draught, and was used for the same purpose long ago, as when queens and maids of honor drank it in foaming ale for their breakfast.

There is no doubt that Diana of Poitiers owed the long freshness of her beauty to the skillful use of herbs as part of daily regimen. Herb baths for refreshment and herb cordials will prove valuable aids to beauty today. There is something in the freshly-cut herbs, the best physicians say, which can not be preserved in the potent extracts of medicine. There was fact as well as poetry in the belief of our ancestors that the rose, violet, alkanet, and borage were the "four cordial flowers" of esteem for cheering the spirits. The violet yields a very potent medicine, affecting the heart. "I borage brings courage" is an old line on the lips of those who know its effect in strengthening a weak, palpitating heart—and no medicine is more needed nowadays. The stems contain nitre, and the whole plant gives its flavor readily to cold water. I know personally the value of attar of roses as a sedative tonic, and we may take the alkanet on trust. When the solanum and hyoscyaime and stramonium—most powerful tinctures of the materia medica—are but the juices of of back-yard weeds, why may we not believe that other plants have virtues as well. The Scots under Macbeth treacherously poisoned the ale of the Danes during a truce with Nightshade and destroyed them as they slept. To this Shakspeare seems to re-

fer as "the insane root that takes the reason prisoner." The cosmetic made by Italian ladies from its juices gave its name of belladonna to the tincture, but the art of using it is well lost. I prefer to repeat the virtues of common euphrasie or eyebright, for making the sight clear and eyes brilliant. The juice or distilled water of the plant, taken inwardly, and dropped into the eyes for days together "helpeth dimness of sight," we are told by writers who well knew what they were talking about, and it is highly probably that it is stimulant enough to "help a weak brain and memory." Overworked teachers and house mothers should try it, and they may also try the readier remedy of chewing three or four leaves of garden sage with the dew on before breakfast, and fresh leaves before each meal of the day. They will find the plant did not receive its name for centuries without good reason. It certainly assists the brain and memory to a remarkable degree. If any one is disposed to sneer at this "wortcunning," I will only remind him that for generations the digitalis, the medicine of foxglove flower which kept Gen. Sheridan alive for months, was slighted as utterly as other weeds which bide their time patiently to be of use.

SHIRLEY DARE.

SDhall A

People usually take note only of social differences and refinements of manner hardly of physical variations, which education does so much to veil and efface. But whether she belongs in Berkshire county or Calaveras one can detect the woman who lives on marshy soil by the complexion of yellow-white, the pallid lips, and circles about the eyes. The seacoast women have a rich, lasting bloom from the constant slight stimulation of the salt winds on the capillaries of the cheeks. On bays and sounds which are more sheltered the moist air keeps the skin charmingly soft and velvety. Mountain people have good eyes, with large retina and far sight, like birds of prey from use on far horizons—the eye equally of the hunter and the sailor.

The most striking examples of the influence of climate are seen within a few miles of each other in the Alpine regions. As Dr. Johnson, the king's physician in 1831, says, "there are few portions of the earth's surface better fitted for deterioration, if not the destruction, of life than the valley of the Rhone. Hemmed in by steep mountains, 5,000 feet high, with flat alluvial, often marshy plains between, subject to inundation, it is the headquarters of goitre and cretinism. The mountains prevent free ventilation, and in summer the powerful sun beats down, making the valleys a focus of heat and malaria. The prefect of the Simplon describes the stagnant air and alternate burning heat and piercing icy winds as the causes of the horrible cretinism, together with the use of waters impregnated with calcareous salts. But in the higher regions of the Alps disease disappears, and women from the valleys who marry the hardy Tyrolese rarely have cretinous children, although those who marry Savoyards from the Italian side of the Alps bear more cretins than when they marry in their own valleys. So in Italy it is a brief ride from the marshy grounds of the Po, with their deathly-faced inhabitants, to the Appenines, with their hardy peasantry and—brigands! It is climate—that effect of soil, water, and winds combined—which makes or unmakes the beauty of life.

Those who would enjoy good physical development and be happy must look to climate before everything else in selecting homes. Better a truck farm on Tennessee mountain ranges or the highlands of New York state than wealth in a malarious region, whether city or country. Given a wholesome air and well-drained soil the women of the south will show a beauty of movement, suave and seductive, because the warmth in which they live favors the oily secretions which render skin and joints supple. Their skins will be fine because cleansed by constant, insensible perspiration; their forms will be rather slender, because hot climates do not permit the activity which develops the frame, but the limbs will be rounded because well nourished by the active absorption which goes on in the body, as well as from abundant vegetable food. Intense heat dissipates the serous fluid by abundant transpiration, we are told, leaving less material in the blood for making flesh. On the other hand the habits of apathy and repose common in the far south diminish the sweat and other organic wastes, augmenting the embonpoint. If you would not grow stout at the south, while wintering among the jams and sweetstuffs of Bermuda, do not neglect your glass of vichy or "Tarrant's" daily. By the way, while we are on southern climates, it is a little curious, as many people find, that the strong coffee they are obliged to abandon in New York and the north they can drink in Florida three times a day without any injurious feelings. It seems demanded by the system in that climate.

Temperate climates, however, have the credit of showing the greatest number of "constitutions characterized by the development of cellular tissue," which is to say, fat! Low, humid regions are favorable to cellular tissue; Holland, Germany, China are cited as displaying "round and voluminous forms." But the tendency to flesh is hereditary, or formed young. Moorish women are said to owe their corpulence to the quantities of milk on which they gorge in infancy. A very clever French writer takes opposite ground from the English system and declares that beef and mutton increase flesh for those who digest meat well better than an equal quantity of potatoes and rice. And behold, the frightful pellagra of the Italian plains, akin to leprosy, is charged to an exclusively vegetable diet and other unwholesome habits!

The dark colors of the southern beauty are explained by savants as due to carbon not thrown off the lungs. These are less active in hot climates, and the respiratory function is less complete. The pulmonary action is replaced by cutaneous transpiration, and the carbon, instead of being thrown off with the expired air, is deposited in the skin, which, in greater or less degree, gives it shading. The chyle of herbivorous animals if said to contain three times as much carbon as that of flesh-eating ones, and the vegetable diet, which chiefly supports life in the tropics, is the supposed cause of the deep pigmentation ruling there. The difference in complexion and coloring of various races is probably due to certain principles in their food, which introduced into the body by contact with atmospheric air produces divers colorings, just as light is known to decompose certain vegetable products and darken some salts. The peculiar tints of the Indies and the Antilles, with their variety of rich shades, which Mr. Lafcadio Hearn so piquantly portrays in his West Indian sketches, are said to be due to the saffron, roucou, cayenne, and other savories used in food, which are dyes as well, and partly to the bilious maladies prevalent there. The opaque cornea of the eye is yellowish in tropic races and their fat the color of wax, showing its affinity to the bile. The color of eyes and hair follows that of the skin naturally, the same being the great colorist in these cases. Eyes grow darker with healthy exercise as well as more brilliant.

The most beautiful races are always to be found in the finest climates. The Circassians live on the table lands of the Caucasus, a climate southern as Rome or Constantinople, but refreshed by the snows of the Caucasus and the vicinity of the Caspian and Black seas. They formerly conserved their beauty to a great age. Two thousand years ago the climate of Greece was as perfect as the beauty it gave to the world for models. "From the cradle to the grave, in the agora or the vineyard, in the torch-lighted thalannes or the battlefield, every moment of the Greek's existence was filled with joy and grace. Remember the luxury of beauty which pervades and saturates every image of their poets, whose very storms are set to music." It was not the bare, plague-smitten province of today, but a wilderness of vines, forests, and flowers, with air so clear, so pure, and sunshine so tempered that to live in it was luxury. Today in some of the highlands of Greece the old charm of climate remains, and there the antique beauty of face and form looks forth and makes natural the old Greek salutation, "Rejoice."

The favored climates of the world are always the homes of its chief beauty. But one can modify ordinary climates to a far greater degree than is supposed, and, in our own houses at least, maintain the tempered warmth or coolness, the living freshness of air, the moisture and fragrance of growing plants and the light which should render our homes milder Floridas and Californias. We will yet learn the secret of making our own dwellings fit climates for invalids, who need not be driven to die in strange regions for the sake of purer air. Then there will

wer invalids and more beautiful women.

SHIRLEY DARE.

Hayden & Reitze
Jickling

The Greeks, with their fine perceptions, held it disparaging to a girl to have a full bust. They know the beauty of the bud as well as the flowers, and that with the most innocent natures fullness of flesh carries with it susceptibility of the senses, undesirable for health, mind, and grace. It is a good sign for future endurance and beauty when the plumpness of childhood wears away to a healthy slenderness during girlhood. It sets a price on all unmarried women in the eyes of discernment that they should be modestly formed on low and graceful outlines. Limbs and body may be perfectly rounded without an ounce of superfluous flesh, and such an ideal is what each mother should attempt in training her daughters. The slight figure can bear a more graceful variety of dress than prominent outlines can tolerate, to say nothing of the gain in agile movement.

The want of good models in training the figure is seriously to be deplored. The insensible education of a beautiful, spirited picture or statue in developing beauty has never been rigidly used in modern times. Madonnas and goddesses are too purely ideal to serve human readings. Better types for poise, air, and costume are the clay figures of Spanish and Provencal artists. The exquisite statuette of "The Reader," by an Italian sculptor in New York years ago, was so fine a modeling of a girl's dress and figure that it is a regret copies of it can not be in every gallery. A girl of 19 or 20, as that age ought to look, stands rapt in her book, the lines of her beautifully simple dress defining a high-bred figure, matchless in its reserves, yet from which it seems one could never take his eyes. The perfectly adjusted shoulders, wide enough for strength, with promise of never becoming too wide under life's burdens, are flat in the back, as if they had grown against a wall, falling in at the waist with the spring that betokens a good walker. The outlines of every limb, even through the garments, are lithe and elastic, with more spring to them than any round-barreled gymnasium girl owns. Such a fig-

ure never comes from a gymnasium solely.

It comes first of rest and the strength that comes of rest. A tired, weakly figure will sag, bend, and be wanting in elasticity. Overworked figures settle down and lose two inches of height by the pressing together of the parts of the body. That is why women seem and are shorter in middle age and after. On rest depends the length and suppleness of limb, and women should know how take advantage of everything in their favor to conserve strength and secure rest. Girls must be trained to take it at proper seasons whether they feel tired or not and the woman must continue this exact and special care of herself as the foundation of her well-being. A day or two of laying off at the right time, having her breakfast in bed, and spending the day in the luxury of a wrapper and a lounge will make the difference between a blithe, active creature the rest of the time or one who goes about with a constant ache and fatigue. I know one woman who sends the family off to the seaside and shuts up herself to the most luxurious and wholesome solitude, orders things she likes best to eat, books from the library, and any little indulgence she happens to fancy, and rests gloriously from week's end to week's end, coming out bright and able, as she would not be in the exactions of hotel life. Dr. Hosmer, the father of Harriet Hosmer, the sculptress, one of the acutest of New England physicians, used to drive round his practice in house-cleaning season, telling the women to lie down and rest, not to sit down, when tired, as half an hour at length on a lounge would refresh the whole body more than three sitting in a chair.

The periodical rest should be insisted on by every mother as long as she lives to watch over her daughter. Without it shoulders grow broad and the gait dragging. With rest the step is elastic, the form well upheld, the bust firm, and the limbs retain elegance of shape. Work while you work and not while you rest, should be the word for every girl and woman. The bath is a great aid to refinement of figure, and properly used will often prevent obesity. Women undergoing the strain of work and care that often falls to mothers and housekeepers should insist on their warm baths—from 90 to 112 degrees—which refresh one like sleep, for the simple reason that they wash away the waste which clogs the vessels of the skin; this relieves the veins, sets the arteries flowing more freely, and rejuvenates the whole system. After a night's watching a very warm bath will restore one like four or five hours of sleep, and with a bath and three hours' rest one can support a strain for weeks which else would be impossible. The douche of cool or tepid water after the bath is wonderful for hardening and developing muscle, but can be used only a few minutes without injury. Spraying the calf of the leg, the abdomen, the hips, the chest will strengthen and render the figure of wiry hardihood, with due care on other points. A gentle douche and spraying of the bosom is the only means to be recommended to increase the bust. The hip bath indirectly does much to secure a firm bust and good carriage of the shoulders. But a woman should never take a bath of any sort to make her shiver. The shower bath is too much of a shock for woman's nervous system. The printers lately made me say that benzine was recommended as an addition to baths. Most women would know that benzoin was meant, which gives a pleasant aromatic tincture to baths.

After advising the duty of rest it will sound strange to urge the value of hard work in keeping a good form, but the two are meant to supplement each other. Hard work is not overwork, but rapid, steady work that pulls the muscles into play and sends the blood and sweat flowing finely. Perhaps you will hear better what that polished physician and man of the world, Dr. Wells Mitchell, says on the subject: "I think it fortunate when women are so situated as to have to do things about the household which exact vigorous use of the upper extremities. Nothing is a better allay against nervousness ro irritability in anyone than outdoor exercise or pretty violent use of the muscles." It is the only way to gain and keep a good form. Now you may take your exercise as English ladies do, in walking twenty miles a day or in doing three, four, or five hours of housework as it ought to be done. That is the way women do it who are brought up to housekeeping in the east and northwest, who do in half a day three times what a city servant does in a whole day. I do not see but that we women will have to come to it for want of decent ordinary servants, and we may as well do it gracefully and pretend it is for beauty's sake we do it. I know beyond peradventure that a sound, healthy woman can do in five hours a day, three in the morning and two in the afternoon, all the needed work of a family of six, living in plain style, which omits none of the essentials of good breeding or taste. The secret is practice and dispatch, and such a woman, with baths, clean linen, and two daily hours outdoors, will have the figure of the Venus of Victrix without any further physical culture. She may dawdle over the same work all day, and be just as tired and heavy-footed as Bridget, who wears herself out standing round, instead of having sense to rush through the work and sit down three or four hours a day. This daily, rapid, necessary duty, varied hour by hour, knits and braces the figure as nothing else does.

If you want the grand, sloping shoulders of the Venus, which make the waist small in proportion, you can find no exercise equal to pumping water, and if you have a force-pump about the house reserve the use of it for yourself. Begin with ten minutes' work, the wet towel pinned tightly round the hips, corset off and a Mother Hubbard gown on, which is the best modern version of the Greek robe possible. Wet the head well, for the exercise will pump the blood well over the body, heating the temples and spine; roll up your sleeves, sponge and wipe the arms dry, and go to work moderately at first. In ten minutes or less quit, sponge off the muscles that quiver and burn, drop into an easy seat and rest ten or fifteen minutes, then pull again, resting and working for an hour. Keep this up a month and you won't know your shoulders and arms for the same. Walker in his well-known work on artistic beauty says the absence of fine arms in women is due to long sleeves and want of exercise. Pumping, sweeping, spinning, throwing stones at a mark, and playing quoits are all better than tennis or rowing to secure finely modeled arms and busts. The way to get the most benefit from work is to time oneself and see how much can be done in a quarter-hour, a half-hour, and so on till the sweat flows, that great restorer of the complexion and refiner of the figure. It carries off the grossness of the body and through it is a proverb in outspoken districts that such a one is "too proud to sweat," and I have heard ladies of middle station in society aver that they never perspired, as if it were a sign of gentility. They never failed to pay the penalty in thick sallowness of face and adipose. The moderate, easy-going woman grows fat. The active, quick-footed one keeps down her flesh and shows as trim a waist and ankle at 45 as she had at 20. That fatal thickening at the back of the neck, by which men profess to know women past 40, is an unnecessary consequence. The woman who uses the shoulders freely and rapidly will show as flat and fine an outline of the back at 80 as my beautiful Italian "Reading Girl," and there is hardly a pleasanter sight after the roses and lily-figure of 16 than one of these trim, nice, wholesome ladies of 60, with a waist as fine as that of her own granddaughter. A woman who is too fine to work is too fine to be fair, and she will be stout—the one fatal defect in a woman of any age.

To secure the round-slenderness, which is far enough removed from vulgar plumpness, care must be given to the nutrition of the skin. The hot soap-and-water bath should be taken and the skin dried in a warm room by brisk rubbing with a towel. Friction with the hand should follow, and when the skin glows to redness it is to be anointed from head to toot with plenty of pure olive or almond oil. These are chosen as being nearly identical with the composition of human fat and quickly assimilated. When rubbed with oil the person should sit over a hot-air register or in a sun-lighted window until the oil is absorbed. The skin will take in this way ten times the nutriment the stomach is able to manage, and the result, in very emaciated bodies, is a marked softness, translucency, and gain in flesh. The rays of the sun, falling directly on the skin, have the most potent effect, increasing its activity for the exchange of worn-out particles and deposit of new ones.

SHIRLEY DARE.

BOSTON, June 16.—The Mosaic law, really as kind for the day it was given as it seems severe, was farsighted in disqualifying all persons having a blemish from the priesthood. This rule prevented the disabilities of sight, voice, or breathing from hindering the duties of the sacred office or creating dislike to it, while it connected the idea of religion with teachers of model dignity and grace. A later, more spiritual civilization divined the high qualities which might exist in spite of a wry nose or a wen on the face, nay, might spring from the self-suppression caused by those disabilities. And now, as soon as this fact is discerned, antique skill and modern science join to erase blemishes, for people are safe to be comely without growing proud. The old Italian surgeons styled their profession chirurgica-cosmetica, recognizing its province of restoring beauty with health. Greek physicians, whom we would call specialists of repute, wore the name of Kosmetai, and we dare think were not the least sought or esteemed of their day. Our doctors are too busy saving the lives of broken-backed people, and curing cancers and sewer diseases to waste more than a half contemptuous glace at such insignificant evils as a mole on beauty's cheek, or a nose which does not satisfy its owner's idea of perfection. A few knowing young men pay some attention to cosmetic medicine, but stand with society much as the "lady doctors" and "women ministers" deservedly do—in condescension, tinct with contempt. But the physician who studies the removal of blemishes and culture of comeliness, with skill and conscience, takes up an old and highly useful branch of his calling. The only modern instance where this is done with skill, research, and taste, to my knowledge, is the work of Dr. Brinton and Dr. Napheys, gentlemen and surgeons of repute, who wrote with wit and discernment some twenty years since what all women would be eager to read if they knew of it. Alas, the accomplished doctors coupled "Personal Beauty and Health" in their book, which secured the indifference of women, who are as contemptuous of health as they are avid of beauty and praise.

Had we those volumes on cosmetic art which the Aspasia of Pericles found it beneath her genius to write, what treasure of

Greek practice we might draw from them. The knowledge of their loss will bring a sigh from modern hearts for the burning of the Alexandrian library, where they were consumed. Or had we the chronicles of that secret society formed by Venetian ladies of the sixteenth century "for learning and testing new toilet arts," of which Catherine di Medici was honorary member, and the noble Isabella Cortesi president, this page might be overcurious. Where are the two hundred volumes on the secrets of beauty, of this same century, and the next in French and Italian? The most luxurious of arts has sadly fallen away since the time when Margaret and Victoria Medici never went abroad without masks to keep complexions becoming princesses.

Although we have not the elixirs of youth and beauty which were sold in bottles of rock crystal, stoppered with gold, the scalpel and electricity erase the worst foes of comliness with a surer touch. The ugliest moles, wens, and warts are removable with safety either by the knife or galvanic current. The "mothers' marks" and "port wine stains" resume healthy vascularity and color under steady treatment by the battery, and care of the general health. There is a risk, however, of sympathetic injury to the nerves of other parts of the face if these operations are not very delicately and intelligently done. I knew a lady who had a delicate shading of hair on her upper lip removed by the usual electric process of piercing the root of each hair with a very fine needle through which the current was given, killing the bulb in the skin. The operation was painful, so that it could only be completed in several sittings. It removed the hair perfectly, but the effect on the fine facial nerves nearly cost the lady her eyes, and she lost the use of them for over a year. Always avoid painful processes if possible. Pain means injury to the nerves, and directly or indirectly to the whole system, and is far from being the insignificant or necessary factor in our lives that amazonian souls make it. Superfluous hair can be removed by slower and gentler practice, though it does not follow that the valuable formula is at the service of any one who chooses to ask for it. A perfectly innocuous preparation, causing no pain and little inconvenience, gradually weakens and kills out the hair, leaving the skin beautifully soft, quite unlike the marble roughness after using lime depilatories. It also softens bristling eyebrows, and the short, obstinate hair that grows low on the neck. But as the secret is the discovery and property of a woman, who wishes to use it for the benefit of women, those who have written asking for it will kindly have patience a little longer, trying meanwhile the effect of court-plaster at night on the upper lip which sometimes removes hair. Hairy hands improve by wearing kid gloves night and day, with vaseline or nut oil rubbed in the skin. Gloves with tips of the fingers cut off are convenient enough for almost any kind of work.

That was an acute young woman who finding herself well freckled after a day's outing, and no cosmetics near, touched each with a camel's-hair pencil dipped in gold, and the finest gold powder. The effect was piquant, aided by a dust of gold powder on the front hair. Of course she did not apply it with a polka-dotted effect, but so lightly the gilded gleam was only caught in certain light. A lotion of chloride of lime made very weak and dried on the face in the sun for five minutes and washed off with lemon juice followed by glycerine will usually banish freckles. If they don't go at the first application they will with sufficient repetition. Or you may touch the freckles with javelle water, taking great care it does not touch the eyes, lips, or the inside of the nose, and after a few minutes of washing off with lemon or vinegar as before. When I say that javelle water, used by laundresses, will bleach the hair, it is distinctly not with a view of recommending it, as it will undoubtedly kill the hair and injure the brain in time, as all hair bleaches and golden dyes do.

The most luxurious recipes for the toilet are lineally descended from the cabinet, not of Recamier, but the superb Madame de Montespan, who, anxious to preserve her influence over Louis XIV., we are told, aided her beauty with all the resources of the most intelligent coquetry. She and her sister Madame de Thierry spent thousands of golden lois for charms, sorceries, poisons, and more harmless cosmetics from the famous La Voisin, who, as usual, hid her trade in poisons under that of a toilet artist. The choicest perfumes and cosmetics of Paris today are made from court recipes found in manuscript, and some of those no longer made are pretty costly trifles. One sovereign powder calls for crushed pearl, red coral, white amber, oriental beroar, ambergris, and crabs' eyes, caught in May or September, and not boiled, but dried on a silver plate. If there was virtue hidden in any material of earth these old experiments were bound to find it out, and costliness did not deter them. But chief, one must delight in the odorous waters, which all the flowery terraces of palace gardens were taxed for distilling. The art of distilling was a most noble and ladylike diversion, which one would wish to see revived, with tender care, and not left a base commercial thing. Fancy corridors and cabinets and toilets smelling of sweet waters after such "recettes" as this Imperial water. "Put in a gallon of French brandy a pound of picked violets, of double jonquils, two ounces of picked orange flowers, of white musk roses, three ounces of tuberoses, a drachm of maca, half a drachm of cloves, an ounce of quintessence of bergamot, an ounce of Florentine orrice. Eight days after distill." The All-Flower water was rich with violets, hyacinths, jonquils and Spanish jasmine, lilies of the valley, wild, damask, and white roses, orange flowers, carnations, syeinga, and tuberoses, then one of the rarest of flowers, steeped in white wine and distilled.

The Italian wash for the neck may be one of the secrets of beauty tried by the Venetian society of ladies. They evidently did not stand for delicate applications, for they bleached their hair with soap-ley, and whitened their dainty necks with this searching preparation, which is a good thing for cleansing carpets. "Take a quart of oxgall, two ounces alum, two ounces sugar candy, two drams camphor, beat them and mix with the gall. Keep it six weeks in the sun, dilute, and put some powder of pearl in it and wash with it." The poultice for the face of bread and milk with damask rose leaves boiled in it is dantier. There is frequent mention of oil of lilies and poultice of raisins, which point to seraglio derivation in sirup of peony roots, wild musk and tops of centaury. For trembling at the heart, make a sirup of damask roses, and add thereto red coral, pearl, and ambergris, all finely beaten, and taken as long as your pain continues, a spponful at a time. Undoubtedly the powder of pearl would cure acidity and palpitation therefrom as well as any other form of chalk.

Wheat flour mingled with honey and vinegar was applied as a paste to the face when red and erysipetalous. Barley water, with bitter almonds beaten in it, lemon juice and wine was a cooling and softening face lotion. Camphor gum, the size of a goose egg, was infused in a pint of water a month, and a tablespoonful of this in three of milk was a wash prized for coarse faces. Wrinkles are the dread of court beauties, and many are the recipes to avert them, though it is always to "cleanse the skin and brighten the complexion." One balsamic water frankly said to remove wrinkles is barely water strained through cloth with a few drops of balm of gilead in it, allowed to stand several hours with frequent shaking till it dissolves and the water grows milky. "If used only once in twenty-four hours it takes away wrinkles and gives the skin a surprising luster."

Washing the face in acid buttermilk is a country cosmetic, still in favor for sunburn, freckles, and scaly skin. The juice pressed from cucumbers is altogether preferable, and, though of old repute, is a fashionable London preparation. The juice of milkweed also is a proprietary lotion for the face, sold by modish cosmetic artists abroad. These vegetable lotions being gummy, protecting, and detersive, refine the skin, and, unlike spirituous washes, do not bring out the hair on the cheeks. A seraglio secret to take away wrinkles is to heat an iron shovel red not, throw on it a spoonful of myrrh in powder, and smoke the face over it, covering person and shovel with a sheet to keep in the fumes. Repeat this three times, heat the shovel again, and pour on it two spoonfuls of white wine, steaming the face with it three times. This rite is to be repeated night and morning until the effect is gained. Plantain water is very softening for the face. But vaseline rubbed on the skin of the neck and face every night faithfully will keep wrinkles at a distance for long years beyond their usual appearance. It should be generously applied, left for the skin to absorb a few minutes, and the excess wiped gently off with a soft cloth. As vaseline is 25 cents a pound, which lasts a year, this is the cheapest as well as the safest cosmetic. This should always be applied before going into the hot sun, for long walks or rides, as well as domestic work in heated rooms. The skin must always be washed clean with warm water and fine soap, and well dried before using any application, and man or woman always wants to go to bed with face and neck thoroughly and freshly washed. Sleeping with the imperceptive dust of the day in the skin, clogging and griming, it is a great cause of wrinkles.

Delightful little toilet bran bags are just now making their appearance, filled with bran, grated olive soap, and almonds, which, pressed in water a few seconds, gives a creamy lather to be rubbed on the face, neck, and body, and wiped off with a soft towel, without rinsing. Those who like can make their own almond meal as follows: Grated almonds one pound, flour the same, powdered orris one-quarter pound, lemon oil one half ounce, oil of bitter almonds one-quarter ounce. The almond powder for the hands is blanched and powdered almonds one-half pound, grated castile soap four ounces, orris powder one ounce, finely powdered pumice stone three ounces, oil bitter almonds one drachm. Cocoa butter has long been used by Spanish creole women to nourish and soften the skin and prevent sunburn. Apple pomace is said to whiten the skin. Oil of white poppy-seed and of the four cold seeds, each a gill with an ounce of white wax and three-quarters of an ounce of spermaceti made into a pomade, is applied to the neck and face to ward off wrinkles. This will do for experiment and if women turn to simmering of washes and stirring of pomades like the Vicar of Wakefield's daughters—why they might be worse employed, as late feminine developments have shown. If it is frivolous, at least it is harmless to one's self and to others.

SHIRLEY DARE.

BOSTON, Sept. 28.—The worth of all beauty is expression. Chief of all, it is the beauty of the eyes, let them be such color or shape as pleases heaven. This one thing makes the Mona Lisa a great portrait. It has something to tell. The face is not beautiful, and would be dumpish if it were not for the mysterious expression playing about the covert lips and eyes. Titian's Bella Donna is all that flesh and blood can produce of superb beauty, with eyes in particular like splendid crystals. But she is taken up with herself, like most handsome women, I am sad to say it. What half hours of unutterable flatness have I wasted, listening obedient to the discourse of ladies whose portraits would command general admiration at an exhibition—for a week or two. Yet if you have a spark of soul in you, or intelligence to be satisfied, you will go and look at the rather plain-featured Mona Lisa, or the sickly faced portrait of a lady of Charles II.'s time in the Metropolitan museum which is yet full of spirit and spice as a pomande box. Were I a youth of the love-making age, I should keep my admirations well in hand till such a face came past me, of which the lines and the eyes had this speaking gift, and then knowing her, or not knowing her, I would follow her to the world's side till I got speech with her and made her my wife or my friend to life's end.

For such women I was going to write are the only ones worth knowing; they have individuality, vitality, intelligence, feeling, variety; you can count on them for friends as long as they live, friends to do you good, not merely in passive good feeling. You are sure they are not likely to bore you, having the art of giving common condition and the stupidest everyday life a slight sufficient peppering of interest. Such a woman can not go out to buy a pair of gloves but she will have something novel to tell at the table, and staying at home with her sewing-machine and the cat she will manage to keep herself lively and those about her. Such are not young men's beauties always, but such a one with features in play with vivacity will be a sight to make an old man young. Such a face you know by the speaking eye, for there must be sensitive intelligence before the eye speaks anything but self-reflection. Such an eye redeems any face and makes it attractive. I saw a face yesterday, brownish sallow in tint, with a nose irregular as nose could well be, so heightened by the lifting of a pair of liquid deer's eyes under a girl's brows that the very ugliness gained pipuancy by contrast. There is something very pathetic in the eyes of a woman with a blemish, an awkward nose, or a faint mustache, or may be inferior eyes themselves. The under-consciousness of the defect is part of her sensitiveness, and her glance half prays your pardon for the fault. Not seldom she is all the better woman for the deficiency, being sensitive for others, gentle and unassuming where self-satisfied women are bumptious and exacting.

The French is the only language which has written satisfactorily about eyes. One sees in the nervous phrasing, the "grands yeux langourous, a reflets bleuatres, que de longs cilss' ombragent," the woman, the temperament, the education, for such beauty of long, shadowy eyelashes, langorous large eyes with reflections of blue like a cornflower, comes of race and overrefinement. The eye is a crystal of marvelous clearness, with a black background to the pupil to absorb the light which else would be reflected and dazzle us. The crystal of the iris is colored in blending rays and fibers, as in certain fibrous gleaming stones, rendering the light pleasanter to the eye and the eye more beautiful in itself. Now there is no such index to the health as the eye. If the blood is pure and coursing freely with air and exercise in due degree the crystal light, the depth of color, and the liquid softness of abundant executive all betray the good condition. If one is out of sorts or less than in high condition the eyes are lighter in shade and have an opaque, glassy look, they contract and retreat, as the sensitive tissues of its setting are the first to be drawn upon in any serious depletion of strength. The cushion of fat on which the eye-ball rests lends it prominence, and as fatigue drains its serous fluid the eyes look sunken and dull. So much for physiology. It is strange that the men who boast their only books are womens looks, do not learn more of their phenomena. We hear enough of heroine's eyes in various language, but it is mighty little the novelists have to tell us to what they might. You say there is little variety in eyes, save that some are a trifle larger than others, some are black, some gray, some blue. But of all the differences in this planet it seems as if the maker had chosen to show most wonder in this precious trifle of the eye, set near the brain, and in some sort tenanted by the soul itself. I wish to be understood now as speaking, not as writer, or admirer of sex, but from the point of scientific observation, when I say that the revelations of physical, mental, and affectional condition made by the eye are as remarkable as any phenomena of nature.

Take for instance, a young sensitive person of consumptive habit, in ordinary health and in love. Watch the eyes of such a one and you will see as pretty a specimen of phosphoric light as that which play about certain flowers in full bloom. The state of nervous excitemeet uses up the phosphorus of the body pretty fast, and it will flash behind the eyelids like the fire on summer waves. Botanists and other people have seen the mimic flashes a white lily three days blown will send from its petals on a warm electric summer night. I have seen as literal a flash leap between the eyelids of a lad of twenty-five dead in love as he could be with an absent woman. He was nervous, a trifle poetic and overstrung, his eyes dilated, changeful after glittering like a cat's. In short a human battery, overcharged with nervous electricity. In one case beside, that of the Italian actor Rossi, I have noticed the same flash which appeared to leap from the eye, not play like sheet lightning within it. But then Rossi was as highly electric as human beings are, in normal condition. Love and genius both are literally a combustion of nervous force, and the eye is the peep hole at the fire in the brain.

Somebody ought to write a novel about people with opaque eyes, these black or dark blue eyes which are transparent as so many Swiss pebbles. They are eyes of intensely passionate natures, strong for good or evil, but with tendeneies the wrong way, the eyes of born devils in human shape. When such dull, dark eyes show the red light that comes of caution, insanity in its first stages is at work on the brain, and such a man or woman needs care life long, or some crisis of trouble may lead to an outbreak of madness. It is the eye of one likely in frenzy to commit manslaughter.

The most beautiful eyes in the world are the clear gray, with large pupils, and iris which changes and darkens with feeling as from the shadow of a cloud. The steadiness, brilliance, and susceptibility of such eyes are index to the rarest intelligence, quick and accurate, and the high, romantic sentiments, which in such characters become passions. Truth, liberality, loyalty are the vital breath of such spirits, but alas! those eyes are not of the long-lived. Dust is over them before we can say we have known them for our own. The bluish white of the eye betokens consumption before its hectic brightness alarms with unearthly beauty, and the loss of color in the pupil, turning brown instead of black, is caused by heart disease.

The Turks regularly cut open the outer corner of the eyelids, if the eyes of a girl are not large enough for their ideas of beauty, and inferior eyes can be gradually enlarged by gently drawing the lids apart, day after day, and bathing them in cool soft water. The stronger the eye, the larger it will seem, for the first instinct of weak eyes is to contract and spare themselves from light. Americans ruin their eyes with too much newspaper reading. The enormous tax of going over twenty columns of close print daily, besides office work, is more than human organs can bear. One uses his eyes more in this way in a month than our forefathers did in a year's study over black letter folios. Indeed the relief of reading such huge volumes in block print as Miller's dictionary of plants, for instance, is so apparent to overworked modern eyes that one wishes only one book in twenty were printed, and that in large pica. Worn type, poor impressions, and crowded pages with fine type exhaust our eyesight, from the school book to the cheap novel, and cheaper newspaper. Reading long lines on a wide page is trying to the sight, as there is a change of focus necessary in following the lines which is positively hurtful. So says B. Joy Jeffries of the Massachusetts eye and ear infirmary, who first gave the warning that the eyes of school children were steadily injured by defective books, desks, and lights.

To have beautiful sightly eyes we must have strong, sound ones, and avoid all causes of harm. Never read, write, or work with the light from a window in front of the eyes. Artisans injure their sight past recovery by working at a bench directly in front of a window, when they should be placed with the back to it. The light in front falls into the eye, which contracts to lessen what it can not bear, with the invariable result of weakened sight. Lamps, gas-jets, and student lamps are often placed so near the head as to heat the eyes, injuriously. The simplest shade stops this by making a current of air between itself and the lamp. I quote from Dr. Jeffries' highly interesting pamphlet on "Our Eyes and Our Industries." He speaks very decidedly on the injury to the eyes of wood-engravers in cutting from photographs on the block, making the blurred and misty pictures too familiar in papers and magazines. The work is cheaper, but occulists find it most destructive to the eyes, and the better class of engravers either refuse such work or raise their price nearly double. The wear and tear comes of looking constantly from the photograph to the original picture hung before it and continually changing the focus of the eye. I am glad to know this has awakened attention, for I know that looking at the soft, blurry woodcuts is very trying to sensitive eyes. So is the satiny, calendered paper which certain publishers insist is necessary for fine impressions, although finer work is done abroad upon dull paper. The gloss and glitter of much of the modern house decoration injures the eye by the broken reflections it is forced to meet on all sides. The varnished paint, the metallic finish of walls and fabrics, the breadth of plate glass and painted glass are simply destructive to good sight. They may answer for people who never read, like the Turks and Bulgarians, but eyes overtaxed, like those of our professional and many of our artisan classes are, quickly find this glitter suicidal. Enameled paint, well rubbed down, flatted walls, floors in tile finish, and soft dull tapestry will soon supersede the half-civilized gauds of the casino style.

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Heated rooms weaken the eyes; so do small bonnets which do not shade the face; so does a glare of light or light that is too dim. In short, the eyes need a great deal more care than they get. Ill-health of any sort weakens them. Going with cold feet causes more harm to the eyes than any one ever suspects and many cases of weak eyes are relieved at once by hot foot-baths and thick stockings. The sight is often strengthened by applications just above the eyebrow and on the temple rather than the eyeball itself. I like very much Dr. Brinton's prescription for weak eyes where there is no special disease. Steep a handful of fresh red peppers or ginger roots in a half-pint of alcohol and wet the temple and brow above the eye with this twice daily, letting it dry. Very strengthening is a lotion of a teaspoon of table salt dissolved in a tumbler of distilled water. A little of this is put in any concave glass that will fit the eyeball, and the eye is opened in the water for a minute or two three times a day. Drs. Brinton and Napheys say a tablespoonful of rock-salt in a quart of water, dipping the face in it and opening the eyes in the water, is a vigorous and more convenient form of application. Probably the best eye-restorer in nature is eight or nine hours of sleep a night in a cool, dark room, the light kept down by

dark-green shades at the windows, two sets of them if needs be. This is better than shading the eyes. Plenty of sleep restores the liquid softness of the eyes. Notice how large, dewy, and lovely are a child's eyes on waking from long slumber.

It is no use asking me for the secrets of making the eyes bright. I know them, but they are dangerous, and as moderation in the use of any cosmetic is unknown to women who adopt such things, they had better remain secret. The only harmless things for the purpose are the juice of the herb euphrasy, or eye bright dropped in the eye, or a spoonful of roasted coffee chewed for the juice alone. This brightens the eyes for an evening, and is useful to keep watchers wide awake nights. But it must not be used often, or it affects the heart. Pure blood and thorough circulation, with unobstructed functions will secure glowing eyes of a dark shade of their natural color, changing gooseberry eyes to luminous dark gray. Walking a mile briskly against the wind is good exercise to darken and brighten the eyes whose beauty all depend on a right circulation of the blood, which in turn depends on more things than can be mentioned here.

SHIRLEY DARE.

BOSTON, June 2.—[Special.]—When June opens the flower-show of the year the rose-grower is not satisfied that his blossoms are perfect in color, form, and odor. He waits till the third day after cutting, and if the pink petal loses its firmness and looks fady at the edges he says: "We haven't had sun enough to ripen the roses; they are not good this year." A fine rose ought to keep fresh a week; a blossom forced with little sun droops in a day.

When a woman's looks begin to go off she does not need to be told of it commonly. She will know it as Recamier knew the fading of her illustrious beauty "when the little Lava-yards ceased to look after her in the streets." When Anne of Austria saw by her hand-glass that her fine complexion was lost, which had made the great cardinal her lover, she said: "It is time to die," and, refusing all medicines, hastened to depart. The best men and women have held beauty cheap, and though Socrates called it "a short tyranny" he was able to resist it, knowing how short it was. But if Montague, the great thinker, could write "I can not often enough repeat how much I hold beauty to be a potent and advantageous quality," a woman sorely defrauds herself or is defrauded who lets her good looks vanish with her day of youth. Girls of 17 think life ends at 25; young women of 25 dread to look beyond 30; the woman of 30 finds she is not turned out of the rose garden yet, and at 40 discovers she has just arrived at the comfort of living, and would not have her lessons to learn over again to be able to wear her early bloom again. Why must 30 begin to wear ashen cheeks and sharp lines from the corners of the nose down? Why must 40 wear flabby, full cheeks, and yellowish brown complexion, or show cheek-bones, tan, and wrinkles, like the very visage of care? It is not at all necessary in the order of things. Nobody will thank her for growing haggard and sharp-tempered, least of all those for whose sake she threw her youth into the furnace. If she is clever she finds this out in time to enter a calm, sunny Indian summer, while other women are what may be truly called "the raging 40's" of neuralgia, cerebral hemorrhage, developing tumors, and general break-down, which is near enough to insanity.

I wish that women of 25 had to take a post graduate course of clinical lectures in hospital and medical reading. The horrors there revealed, the sufferings of women and their families with them, would throw such light on the ways of health and their penalties that each and all would thenceforth hold it the only serious duty in life to preserve her health and that of those dear to her—health, in its highest sense of pure blood and sound organs, each doing its work faithfully and well attended to—not the common idea that one is in health as long as he can go about. If we were duly aware of the significance of faded bloom there would be instant inquiry after the causes of fatigue which would not be suffered to become habitual, till it deepened into spinal disease or failure of the heart or stomach, too tired by years of stress to grind fresh blood for rounding cheeks and tinting them. A bilious tinge of complexion would be hastily removed at the first symptom that leads to morbid deposits in the system, tumors, abscesses, and decay. A habit of cold sores about the mouth and canker of the tongue two or three times a year would be warning of a cancerous disposition that could not be too stringently corrected. People would be afraid to sit in an unventilated car or hall or parlor, as they now are of taking the breath of a diphtheria patient, and for as good reasons—and would no more sleep in a room not perfectly fresh by morning than they would drink swill-milk or eat rancid butter. Do I speak at all too strongly? Let doctors answer—men like Hammond Richardson, and Weir Mitchell, who do not think it prudent or chivalrous, perhaps, to speak as plainly as I dare to my own sex. The time comes when as men love life they will value health, and make haste to remove every condition that impairs it. Then all women will be beautiful, and there will not be a deformed or ailing creature on the planet; and the ever young, impassioned beauties will not be afraid to number fears with the patriarchs. I could not have patience to write of the fribble beauty were it not that for this reward women will consent to learn of health and good conditions. If, seeking beauty, they have to love the sun, and to be as fine about the air they breathe as about the food they eat, to keep unsullied forms and count life too sacred to waste in any excess, they will find something better than beauty, something they will care more for, and make men care more highly for them.

How is it possible to teach people the virtue of pure air and what it really is? Everybody agrees as to its value and goes on living in rooms aired once a day or in sweeping, which draw breathing supply from the cellar and the infected ground about it, strongly tinctured by the escapes of water-closets and drain pipes. They breathe this shocking mixture over and over, charging it more heavily with organic poison at every breath. They sleep and breathe their own breath ten times over in course of the night. To be sure, they are enlightened and strictly careful to have the window down two inches at the top; but how much water can flow into a cistern already full which has no outlet? People do not understand that there must be one place for the air to go into a room and another in the opposite wall for it to go out, or there is no change in the body of stagnant air unless the breeze is blowing directly in the window. If they knew what they breathed, they would get up and open that window top and bottom, and take the stopper out of the stove-pipe hole, or the front out of the fire-grate, and three weeks after their friends would be saying, "How much better and fatter you look than you used a little while ago." The sitting-room air must not be too chilly or too dry, and it should be aired every hour, if it has no intelligent supply of fresh air continually passing warm from the heater. Dry, close air creates wrinkles and dulls the complexion and the eyes, not to mention the wits. I don't know any nicer study than to keep living and sleeping rooms in wholesome condition, just warm enough, moist enough, and sweetly fresh all the while. You have the world to fight if you propose to have these good things for yourself. Living in pure air a while your senses grow keen like a dog's, and you discern plainly how far short of refinement most persons fall in these respects. A visitor comes, and the guest-room smells for weeks after of her dresses and unaired underwear. You see an old friend and are at once aware that she is one of the old-fashioned sort who find bathing once a week in two quarts of water all sufficient, and air their stuff gowns only at yearly house-cleaning. Visiting and calls become penance, because your friend with the lovely collection of casts and miniatures leaves the airing of her well-furnished rooms wholly to the housemaid, and they smell of old woolen. I went to one of the best private hospitals in the most intelligent city in this country to recover from nervous prostration, and after lying awake all night for three nights a week for want of fresh air I left. On a sultry September night a room sixty feet long, with a dozen or twenty patients, was supposed to be ventilated by a window down at the top six inches, with wire gauze behind it. There was a ventilating fan in the cellar, but to save trouble the janitor had tied it up, or something, for not a breath came from the ventilator. Most of the patients lay awake, too, but everybody seemed to think it all right, and no one put two and two together enough to ask if that was not the reason why the nervous patients staid on there months at a time without feeling better. They had grown invalid and faded at home in just such airless rooms and would die in them. A bright woman, who was very nice in personal habits, told me she never knew but two women who had any idea of keeping the air in room pure. I have known one man and two women who required fresh air to breathe as well as fresh water to drink, and only these three in my whole life.

Julian Hawthorne tells in his father's biography how, two generations ago, Salem widows and old maids used to shut themselves up in their square chambers with close curtained high-post beds, and spend their lives, never going abroad, and rarely taking the air in the finest seasons. It was a habit in many old New England towns, where the rooms smell rankly to this day of the unwholesome habits which had a good deal to do with the eccentricities and lunacies in such families, and the nerves of their descendants. I once inherited the wardrobe of one of these peculiar ladies, and as it had many quaint relics of the former generation, wished to preserve it. But the odor of those India chintzes and silks was indescrible, personal and clinging. They might have been kept with the best clothes in an Esquimaux chiffonier. Neither washing nor boiling would remove it, and for six weeks in summer those clothes lay on the grass in the sunshine before they were sweet enough to be trusted in the attic. Ladies of old family, precise education, and elevated ideas of an elderly cast have before now made clear to all about them the saying of a tidy, sweet old housewife that "old maids always smell rank," and she could smell one as soon as she came in the room. Such habits are a survival of the polite customs of George II.'s day, and it is not much of a venture to say another age will find the ordinary practice of today quite as intolerable. I wonder if we have any right to call ourselves civilized as yet! Rome had nearly eight hundred thermæ or hot baths in the city under the empire and public baths were as frequent as grog-shops now in New York. What the arrangements for ventilation were I am not sure, but for warming and bathing their houses were far ahead of ours.

It is for each woman to determine. Her house at least shall be as delicately clean, comfortable, and wholesome as her conscience ordains, that she may not grow old before her time. Query. When should woman be old? Helen of Troy may have been between 40 and 50 when Paris fell in love and carried her off, and Greeks and Trojans made it a fighting matter. A woman was as good occasion for war then as a fishing schooner to-day. Diana of Poictiers, duchess of Valmtinois, was the reigning beauty at the court of three successive kings of France, and Brantome, the historian, writes: "I saw this noble dame when she was 70, and she was as charming, as fresh, and as lovely as any lady of 30," and ladies were young at 30 in those days. "It is said," continues the gray gallant, "certain skilled doctors and subtle apothecaries prepared for her a potion of soluble gold that preserved her beauty"; but we know it was neither powder of gold, or of pearl, or of coral which kept her young, but the magic of her daily bath and five hours a day in the open air, riding hard with hawk and hound, good meat and wine, a love of study, and ready wit and a warm heart. Madeline Guimard, the actress of sumptuous taste, whose hotel was painted by the artists Fragonard and L. David, her foot molded by Houdin, the sculptor, and for whose broken arm mass was said of Notre Dame, "without beauty," we are told, "exercised on others the effect of beauty, and at an advanced age kept the appearance of youth." She was witty, she was thin as Sara Bernhardt, and most of the witty things about the latter were first said of or by Guimard. It was her lovers who reminded some sarcastic rival of "two dogs fighting for a bone." But she "possessed such a profound acquaintance with the mysteries of the toilet that she could have made herself look young when she was clearly beginning to grow old," and was "full of grace and gentility when she was 60." She was so celebrated for her taste that Marie Antoinette used to consult her about dress and coiffure.

A notable old beauty of this century was Mme. Crawford, first wife of the king of Wurtemburg, and grandmother of the brilliant Count D'Orsay. "She is the most extraordinary person of her age I have ever seen," says Lady Blessington in her diary. "In her eightieth year she does not look to be more than 55 and possesses all the vivacity and good humor pe-

culiar to youth. Scrupulously exact in her person, and dressed with the utmost care as well as good taste, she gives me a notion of Ninon de L'Enclos at the same age.

This Ninon, who had a violent attack of youth every spring for half a century, "at 56 inspired the Marquis de Leoigne with love;" in her seventieth year a bold Swedish baron tenderly admired her, and at 80, the Abbe Gued on was her "derniere passion." She preserved not only her beauty, but her liveliness and the art of saying good things easily. A contrast, these trim, fresh, and careful ladies to the margravine of Anspach, once the beauty of courts, but in a year "a desiccated, antiquated piece of mortality," so weird that she frighened poor Lord Charles Murray, just recovering from fever, into insanity so that he jumped through the panels of his coach. Must we come to this state of shetland shawls and dilapidation because other generations have done so, with such brilliant examples of a better fate? Flesh and blood stand more wear than seventy years can give them if decently taken care of.

If the woman's colleges would add to their course of study a series of very plain lectures on the care of health, it would be worth any amount of Anglo-Saxon literature and political economy. Nothing would make a school more popular than to supplement with such lectures with strict personal care of the habits of each pupil. It would become a "beauty school" in the full sense of the word, as celebrated for sending out young ladies with brilliant complexions, as Harvard for its athletics. And why is it not as necessary for young ladies to have their faces chased as to have their manners and their grammer corrected. Now the most high-minded and fastidious of Lady Sylvias has a slender body which works over daily not less than seven pounds of food and drink, or ought to, and throws out no less than five pounds of waste by its great ducts, the bowels and kidneys, and its millions of needle ducts in the skin. Really this is very terrible for discussion, and I warmly agree with her majesty Victoria in thinking stomachs entirely unfit for mention to ears polite. But thousands of women are losing beauty and dying of painful disease for want of knowing the full significance of their internal economy and the care they owe it.

If this waste is daily and freely thrown off the skin is fine, fair, and translucent, the eyes brilliant, the color of lips and cheeks bright, the hair lustrous, and the whole system in high condition. But let Lady Sylvias be careless and uninstructed in these matters of importance, as ninety-nine women in every hundred are, let these organs become clogged by want of bathing, by taking cold, by the wrong sort of food and they can not half do their work. This waste, putrescible matter is re-absorbed by the blood, the flesh becomes saturated with it, abcesses, fever, diphtheria, and the varied forms of malignant disease take hold in violent effect to expel the collected poison, and in most cases the strength is unequal to the effort and the person dies. Such is the cause and history of nine-tenths of the disease in the world. Such is the origin of at least half the ulcerations and inflammations which wear out the lives and beauty of women. Such is the meaning of cold sores, comedones or black-heads, of thick and yellowish or brown complexions, which should be fair as heather and wild roses. Hear what Sir Andrew Clark says—not to his lady patients but before the medical society of London, as published in the *Lancet* of November 19, 1887. He contends that "the anæm a or chlorosis of girls is caused for the most part and in the first instance by feculent retention and its consequences. The girl becomes self-conscious, thinks of her appearance and tightens her waist. Afraid of getting fat, she stints herself in food and eats only dainty things. Perhaps disdainful of such affairs she omits the daily relief and so at last it happens through the compressed waist, the insufficient food, and the disregarded desire or the neglected trouble, there is obstruction, the wastes accumulate, and not only undergo changes but provoke changes in the membrane with which they are in contact. As a result there are produced new substances injurious to the organism, and which, absorbed into the blood, originate the anæmia of girls. It has been shown by Bouchard in his lectures on self-intoxication in disease (in self-poisoning, using the word in its original meaning) that the poisonous activity of human waste even in healthy men is very great.

He concludes that there are formed in the intestines of an adult in twenty-four hours a quantity of alkaloids, which, if excretion were stopped and all were absorbed, would be sufficient to destroy life. It is impossible to doubt that poisonous alkaloids are found in the alimentary canal, that when excretion is diminished they must be in some degree absorbed, and that mixing with the blood and entering the tissues they must produce injurious effect.

To this from the first physician in England, the personal attendant of the queen, add the no less valuable opinion of a plain-spoken member of the Massachusetts Medical society that in his experience the hysteria and nervous disorders of women, with their horrible train, were mainly due to blood poisoning from constipation, and it will be felt that nothing can be so cruel or so unrefined as neglect or ignoring of this subject. The trouble lies not only in the use of concentrated food but in want of sufficient exercise to procure the strength of reducing the food. Not alone the coarse, natural wheat meal bread and grains, but the woody and silicious fiber of vegetables and fruits assist the work of health, and salads are especially valuable in this respect. A certain generous quantity of food must also be allowed or the digestion goes on like a m ll with a few grains of corn in it. Women, especially those with the usual standard of mistaken refinement, need to eat more and drink more than they do not only for complete nutrition but complete cleansing of the system in its regular order. These despised and neglected functions have it in their power to inflict too terrible reprisals to be ignored by those who would have, as Leigh Hunt says, "blood made up of raspberries and the rose." The facts are in too plain type in every woman's faae for an experienced person not to know at a glance her habits and state of health. This conviction, if no other, will startle indolence and vicious modesty in this matter, which children should be taught to understand for themselves before they are 10 years old so faithfully as to need no after teaching about it.

When the obstruction exists a good old-fashioned course of treatment for "clearing the blood" is the only cosmetic. Doses of powdered charcoal, a teaspoonful in water, milk, or honey three times a day, are the best purifiers of the stomach, from the property of charcoal to absorb organic impurities. But it should be noted that charcoal tends to constipation and must be taken with prompt purgatives. Strong cathartics like podophyllin and rhammas or buck-thorn. Epsom salts and milder purgatives like extracts of butternut or castor oil act very kindly on the complexion and brighten the eyes. But these things are not to be taken without advice of a doctor or some experienced person. The charcoal should be taken at least a day before other medicines, and omitted when they are taken. If cold sores, pimples, or rash make a provoking appearance there is no more prompt riddance than by a teaspoonful of charcoal taken over night, or in urgent cases, as when one wants to go in company the same day, a dose three hours before breakfast, followed by Epsom salts, seltzer aperient, or congress water half an hour before eating, taking a hot bath and very light nourishment through the day. For all roughness or blotches of the skin there is no cosmetic like carbol c acid in hot water, twenty-five drops to the pint for an adult. It should be strong enough to produce a very slight smarting at first. This is the agent to improve rather coarse, greasy skins, or thin, eruptive ones. The delicate, dry, and wrinkly complexions need softening pastes and lotions to counteract the effects of dry air and furnace heat. Almond paste is better than the almond meal for the skin, because it protects and acts longer on it. But ne ther almond meal nor paste, nor any of the delicate delightful preparations for the toilet are in reality as good as—oh, horrors! deodorized castor oil. It not only softens the hands and face, but by absorption produces a gentle, beneficial action of the secretions. It is not a charming cosmetic, but it improves and whitens the skin so remarkably that the chemist who wi l prepare a refined and perfumed castor oil for the toilet will reap his reward.

In season just now is the old court recipe for bathing the face with juice of crushed strawberr es, letting it dry on over night, and washing off in the morning with chervil water, which we must replace by rose water or well-boiled soft water. If kept up for a week this should take freckles off by its pure acid, wh ch we all know whitens the teeth. Barberry pulp removes tan and freckles; hence I will recommend girls to try it just before going back to the city after summer in the country. And I am forgetting the pleasantest method of clearing the complexion by a cour e of new maple sirup, eaten hot every morning. Brown bread and West India molasses is not so pleasant, but works a very miracle in producing an alabaster skin and luminous eyes. West India molasses has old repute for its cleansing and detergent properties on silks and woolens, due to its alcohol and acids. But it is also a cosmetic, used by Jamaica women, rubbed on the cheeks and allowed to stay on as long as one can endure it, an hour perhaps. To rub the body all over with it and sit in a warm bathroom half an hour or less and wash off in hot water, followed by a perfumed bath, is said to have a marvelous effect in preserving the youth and freshness of the whole system. Let those who like try it.

SHIRLEY DARE.

BOSTON, Oct. 5.—I am asked what will bring a good growth of hair on a bald place left by a burn, where a few hairs appear. If people would try electricity to stimulate the hair, rather than to remove it, the result would be more satisfactory in most cases. Nothing is more likely to revive the dormant bulbs of the hair than a weak current applied twenty-five minutes daily, after washing and drying the bald spot. The writer complains that all her hair is turning a dark, ugly shade, and falling out. She should stop this loss at first by washing the scalp with warm water and yelk of egg, well rinsed off, then each night and morning apply a spoonful of this mixture: pure glycerine, three drams, lime water, four ounces, rubbing it into the roots of the hair with a tooth-brush. In two weeks add one-half ounce tincture of cantharides to the same mixture, brushing it in thoroughly. It is not safe to try changing the shade of weak hair in any way except sitting bare-headed in the sun daily as long as it can be borne. Bleaching or dyeing by chemicals would probably cause total baldness in this case.

As to depilatories, no one in the world can possibly guarantee the removal of superfluous hair by any process with certainty that it will never grow again, and whoever does so is a charlatan. It is next to impossible with a microscope to destroy the hair bulbs thoroughly so that some may not start again. A process which in time deadens the bulbs in nine cases out of ten is the nearest to success of any depilatory known. The horrors recited in letters of poisoning and sores on the face caused by depilatories are a warning against tampering with unknown drugs.

The old-fashioned tincture of sage and rosemary inquired for was made by distilling the fresh herbs, a performance I can just remember in my young days. But as stills are unknown any longer in household outfits we may imitate the extract by steeping a double-handful of the leaves and flowers of each herb in a pint of boiling water, closely covered overnight, straining, heating, and adding fresh leaves two or three times to the same liquid. At last add one-third as much good alcohol and bottle. Each tincture is to be made separately, mixed and diluted for a lotion for aching muscles and weak spines. For the hair mix the tinctures with one-fourth glycerine and apply to the scalp. Or mix one-half a fluid dram of pure, fresh oil of rosemary with one half pint rectified spirit and use this with the sage decoction. The white sage of the American deserts, audibertia polystachia, the highly aromatic plant which perfumes the plains of Wyoming and Nevada, is well known west for its surpassing virtues as a pulmonary medicine and a cosmetic, both in tincture and decoction. It is not to be found at any eastern druggists that I am aware of. Some plains woman might turn a dollar by sending packages of this sage east.

"Englewood" desires to know if there is any way to straighten a round-shouldered girl, who is impatient now at being talked to so much but makes no effort to hold her head up. Ordinary shoulder-braces have made no difference. Girls often droop from overgrowth and debility. Try salt water baths for the chest and spine, and give a

tonic, the strychnia, quinine, and iron preparation familiar to druggists being best. The common braces are very little good, but there is a stiff English brace sold in New York and used in some of the up-town boarding schools for girls which is very effective. I regret that the maker's address at a furnishing shop on Sixth avenue is lost, but can send model of the brace if desired. Stiff military collars, as high as can be worn, lined with buckram, should be made on girls' dresses and cloaks to accustom them to carry their heads erect. Talking is thrown away on girls and young people generally. In all cases of stooping shoulders there is the possibility of some growing weakness of the spine, and it may prevent serious future trouble to consult a doctor at once. Better pay for prevention than physic.

"Anxiously Waiting" and others are laboring with complexions, features flushed, often greasy, and spotted with specks and pimples. After trying almost every sure cure sold and made at home they are ready to call them delusions and snares. To simplify the task—no, the pleasure of helping their case—they ask:

1. Are cold sponge baths better than hot soapy baths and should a loofa or bathing fiber be used? Hot alkaline, soapy baths are best for this form of complexion, where the skin secretes more oil on the face than is natural. A loofa, or something which gives smart friction to the body, may be used as a washcloth or flannel, serge or wiry Turkish toweling, the aim being to draw the blood to the sluggish surface of the body, away from the face.

2. Are Turkish baths good things? Yes, if one has no suspicion of heart disease. It is well to begin cosmetic treatment by such a bath, and take it once a month, keeping up the hot, soapy baths at least twice a week at home meanwhile. To get the full cosmetic effect it is good practice to take Saratoga water or other physic two days before the Turkish bath. It cleanses internally and lessens the tendency of blood to the head in the sweating-room.

3. Is exercise before breakfast preferable to walking during the day? Not usually, in fact it is rather debiliating. The exceptions are when one wakes without appetite, and with bad tase in the mouth, when a half-hour's walk tones one up and gives a decent hunger. Pottering about in a garden, however, is better, as it gives fresh air and movement without much effort.

4. Is a laxative essential, or will plenty of fruit and vegetables answer? Medicine is necessary at first, Vichy, Congress water, seltzer, Epsom salts, or taraxacum extract with a spoonful of mandrake to the four-ounce bottle, which makes a standard complexion mixture. Fruit and vegetables will not answer without graham bread and cracked wheat. People who seek to improve coarse complexions must make up their minds that coarse bread and cereals are the essentials of their diet and will do more for fine skins and bright eyes than all the medicines known. One can eat meats, deserts, and all the good things of the cuisine, provided the bread, three times a day, is good wheat meal, not necessarily as coarse as possible, but containing all the substance of the wheat. This point is given solely from the cosmetic point of view, not the hygienic.

5. What fruits and vegetables are most wholesome for the complexion? They are all good if they suit the digestion. Individual differences are found where one can not eat melon or string beans or sweet corn, but each person must learn for himself what suits him best. Last but not least, is 20 years of age too late to change a poor skin? Not at all, nor 40 either, though it may be more work to change at the latter age. The trouble is that people try to improve complexions on the surface, when it must be through and through work. One caution—these oily, flushed, and irritable faces must not be rubbed, as some advisers say. The friction must be given the body to rouse its surface vessels to the action which has been confined to the face. As a quaint, forcible writer says: "Friction has advantages inconceivable by which the pores and cutaneous glandules are opened, their stagnation juices broken up, dissolved, and rendered fit to be carried off in perspiration, in room of which new juice will succeed with new vigor to the body, and longevity is in this way most certainly promoted."

One of the unfortunates, and more than one, asks relief for enlargement of the pores and blackheads on the face. The story runs one way in all: "I have tried many things without success; have been told it was caused by want of activity in the blood vessels leading to the pores, want of cleanliness, etc. One physician advised friction of the face with flannel after bathing, which has not lessened the trouble, though kept up indefinitely. Do you recommend Turkish or sulphur baths? Does cod liver oil taken daily have an effect on the complexion?"

Sulphur baths are best for such cases, taken not oftener than once in ten days, using the old formula of sulphur and cream of tartar as a medicine or this: one and one-half ounces sulphur, one ounce each cream of tartar and powdered senna, one-half ounce aniseseed in powder; mix well and take a teaspoonful in molasses at night, following with epsom salts in the morning. For a lotion take sulphate of potash one ounce, sulphuric acid half an ounce, distilled water one pint. Wash the face with soap and water, dry well and apply the lotion diluted with twice as much soft water by a small sponge, taking care not to wet the eyelids, nostrils, or the delicate skin of the face. Use at night, or first thing in the morning, and let it dry on. On going out wash off with rose water, using soft towels for the wiping. Or take the milder preparation, one dram sulphuret of potash, one-half ounce glycerine, and one pint distilled water, letting it dry on the skin. Also touch the black points with a concentrated solution of bicarbonate of soda in hot water, when dry washing with pure alcohol. But hot salt-water baths, diet, and frictions night and morning on shoulders, upper arms, and thighs are the great means of refining complexions with large pores.

"Can you tell me what makes one's face flush? On a warm day my complexion is all right, but as sure as the weather grows cooler my face flames up and one would think I had been over a heater for hours." Dress the lower limbs warmly, take taraxacum for three weeks, use hot soda baths, one tablespoonful washing soda to six gallons of water, frictions for the body, bathe the face in very hot water fifteen minutes before going out, and rub it with a little almond cream. Hot foot and hip baths also relieve flushing. Porous plasters worn on the abdomen and loins are of use, also vichy or congress water drank before breakfast, with general laxative treatment.

Almond cream, inquired for, is fine, white soap, melted by setting a cup with it in hot water and beaten to a spongy, creamy mass with essential oil of almonds, added a few drops at a time. It should be kept in closely covered pots and is used to soften the skin. Almond paste of the finest sort is made by blanching and peeling fresh, sweet almonds, then slowly pounding them in a marble mortar, with a few spoonfuls of rose water to moisten them. It is the most exquisite cosmetic, and where the blood is wholesome a little paste rubbed on the face at night will give in time the velvety surface so much admired. But a more effective paste is made by pounding the fresh castor-oil beans with a little good cologne. The fresh oil or paste has much less of the disagreeable flavor than that commonly sold.

If really cadaverous-looking you need toning up, cod-liver oil, or, what is better, pure salad oil, cream, grape sirup, and rich meats. No, cod-liver oil is not beneficial to the complexion, although it increases plumpness sometimes. Vegetable oils are better and more easily assimilated. Haven't I given my particular plumping mixture yet? Here it is, for thin people, consumptives, and those racked with coughs of any kind, one table spoonful of the best salad oil to be had (olive oil, almond or refined cotton-seed or peanut oil will do), mixed with four times as much burgundy, angelica, sherry or port, with a spoonful of honey if liked and a teaspoonful of lemon-juice, taken ten minutes before meals and at bed-time, also as often as the cough is troublesome. If one dose does not check the cough in five minutes take another and a third, but it will seldom be necessary to give it so often after the first trial. I never saw anything like this recipe for making women grow plump in the face.

A deliciously feminine letter says the writer had thick hair, till two years since. She washed it with pure ammonia, "thinking if a little was good, more was better." Of course the strong caustic spoiled the hair, and reading that oil of lavender was good she bought some, but was afraid to use it, because it smelled for all the world like oil of turpentine, and she was afraid the druggist had made a mistake. Of course it smelled so, for I am sorry to say the commercial oil of lavender is 90 per cent turpentine. Still oil of turpentine is a remedy for baldness, renowned since the time of the Romans, only one wants to apply it on a small patch of scalp at a time, for fear of mischief to the brain by liberal use. Neither lavender nor any other stimulant, however, is advised for dry, burnt hair, which needs pomade or bland oils. Try the glycerine and lime juice, or this: Clarified beef marrow, one and one-half ounce, almond oil, one fourth pint, scented with some rich, delicate perfume, like essence bouquet or aloha. It is best made at home, fresh. Apply plentifully to the scalp at night, wrapping the head in a large kerchief, or heat the oil in the skin before a fire. Castor oil perfumed and cut with a little alcohol is also good. In cosmetics above all things a little may be good and more may be ruinous.

The young lady correspondents who think of using arsenic washes because they have tried everything else for poor complexions without success are recommended first to wash their faces three times daily in vichy water, as advised by a French doctor of note. Also correct all acidity of the stomach with a teaspoonful of ammonia water, made by dissolving one dram of carbonate of ammonia in three ounces of aromatic water, kept well stoppered. Also mix sulphur to a paste with spirits of camphor and let it dry on the face to cure eruptions.

Profuse perspiration of the hands or under the arms may be checked by taking Epsom salts, washing with strong camphor, letting it dry on, and dusting with starch powder, mixed with powdered alum and orris. A course of taraxacum is of use in this malady.

And now friends, adieu. There is an end to all things, even these letters. A correspondent writes as her closing sentiment, "God's noblest work may be an honest man, but surely his loveliest is a beautiful woman," which is a very consoling opinion—for the women.

SHIRLEY DARE.

The Arts of Beauty

By SHIRLEY DARE (Author of the "UGLY GIRL PAPERS").

CHAPTER XVII.--CARE OF THE HEALTH AND COMPLEXION.

IN CASES of nervous derangement, the most marked symptom is the dry, leathery condition of the skin, sallow, dull, with offensive odor, arms cold to the elbow, and feet cold to the knees. Yet nobody seems to think of putting the poor creatures in a hot bath, and starting action in the skin by rubbing, or keeping them warm enough to allow return of circulation. Such treatment is the first thing every nervous, neuralgic patient needs, and every sallow or bloodless, wrinkled and worn-out woman must have, to restore the beginning of vigor.

The bloodless, wrinkled and worn-out men or women have usually given over all hope of restoration and vigor, content to creep along the shady side of life for as many years as they can get their sentence commuted. To such I would say, do not give up the hope of strength and freshness. Remember the oft-quoted Cornaro, given up to die at forty-one, after a youth of excess, told by his physicians it was impossible to live a year longer, but who, by strict living, preserved health and vigor for almost a century. The late Dr. Winship, of Boston, at twenty was an invalid, so feeble that he was expected to live but a few years, but by the closest care of health and progressive exercise, he was one of the strongest men in America, as well as professor of literature. I know of no historic woman on the list, save the good Queen of Hungary, so marvelously restored by rosemary water, but I know personally one who, invalided by accident after accident, overwork and seemingly as much trouble as could be crowded upon one heart and not break it, given up time and again by doctors, has, by the grace of God and good living, kept more youth, vivacity and strength for solid effort than one woman in five hundred. She complains that her life is too much like walking the single hair that forms the Mussulman's bridge to paradise, for neglect plunges her into the depths again. For months she has gone without any food but coarse crackers and clam juice or simple broth, while working with hands and brain at full strain, because the inflammation left by malaria would tolerate no other diet. It is at such times, however, that her friends remark, "Why, you are growing good-looking," which, starvation or no starvation, sounds agreeable to most women of forty and over. Not diet alone does this, but the full battery of health-renewing forces, air, sunlight, sleep, baths and whatever of refreshment one can snatch in a busy, care-ridden life. In quiet times, by these, one lays up store of strength that lasts through the next disaster.

Air, sunshine, baths and sleep, blessed and blissful ministers to women, I adore you as special and daily sacraments from the hand of our Maker! And I do passionately grieve and wonder that, with such agencies at service, so few mortals are either healthy, beautiful or happy. Why is this strange, fatal neglect? Take the bath, which should be the conservator of the health and looks of every household. Few good houses are without it, but in half the middle-class families it is used Saturday or Sunday only. I have seen smart New England houses where the bright bathroom was sacred to favored visitors alone, like the best parlor, or, as one is explicitly told, "kept entirely for sickness." I wish this were a touch of mere fancy; unhappily it is from the life in more than one instance of my own experience.

One of the most charming chapters on woman's beauty is written by Richard Jeffreys, the English naturalist, whose high taste and close observation leave his work the finest modern record of outdoor life and nature. "It takes," he says, "a hundred and fifty years to make a beauty—a hundred and fifty years out of doors. Open air, hard manual labor, or continuous exercise, good food, good clothing, some degree of comfort—all of these, but most especially open air, must play their part for five generations before a beautiful woman can appear."

He traces the descent of such a one for a hundred and fifty years; the immense strength and agility of the yeoman, gained by hard work, hard but plentiful fare and athletic sports, married to a woman as strong, for the gentlewomen of those days were used to work from childhood.

"Even since I recollect the work done by ladies in country houses was something astonishing—ladies by right of well-to-do parents, by right of education and manners. Really it seems that there is no work a woman cannot do with the best results for herself, always provided it does not throw a strain upon the loins. Healthy children sprung from such parents tend toward a refinement of the features. In the fifth generation beauty appears, with the features so molded and softened by time, so worked and refined and sweetened, so delicate, yet so rich in blood, that she seems like a new creation that has suddenly started into being. The fisherman's daughter ere now has reached high in the scale of beauty. Hardihood is the fisherman's talent; the wind, washed by the sea, enriches his blood; he is tribal in his ways, his settlements are almost exclusive, and his descent pure. Here are the same constant factors, the stationary home-keeping, the family intact, the outdoor life, the air, the sea, the sun. The passion of beauty is almost sad in its intense abstraction. She walks in the glory of young life; she is really centuries old. A hundred and fifty years at least from all enchanted things of earth and air this preciousness has been drawn. From the south wind, that breathed over the green wheat; from the perfume of the growing grasses, waving over honey-laden clover and laughing veronica, hiding the greenfinches, baffling the bees. A hundred years of cowslips, bluebells, violets; purple spring and golden autumn; sunshine, shower and dewy morning; the night immortal; the rhythm of time unrolling. A chronicle unwritten and past all power of writing; who shall preserve the record of the petals that fell from the roses a century ago? The swallows to the housetop

tonic, the strychnia, quinine, and iron prep- | these oily, flushed, and irritable faces must | fresh oil or paste has much less of the di

three hundred times—think a moment of that. The loveliness of seventeen is centuries old. Is this why passion is almost sad?"

For the informing and unfolding of this noble beauty the same process is necessary this side the water. The work has been more than half done for us, and it is ours to finish the statue and lay on its tinting. Mothers of the race must demand the conditions of health and beauty for their children. Pure air—how shall we have it? The one society, formed by women, which has excuse for being is the New York Society to Promote Sanitary Reforms and the Cleaning of the Streets. For such an object, women may well band together with a singleness of purpose intensifying the individual power, which in other organizations seems diluted and lost.

This work of purifying the streets demands great intelligence and scrupulous care. Every improvement which does away with animal labor in the vicinity of human dwellings tends greatly to health. In warm weather the streets of city and village smell like stable-yards, from the presence of horses and draught animals. It has been proved by New York doctors that the refuse of stables breeds virulent diphtheric and malarial poisons. The taint of ammonia in the air contains a very depressing, quick and deadly infection. Steam and electricity are crude, dangerous and unsatisfactory, compared to the agents which shall release us from dependence on animals for transport. The bicycle, modified and improved, will doubtless take the place of the street-car and carriage, while parcels and freight will be carried by pneumatic pressure far more swiftly and safely than electricity or steam can take them. Meanwhile, there is much that we can do in summer to keep bad air from the house. All grating connected with the sewers should be fitted with stout wire boxes, filled loosely with coarse animal charcoal, which absorbs the dangerous gases passing to the street. This has been recommended by the English Society of Engineers to prevent epidemics in towns. The care is just as necessary in country homes. The cesspool must be ventilated by opening to the outer air, and not allow its only outlets to be the kitchen waste-pipe and the closets on sleeping room floors. No trap known can keep back the malignant poison which presses its way from the drains. The wire-box, not unlike a screen for coal ashes, filled with charcoal, should be placed over all drain openings. Every sink and wash basin should be plugged, except for the few moments necessary to let the water pass off when used. At night it should be the stern rule that every sink and basin be closed till morning. A large India-rubber stopper, to fit the waste-pipe of the sink, is the best seal. The overflow vent should be sealed by a cloth spread with thick paint, forced into the holes, and left to dry in them, when it can be taken out and put back as needed. A bit of wet writing paper, even, fitted over the pipe, will hinder the escape of gas. The plug should be kept in all stationary wash-tubs at night, and the overflow pipe closed as suggested, and this care should be exacted as stringently as turning off the gas. These simple cares will work a great change in the interior of an unhealthy house, as the difference in the lightness and ease of breathing, the freedom from headache, and the refreshment in waking will soon demonstrate. The ventilation of sleeping-rooms must be carefully secured, the window open not less than a foot above and below, and the transom over the door, or the door itself, ajar, to make a current through and carry off the vitiated air. The window may be wide open all night, without an opposite opening to carry off the spent air, and the odor of the room in the morning will prove its unfitness for occupancy. This is a matter not only of health, but of complexion. I have just had to care for a dark, sallow, spotted face, whose owner was threatened with fever from sleeping in an unventilated room, other habits being sufficiently correct. Muddy complexions can be cleared in no shorter way than by sunshine and pure air the twenty-four hours round.

Next to pure air comes water absolutely pure. The drinking supply of every household needs as much care as its food. It is estimated that 30,000 die in our own country yearly from typhoid fever, the majority of cases being taken through impure drinking water. The list of diseases from this same cause is a long one, including consumption, erysipelas, pneumonia, dysentery and liver disease. It is worth notice that whenever women of a certain district are famous for fine complexions, the water supply is unusually pure. The muddy and sallow complexions of women of the Southwest is due not more to the prevailing diet of bacon and soda biscuit than to the creek and spring waters, turbid with the wash of their borders, and charged with decaying vegetable matters. The method of securing pure water is simple. Dr. Charles Currier's experiments at Berlin and at the Carnegie Laboratory in New York show that water boiled for five minutes destroys all but the rarest and most resistant of disease-producing bacilli, and water, filled with the germs of cholera, typhoid and diphtheria, if boiled one hour, left to gradually cool and filtered, is absolutely free from microscopic organisms. Kept in close vessels plugged with cotton, it will remain pure and safe indefinitely. Now, this preparation is not too much to secure the health and beauty of the family, the life of infants and the freshness of women. All water for drinking and cooking should be purified daily in summer by straining through muslin and boiling in a porcelain-lined kettle, or a stone jar, for five minutes. If scum rises, the water should be strained again, filtered, if possible, and cooled in a pot of porous ware. The great ollas of burnt clay made by the Spanish and Mexican potters of the Southwest are better for keeping the water supply than more expensive inventions, as the evaporation from the clay keeps the water cool without ice. Dr. George B. Loring, our minister to Portugal, recommends the Portuguese water-coolers, which dispense with the need of ice, and are made in the same way as our native wares. After boiling, the water should be filtered, to clear it from mineral impurities, which boiling does not discharge; but filtering without boiling will not remove the vegetable and animal organisms which breed disease. The final process to render water lively and agreeable is to aërate it, and restore the air lost in boiling, which is done by pouring several times from one pitcher to another, or by pumping air in with a bellows kept for the purpose. Women who care for their complexions should bathe only in water boiled and cooled, which has a most velvety softness. For those who have no other means at command, there are twenty-five-cent frames of wire, fitting the chimney of any kerosene lamp, by which water may be boiled in a tin cup or kettle in a few minutes. The water for making cosmetics in the most famous laboratories is all distilled and kept in huge carboys, carefully sealed until wanted, and not a drop of any other water is allowed to enter the preparations. Let every woman who wishes to improve her appearance insist upon pure water, pure air and pure food, if she would assist cosmetics in their work, and she will be surprised to find what they can do for her. The very color of the eye, as well as its brilliance, changes and deepens, the skin grows blooming and soft, excrescences and discolorations disappear with slight assistance, and the healthy tissues never grow old.

For the best cosmetic effect on the skin, steam it at night, wipe dry and powder it with fine sulphur, dusted on with a powder puff. Sleep with this on, wash off in the morning and rub in a very little toilet cerate, lightly rubbing along the lines of the face. A bit the size of a large pea is quite enough, and one minute's rubbing by the clock is all the time that ought to be spent on the soft fabric of the skin. Don't rub it in, but rub it out to spread it over the face. This will

prevent the natural moisture from drying with wind and heat. After an hour or two, wash the face if necessary, only don't rub off all the film which protects the skin and supplies the place of the natural sterine which prevents evaporation from the pores.

If your hands are to be in water or gardening or gathering flowers, the juices of which roughen the skin, rub the hands well first with cerate and draw on loose gloves for outdoor work. For the soaking, let the hands take their chance with the cerate, which will keep them from getting water-soaked, which very much injures the skin.

For removing freckles, try first poulticing the face with a bread-and-milk poultice, or almond paste, worn over night to soften the skin, then wash, dry and rub the face with a freshly-cut lemon, allowing the juice to dry on the face, repeating the application of lemon as often as dry for two hours, and the whole performance for a week. Or, mix a spoonful of best powdered mustard with enough lemon juice to make a thick paste and a teaspoonful of almond oil. Mix well and apply to the face night and morning till the skin smarts. In a few days the scarf skin will come off and the freckles leave with it. When they disappear, wash the face five times a day with borax water, a small teaspoonful of borax to a quart or two of water. Rub the face with cerate or sweet cream, after these applications, to relieve any irritation.

Greasy faces indicate poor circulation in the rest of the skin. They demand hot baths, friction of the body daily, and are well treated by saturated solution of camphor in alcohol, with which the face should be frequently wet, allowing it to dry on. Also, bathe with the vinegar in which horseradish is steeped, washing it off when it smarts.

We gain the greatest benefit from hot bathing, which doctors proclaim the secret of youthfulness, and which conserved for Lord Palmerston the vim and spirits of twenty-five till he was full eighty. The bath must be taken in a warm room, the person wiped with hot, dry towels, and the fresh clothes be as warm and well aired as it is possible to make them. The effect of the hot water sends the blood to the surface of the skin, setting its secretions flowing freely. In a sluggish, uncared-for skin only the stronger glands are in use, and double work is crowded upon them, which gives the complexion its coarse appearance; but in heat and moisture all the fine vessels take up their part, none being swollen unduly, and, all being invisible, the skin is at its best, like a leaf of an azalea, rosy white, translucent. Suppose in this state, or approaching it, one steps into cool air and cooler clothing. By the time she is dressed she is thoroughly chilled. All the delicate effect on the complexion is marred, the skin hardens to resist the chill, and we can hazard a pretty good guess that the colds people dread after taking a hot bath begin at the moment of stepping out of it. Washing the face in very hot water, laving and steaming it for five minutes is a sovereign process for the complexion—bleaching, softening, refining it, and erasing wrinkles. Let anyone try the difference between burying a wet, flushed face in the folds of a dry, warm towel, keeping it in a warm air for some minutes, or wiping hurriedly with a cold towel. Many women will call the use of warm towels a self-indulgent whim; but it is precisely such little precautions which preserve the comeliness and well-being of the sex.

Little things like warmed towels, hot water-bags, or, still better, soapstones for cold feet, well-warmed shoes and cloaks, the cup of hot coffee or bouillon at odd times, the nibble of chocolate when faint with shopping, keep women from going to pieces. At least, if one wants a complexion fit to look at, she must wash her face the first part of her toilet, and not give it a dash of water and a wipe with a damp towel just as she puts on her bonnet and hurries into the air. Inflamed cheeks and noses, cracked lips and a coarse, wrinkly surface are the penalties. Time must be allowed not only for the skin to dry the water it absorbs like silk, but for the interrupted secretions of oil to renew the film which invisibly protects and softens it. This little explanation may satisfy the young ladies who write to know why their complexions are unsatisfactory, spite of all the medicines and lotions used. Neuralgic people must be especially careful about going out before their faces have had time to dry and become warm after the toilet. Protection is essential to keeping a fair skin and sound nerves, especially in blowy spring and autumn weather. The wind chills the surface rapidly, shrinks the cuticle and afterwards cracks and inflames it. If the blood is out of order, inflammation starts pimples or erysipelas humors fatal to beauty. If women must have fine complexions, I fear they must borrow of their Oriental sisters not only the veil, but the way of wearing it. The fine meshes of gauze are warmer than so much frieze would be for the face, but as we wear them are death to good eyesight and large eyes, which acquire a peering habit from looking through the veil. The most coquettish and safest way is to draw the veil like a yashmak, with a turn around the head, bringing the folds across the lower face, leaving the eyes clear above. One becomes quite in love with the Oriental veil and the velvet masks of mediæval times. A protection from stares is welcome to modest women at all seasons, and with velvet masks for cold weather, finer complexions would be the rule, and neuralgia probably unknown. Some women with a taste for the picturesque, the exclusive and comfortable, might revive this elegant feature of the toilet, which in black velvet and lace would leave each woman to be presumed beautiful, which is more than can be said of the pert, provoking little bonnets of the time. High-born and coquettish ladies have always been very fond of their masks whenever in fashion, and Henry IV.'s queen would never leave hers off by day or night, valuing her matchless complexion beyond the complaints of her husband. At least, a pretty face would never become common under the courtesy of a mask, and would very much favor the independence of professional women who go much abroad. Notoriety is no boon even to men of high position, and I have seen a popular State governor skipping off from a military banquet with downcast eyes and evasive air, which seemed to ban attempted scrutiny. It is just possible the remains of such feeling may survive among women, especially the striking-looking ones. But its immunity from neuralgia endears the mask to matrons who found grace and comfort in the close skull cap and throat-piece of velvet like a knight's casque, showing only the eyes, with a fall of lace over the nose and mouth, defying wind and Arctic cold.

THE AWAKENING.

A THRILL ran over the cold, bare earth,
Sent from the sun's warm heart;
The rivers and streams laughed out with mirth,
And Spring awoke with a start.

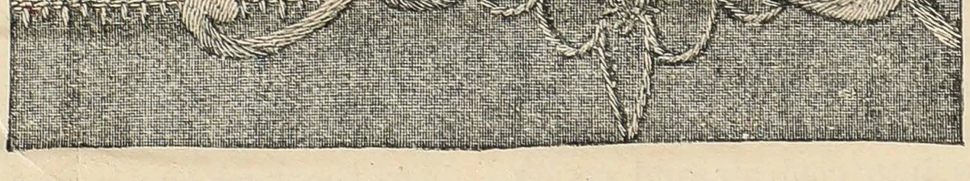
The grasses lifted each tiny spear,
Above its brown, cold bed,
And ferns and blossoms awoke to hear
What 'twas the South wind said.

The sun sent kisses with lavish hand,
Dame Nature saw, and smiled
To see her treasures of sea and land
From Winter's arms beguiled.

tonic, the strychnia, quinine, and iron prep- | these oily, flushed, and irritable faces must | fresh oil or paste has much less of the

FANCY WORK

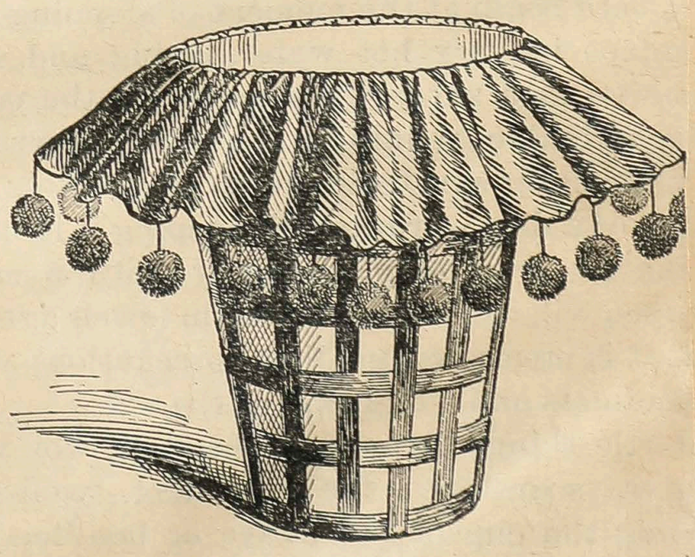
THE combination of lace braid and embroidery is new, and certainly productive of most charmingly decorative results. The work is done on linen, canvas, Brussels net or organdie, and may be either all white or white braid worked with colored silks. The illustrated scarf is entirely white, and the groundwork is fine, sheer linen lawn. Three styles of braid are used: one in the straight lines of the border, one for the flower petals, and one for the small, cross-shaped figure in the border. The enlarged detail



BORDER FOR BUFFET SCARF, WITH ENLARGED DETAIL.

shows distinctly the mode of working the leaves, etc. It is about two-thirds the size of the model. The design can be repeated as many times as is necessary to make the required size of scarf, and with the use of tracing paper and a hard lead pencil is easily transferred to linen or canvas. For swiss or net the design must be drawn with very black ink on architects' linen, paper muslin or brown paper, and the material basted over it. Aft this is done the pieces of lace braid are first basted in plac then the embroidery done with linen floss, which is as glos as silk, and stands laundering without losing its lustre. T outer edges of the scarf are turned up deeply and hem-stitche

If the little holder is intend for burnt matches, it may made on a pasteboard found tion, but for flowers it is bet to use an old tumbler or a chi jar such as Scotch preserv come in. Even when t foundation is made of past board alone the jar or tumbl must be used for a model, t pasteboard being cut like and the bottom overhanded place before the outer coveri is applied. The latter is ma of a piece of silk, satin or ev colored paper cut just like t foundation. On it are tack strips of ribbon about half inch apart, extending from t top to the bottom of the glas Lengthwise strips of ribbon a then laced basket fashi around the holder, as shown the illustration. After the ri bons are in place tack the securely with tiny stitc where they cross, turni their ends in neatly. Ma the little frill that finishes t top of whatever is used for t foundation covering; if so silk is used, in order to make stand out stylishly line it with tarlatan or light crinolin Sew the frill to the top of the pasteboard, and trim the fr edge with tiny tassels or little metal sequins and crescent



BURNT MATCH OR FLOWER HOLDER.

Slip the jar into the case, and the holder is complete. If the pasteboard is used alone an extra piece should be tacked together in a cylinder and slipped into the holder to give it sufficient firmness.

The needle-and-pin basket is a pretty little article for the sewing basket, and is very simple in construction A piece of stiff crinoline or canvas is best to use for th foundation, as cardboard is apt to bend and break at th handle. The foundation is cut in two pieces, each the shap of a basket with handle as shown, but the covering—which

BOSTON, June 23.—Good looks are the signs of health, and there is not a variation of hue or outline which has not its special report of the internal condition. Is it not pitiful that women know so well every tissue and shade that goes into their garments, while they are content to know so little of the expressive fabric which clothes their life? This ignorance is not an indifferent thing. We are very much frightened when we are sick for fear illness may lead to death, whereas if the subtle train of nature were understood, we should be prompt to correct the first signs of disorder in impaired looks, and so never would be sick. The idea of being absolutely healthy seems to alarm many good people as if it were something unlawful, but I can assure them from experience that it is exceedingly pleasant. Only in present conditions of society, its ignorance of sanitary ways, of good air, food and kindly living, it is as difficult to reach health and keep it, as to attain that halcyon air, that equilibrium of forces of which these days of June are born. Rare though they are, such days of health might become permanent, and they are as far beyond common dullness, aches, and pains as heaven is beyond our best. There is a country left out of the curse where women are generally and thoroughly well, and of course beautiful as they were in Greece. The exquisitely-tempered air, the soil and sun of Attica produced, and in parts yet produces, such beauty of flowering plants and women as the globe nowhere else owns. We have our Attica in the west, its temples and statues yet unbuilt, but with hills which seem the ordained sites of palace and temple. Its air, sifted of mountain winds, cooled on snow-ranges or the crests of waves, perfumed with aromatics and the honey of lupins, is the breath of poetry and bliss. I do not know how to write of the glory of its days, or the tempered mood of its climate, where there is never storm or snow, and scarcely wind blows loudly. Courteous clime, where one may sleep in a hammock out of doors safely almost any night in summer in the dry, warm air, and when I used to do my nine hours literary stint a day on the open hillside, warded, not shaded by the pines, with Arcadia to meet my lifted eyes. That is the country for women and roses. Let any man who has a nervous, ailing wife, if he can at all order his life, take her to California, not for a winter, but a year at least, if not for a lifetime. Not to the southern counties, but the cool, middle coast and the foothills of the Sierras, or the coast range, where, I think, physical life is enjoyed in more perfection than anywhere in this half the world. Stay, if there is an exception, it is in the mountain region of New Mexico, and the Rocky range, where one first draws pure ether in breath, and the electric air works continual magic. One leaves Chicago aged 40 and wakes up in New Mexico feeling 20 again. The springs of youth flow in the canyon clefts by the flowery meadows of Los Vegas, and spinal and neuralgic miseries flee at their charmed air. No resorts in the country combine such advantages for invalids as these mountain plateaus and canyons, or the temperate California coast, and I have no better advise to give weak persons who do me the honor to ask my opinion than to try either residence. Better be a poor fruit-grower at Santa Cruz or Glorieta than linger weakling in a luxurious eastern home. For over the Rockies one begins to know the meaning of the words to enjoy good health. To wake and feel that all one's veins run bliss, in a full tide of hope, of pleasure, equal to every mortal chance, is to feel as if one had slipped into paradise without dying, but via an excursion train. No wonder the Pacific women are handsome and spirited, so that one feels Bret Harte hardly does them justice in his romances. They have elixir to breathe, the first of June all the year round, more fruits to eat than Eden knew, and Chinese servants to take the mortal weight from their shoulders! If I were a man I would not look at a woman this side the country! Such illuminated flesh and blood as wear French corsets and velvet gowns the mountains are fit for Shakspeare's heroines.

Recalling the superb women seen anywhere from Monterey to Puget sound, cheeks and throats that took no shame beside the roses that they wore, lips that had the true ruby gleam of health and pure blood, and eyes of starry fire, speaking common place and literal fact. I feel as if most other women defrauded the race of its birthright, or were themselves wronged of their own. Born to be beautiful as the very outcome and signature of health, what have they done with themselves? Beauty when you find it is much a thing of toilet that one never knows whether the cheek would be the same without the gown and ribbons, or the hair without its coiffure would be worth looking at.

The greatest faults are those of figure, and these tell directly on the health and future of their owner more than she suspects. Thinness denotes impairment of the nutritive powers, the grind wearing more than the system replaces. The hollows above the collarbone are signs of consumptive disease in a physician's eye, and a doctor in a ball-room is often tempted to order cod liver oil in advance for the scrawny sylphs about him. Women of middle age take their hollow cheeks and sharp necks as matters of course, never thinking their emaciation is the first step toward demise at 60, full fifteen years earlier than it should be. Large veins on the hand denote deficient arterial action, a lowered state of the system that will surely end in breakdown, paralysis, or neuralgia, like the terrible suffering of which Alice Cary died. What a suicidal life that woman lived in her beautiful house in New York! Rarely leaving the city in the heat of summer for years, pent in close, heated rooms all winter, writing or receiving company, equally a strain on the nerves, for eighteen hours a day, it was cruel that in her large circle of friends no one could tell her plainly she was hastening toward a year of torture and a grave. Just when life seemed richest, when she felt that she had learned how to live to advantage, when she would have given her world for the dozen good years rightly her own, she was forced to go, with sharp struggle, and sore. The dark shading under her eyes, the lines on her face, had anyone been wise to read them, were warning enough to have averted danger years before. The women who know how to take care of themselves are too often hagridden of necessities they can not control. Such may die guiltless, but as much can not be said of women whose lives are in their own hands, and who for social ambition or out of sheer neglect let life slip from them at its best. Many mistaken women are ashamed to pay special attention to themselves when slightly run down. They must come to fainting and entire disability before they take the needed vacation or change of air. Possibly a change of boarding-house is all that is wanted, but whatever is needed can not come too soon. We middle-aged have not probably more than fifty or sixty years more to live, and we can not afford to lose one day's comfort out of it all. Being sick—being out of condition anyhow—is frightful waste of time.

The opposition *malaise* of obesity is a sort of crime, save in cases where disabling from injury leaves one incapable of exertion enough to keep down flesh. Tight lacing in youth is very certain to produce a thirty-six-inch waist at forty-five. Indeed I think I never saw a woman of enormous girth that some friend did not mention how her husband could span her waist with his hands when he married her. Mault liquors will destroy the figure, and as mere matter of beauty, I should dread the habit of taking "just a glass of porter or ale for lunch" worse than the morphine habit. Oatmeal and white bread tend to build a large figure from different causes. Obesity in young women is usually attended by sterility, or the children have inferior vitality, have scrofula or marasmus. It tends to impairment of physical and mental powers, to growing fatwitted and repeating oneself. The causes are hereditary, or obesity grows out of luxurious habits, inactive life, and excesses in eating and other appetites. Such is the gist of a paper read by an experienced doctor before the new State Medical society, whose opinions are bound to have weight. The great preventives of obesity are a stirring life and care to prevent the least obstruction of the functions. To cure it requires a chapter by itself.

Deformities have their train of disabilities, which go deeper than the displeasure to the sight. People with bowed spine or stoop shoulders die often of phthisis and die young, those with more pronounced curvature die of heart fatigue ordinarily. A straight, erect figure is a policy of life insurance against heart and lung disease generally.

The complexion is the finest indicator of health, and there is significance in the opinion that no woman can be unnattractive with bright eyes and a good skin, two things in the power of almost anyone to have. The blue tinge of lips, nose, and under the eyes, habitually or upon exertion, like running to the cars, long pedaling of a tricycle, or after a sudden start, is sign of something wrong with the heart. This should be warning, but, if taken seriously, need not alarm, for the very care induced will very likely give the diseased heart time to outgrow its weakness in a few years. Lawn-tennis is risky for anyone with a tendency to blue lips or a contracted chest. People tax themselves much harder in their games than they do at work, and much mischief results. The positions of tennis, with lifted arms, strains the organs of the chest far more severely than croquet.

Blushing is beautiful, but flushing is the dread of every woman of taste, and justly. It signals as much cerebral danger as it makes discord among any colors one can wear. By the way, silvery sea-green, not blue-green, or blue-white with almond flowers or almond-pink roses tone a complexion given to flush, and may be recommended for evening or dinner dresses. By flushing one does not understand a winy, rubicund, or Queen Anne color, which should put one in the physician's hands at once. The blush unbecoming is proof of mental overwork, gastric trouble, most likely from malaria, or is apoplectic from obstruction of different functions. Girls are very apt to come from boarding school with a habit of flushing which sets in afternoons as regularly as the sea breeze. The readiest remedy, not a pleasant one I allow, is chewing Turkey rhubarb, which comes in small cubes for the purpose. An old, experienced doctor gave a lady one of those prescriptions which doctors only give to friends, and not for fee—to make dandelion greens a standing dinner dish as long as they lasted, the fresh herb he said having more potent quality than the extract. Taken cold, with mayonnaise dressing or fresh with hard boiled eggs and French vinegar, dandelions are no bad salad course, and are sovereign for clearing the head and complexion, acting as a general regulator. We might very well have cosmetic salads, as they all relieve the tendency to flushed faces. Besides all means to insure an open condition of the system, the skin must be kept clean, probably in this case requiring hot water and soap sponge bath every day, followed by rubbing, preferably with the silk crash towels which look like coarse tow, and get up a good electric condition. Rubbing all over will take the place of bath when the latter is not convenient, especially if one is in a perspiration to begin. With flushed face, it is best to wear silk next to the skin. Hand-knit jerseys are easy, plain bnitting, and last so many years that they really are the cheapest of wear.

Redness of the skin denotes humor in the blood, and the sight is like the black death itself to those who know its course. Twenty years ago a young bride was her husband's pride for the beauty of her soft complexion and heavy dark curls. Ten years later, the damask cheeks were a deep crimson blotch with chronic erysipelas which no sulphur spring or course of medicine for a long time could improve. Life was given up to the search for health, the disfigurement causing her to shun society except a few valued friends. They went abroad for years, and finally Turkish baths began relief, but she could not bear the climate, and came home

alone, her husband being in official business. What heroic remedies she tried, I do not know, but the disorder left her face, to become malignant inward disease. Her husband was called for, and came to find her past the crisis, buoyant, hopeful, and the two wedded lovers spent a joyous evening on his arrival, planning future travel. The next morning she was dead, "beautiful as on her marriage morn." These wayward humors strike too deep, vitiating the blood which is our life, to be too boldly attacked. Rather the long, careful process, renovating every detail of existence, air, food, and rest. before essaying powerful medication. Those whose means allow should seek at once the hot springs of the Pacific slope, for the pure soft air no less than the waters, taking long, warm soaking baths, which wash away the outer scales and medicate the new skin. German doctors of distinction keep their patients in the warm bath up to the chin for hours, and sometimes days, to effect a cure. Wool is too irritating to be worn next the skin in such cases. Cotton or linen as most agreeable should be worn and frequently changed. The improvement which fresh underclothing three times a week or oftener will produce in a poor complexion is truly marvelous, till we consider that warm, moist fabric charged with ten or twelve ounces of waste matter daily can not be a wholesome application next an unhealthy skin. The luxury of cooling lotions is appropriate to a skin red with humor, and chief of these is cucumber juice, passed from half-ripe cucumbers, fully grown, strained, scalded, and cooled before using. Lettuce juice or lettuce leaves, bruised and bound on the cheeks an hour are very smoothing and refining. By the way, women ought to be lettuce lovers, for this salad not only purifies the blood and cools the color, but steadies the nerves, and ought to be taken at night to insure sound sleep. It is a better, safer nervine than opium or chloral, taking for this purpose the older, darker leaves. One notable cosmetic and regulating dose which dates far back as the good Queen Mary of Orange, is the juice of sugar beets, boiled, peeled, sliced, and set before the fire to draw the rich sirupy juice out. This in tablespoon doses, once an hour, with as much acid wine, lemon juice, or port wine as agreeable, is said to be the material for making pure blood, next to fresh grape juice. Of course anything that makes new, rich blood is a fine tonic also, and plenty of fresh beets in salad will add plumpness to the scrawniest form, provided the beets are boiled tender, and slowly eaten. Thick beet juice with a few drops of lemon juice is a nice application for the cheeks, to soften them and freshen their color. This and the vegetable lotions generally are allowed to dry on the face, as long as may be, before washing off.

Sallow complexions often need only the sun to bleach them and brighten their roses. The sallowness of women past youth usually calls for this prescription more than anything. The sallowness of young, unmarried women often comes of torpid liver, and is treated by outdoor work, and a free use of lemons, acid fruit, and dandelion extract. The ashen-sallow face with glassy eyes and blue shades under them is nature's admission of excess, and demands immediate, thorough rest, a simple, unexciting life, with the interest drawn off to art, the study of nature, society, travel, or the woman is a sacrifice, a broken down toy speedily. Women cast their roses, their life, their charms which make life so dear, too recklessly into the crucible of marriage and love. To every pair of lovers the command should be spoken warningly, and to women more than all, "Thou shalt have no other gods but me." If a woman become the idol of a man's idolatry, and returning that worship as women do with a warmth of affection which exceeds passion as sunshine surpasses furnace fires, can but recall that there is something in nature higher, kinder, tenderer, more worthy of her soul than the one man she may love better than all other men, she would find the talisman to keep that wayward thing, man's love. Here is the mystery and art of love, in giving generously, to withhold. The best women know this by instinct, and after forty their faces are fair with the summer of love. The face of the Princess Alexandra taken at her silver wedding is a revelation to most women what one of their number can look like after twenty-five years of marriage, not entirely of an ideal sort. The regained health, the undimmed beauty, the gentleness, gladness, and pride make her portrait more gloriously lovely than the girlish face of seventeen. It is the face of a perfectly lovely and lovable woman—rarer than absolute beauty in perfection. I saw a face on the street yesterday, a matron with gray hair, yet so gay, so arch, so full of free affection that my feet almost went after her in spite of me. There were not wanting the little lines of lessons learned, but she had been wise enough to care for herself, and have an individuality of her own, with all the sunny affection that made her face a very art of love.

It is cruel that from beginning to end, a woman's part in love so often is one of self-destruction. It begins with the lovemaking, when the youth, fascinated with a novel interest more potent than bicycle or business, outstays the moon in that long, lingering talk which is so sweet, but which breaks up her beauty sleep when she needs it most. For love is an upsetting thing to young nerves, and sending a girl off with feet cold and hands trembling, and heart throbbing at mention of a name or sound of a voice is *not* conducive to good circulation and sound rest by day or night. The dreams, the uncertainties, the drain of feeling all tax her nervous system, till few persons can realize the strain of mind and nerve in which a highly-wrought girl can live, weeks, months, and years. Then the introductions to the new relatives, the preparations for the wedding all tell rather hardly on the average girl, who takes more or less of her own responsibilities beforehand, American girl fashion. All this courting time *he* has been coming two, three, five nights a week, on his idiiotic adoration trips. The girl would be glad to be spared so much of his presence, but she hardly knows how to tell him so, and isn't aware that six months or so of such courtship is excellent preparation for a stupid honeymoon. Married, a man can't realize that his wife is not just as able as his fellows of the club to sit up till any hour of morning, keeping up bright conversation, or playing whist, eating supper at 1 a. m. I know one devoted husband who brought his pretty wife home a box of crabs from a restaurant and was highly gratified to wake her up and see her eat them, sitting up in hed in her embroidered night-dress. His sister-in-law told the story at the boarding-house lunch table next day, and added that the doctor came for a case of cramp before daylight. Crab salad and chowder at midnight are not a bit worse than keeping a delicate young woman about for company, till her eyes shut and her sentences wander for very sleepiness. Oh, the pretty, languid-eyed women I have heard say, "If I only didn't have to go out tonight to please Tom" or Jack. Or it is, "The hardest work I have to do is to be amusing all the evening to Arthur, and keep lively talk when I'm so tired with calls, or housekeeping, or baby that I don't know what I'm saying, and if I don't make his home cheerful and keep bright he'll go off to his club, or where he can find company." And a few years after I hear that woman is utterly broken down, very likely a case of insanity. It isn't any fancy work I'm putting in here. I've seen too much of life to have any use for that. But these are some of the little, useless ways in which lover-husbands are cruel to their wives. And then they come and lament and wonder why Irene has gone off so, and doesn't take any more interest in her music as she used.

What fools these mortals be!

SHIRLEY DARE.

BOSTON, May 19.—[Special.]—Beginning young enough, any girl can be turned off passably pretty at 17. The Persian women are clever at developing the growing beauty of girls from 10 to 14, feeding them for plumpness, bathing their faces with lotions and pastes which leave the skin like velvet, and fumigating their persons over braziers of burning aromatics till the scent is absorbed by the freely-opening pores, and the flesh is perfumed for days. The doctors at the city hospitals treat malformed infants almost at birth, or they defame each other. I recall one hospital physician saying he was about to operate on a baby whose eyes were not wide enough for vision by cutting the lids at the outer corner, a harmless performance, which some older babies would willingly undergo for the sake of "large almond eyes." The treatment, however, is not mentioned for imitation. I hope the young house doctor was maligning the practice of a neighboring institution of national repute where he said tending doctors broke the distorted limbs of new babies to reset them properly, preventing deformities for life. It seems a cruel kindness, if it is possible. So malleable is nature, however, that few distortions can not be remedied if taken during the first seven years of life, when the edge of pain is quickly turned, and dreary impositions of treatment are easily divested. One should visit orthopedic hospitals to know what wonderful cures are made of rickety and deformed children up to their teens, till there seems hardly excuse for malformation. Such blemishes as cross eyes, a wry nose or flat nose, crooked shoulders or wens are unnecessary in the present state of surgery, which does not by any means imply painful methods. Many defects yield simply to good conditions and food. It is nature's instinct to outgrow faults, and she shows her gratitude for the slightest help.

Dr. Diet, Dr. Quiet, and Dr. Merryman among them bring up Miss Prettyman. But these medical gentry have a way of walking across the toes of many respectable and well-descended opinions.

Bread and milk have been the food of infancy so long it is like speaking against the pulpit cushions to object to them. But bread and milk or porridge and milk after a child is 4 years old should not form the staple food that it does in many strictly kept nurseries. This diet makes plump, fair, stout children, but it also makes stupid ones. It always seems as if girls brought up on this conventional diet had curds for brains. Nervous girls dislike it, for they need essence of meats to supply their craving nerve fluids. Milk, too, is so susceptible of taint, and so ready for carrying disease that in ordinary conditions it must be a relief to know how excellent broths take it place. Well-seasoned broth of beef, mutton, or fowl, thickened with fine oatmeal or cracked wheat, cerealine or farina, or finely cut vegetables is an ideal food for children and girls, who are also the better for lean fresh meats boiled or broiled once a day. People may talk vegeterianism till they are gray over it, experience and close observation teach the benefit of a mixed diet for obtaining a high quality of brain and endurance. Pulse and water might do for Daniel and his mates in the hot Assyrian capital, leading an easy, studious existence, but we do not read that it was more than the philosophic freak of their sophomoric years, like the voluntary asceticisms a few hard-thinking youths indulge in nowadays. The Hindoos, who are quoted as living on a handful of rice, really eat kettlesful of it daily and pints of melted butter, enough to turn the nerves of a European. The Italians, fed on polenta and macaroni, must live on meat for months on coming to this country before they can compete with the stevedores of New York in handling cargoes. The much quoted Arab who crosses the desert on a few handfuls of corn and dates, eats a whole kid if he can get it, after his journey, on the principle of feeding up for work during leisure. But neither Arabs, Hindoos, nor Italians are so much to our purpose as the effect of diet on Anglo-Saxon girls of our own climate, who invariably show defective nerve and want of keen brains unless nourished with juices and fibre of meats. Vegetarians, almost without exception, are weak in the reasoning powers, not given to wit or humor, and hardly capable for the strain of life. It is a little curious that Dr. Anna Kingsford, who wrote eloquently for a vegetarian diet for women, died early of consumption, which undoubtedly might have been delayed by a more generous fare. Give young people a pleasing variety, the freshest that can be had, of meats and vegetables or fruits, with bread from whole wheat flour—no other kind being allowed, and teach them how to eat, as well. There will be no no doubt as to the suitability of their food.

Boarding schools for both girls and boys do great harm to young constitutions by monotonous, insipid fare. The sedentary life, when two hours' exercise to six or eight hours' study exactly reverses the right proportions for most girls and many boys, is fed on corned-beef dinners with rice or cornmeal as a vegetable, codfish breakfasts and suppers of hot biscuit, cookies and cheese. The teacher in a favorite boarding-school, praising the delightful biscuit which were a staple for tea, used to laugh over the girl who ate by count six biscuit one evening, and had a severe bilious attack before daylight. The laugh was on the wrong side. Authorities who undertake the training of young women ought to be wise enough to know that when a girl can eat six biscuit at a meal she needs different usage from that she receives. The craving and faintness felt by growing girls, especially nervous ones with quick, large brains, is a sign that nature is taxed to its utmost to keep up with study or intense thought, and at the same time perfect physical development. Girls of a sensitive temperament are studying their busiest just at an age when they should be living an easy, active life, learning to grow flowers and embroider them, to sing, to draw, to dance, to converse, how to keep house, and having a good time till they are 20, when they can take up the serious studies in earnest if they choose. The instinct of girls to have a good time in spite of everything is their salvation from the entire nervous wreck which school systems propose for them. Having a good time does not imply being out at parties or prayer-meetings five nights a week. Neither dissipation nor close study nor intense occupation of any kind is tolerable for girls under 18 if they are to know health or good looks after they are 20. The poor, little, nervous, snappish wretches one sees at 12 and 13 years, carrying on nine studies at once, are pitiable signs of the folly of parents and teachers. A girl can learn and retain more in three hours' study a day than she can in seven, and the mind receives better training by taking up few studies at a time and fastening on them than by the modern public-school method of skipping about topics, hardly two days on the same study in a week. The effect is simply to destroy the power of concentration and the system of study is enough to wreck the brain of an Agassiz.

"All nonsense," one lady-like, punctilious mother said of a puny victim of 12 years who was kept out of school by doctor's orders, after taking honors in nine classes. "Study doesn't hurt girls if society lets them alone. Lucile has been taking the hardest kind of course for four years, and she isn't any the worse."

The course at a city normal school takes nine hours of hard study daily, and Lucile showed its effect in a cheek which was at 19 beginning to lose its peachy bloom and round outline, while the dark line under her eyes ought to have startled her devoted mother into taking

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her out, graduation or no graduation, at once. Manners were not on the list at the —— normal, and her conversation was bread and buttery enough for the nursery.

"How do you like your teacher?" was the stock question by a friend.

"Oh, I like her so-ome," was the ungraceful reply. "I ain't so fond of her 's I am of 'nother one. She ain't half so interesting, somehow."

A French mother would be mortified at such an ill-expressed answer, which, simple as its idea, her daughter would know how to turn with grace and humor. No wonder conversation is one or the rarest arts, if this specimen is all that a four years' course can do for our coming teachers.

It is more important to train girls to use the tooth brush five times a day, at night and morning, and after each meal, to give them crusty bread that they may learn to eat slowly and thoroughly, to enforce the charcoal and safe dentifrices than to classify and dissect plants or insects for the microscope. The little indigestions from eating fast or from reading while they eat should be corrected by doses of liquid magnesia for acidity, or the citrate of magnesia for bilious or torpid conditions. Banish books and papers from the table at meal, unless to read out an item or two of interest to give zest to the general chat. Teach young folk to be entertaining at the table, and welcome joke and fun there and everywhere out of church. Check nothing but ill-nature, and let this relieve itself by a smart snappish fit, rather than suppressed peevishness for a day. There are sound medical reasons for this advice in allowing the nervous charge to pass off and a healthy reaction to take its place. It ought to be a great cause of gratitude to know that most of the ill-humor in the world is physical, and that it passes off with rest, if overtired, or by reaction from sudden shock or stirring up, when the nerves suffer from confinement. This is why children are so angelically better after an outbreak and smart slippering and why girls will get up after hysteric crying spells fresh as June roses after showers. Change of interest and place might prevent the naughtiness and the crying in both cases. We are meant to be happy, satisfied, and at ease, and nature rises up for her rights when the strain goes beyond safety.

Keep a girl from fretting by all means, right and fair to others, but since life is strewn with daily discipline, it is well for her health and good condition to feed herself under direction to which she is bound to submit. It is a mercy to our excitable girls to give their capricious wills the support of a kindly and certain control. It quiets the nerves, and helps them against themselves. The "beauty schools" which sent out some of the most finely-bred women of the last generation were Moravian schools with their early hours, uneventful, placid routine, their gentle, inevitable rule, their unobtrusive reality of religion, and thorough grounding in the best parts of a woman's education.

Whether a girl will have the gifts of comeliness, whether she will have a fine, smooth complexion, straight limbs, shapely figure, and good carriage, depends on her mother's care from infancy. Whether she is to be plump and short or tall, whether she is to be a gypsy or a creamy brunet, a freckled, thin-faced chit or a well-touched blonde is also measurably under control. Her "forbears" must be taken into consideration in training. If her family are stocky, not overtall, and she follows the type, train her for height and longer contour, by sending her to a dry, mountain region, if possible, and accustom her early to exercises for suppleness, letting her live out of doors, but not setting her to close work or hard tramps. She should dance, ride horseback or tricycle, or drive, eat venison, kid, game, and dry meats, with watery vegetables like radishes, turnips, cabbage salad, cucumbers and melons, hard graham crackers, and water or grape juice. She should sleep alone, in a very airy room, keeping the limbs straight, not going to sleep curled up with the knees half way to her chin. Fully exercises, swinging by the hands, long, smooth strokings, and gentle, firm pulling of the limbs daily tend to length of limb and increase of stature if kept up year after year. The stroking with long, smooth sweeps and gentle pressure from neck down the length of the spine and from hip to heel nightly by the hand of mother or trusty nurse is one of the greatest encouragements to growth and symmetry a young thing can know. A sheet or shawl thrown round the body, open behind, with a clasp pin or two, allows the stroking with ease and entire modesty. Always rub downward, never up, to lengthen a limb.

When a girl grows plump, entering her teens, it is best not to meddle with nature rashly, as a reduction of fat in such a case has left epileptic seizures instead. The girl should leave school and take to music and quiet, steady work. It is a pity spinning is out of date. As a sedative exercise and for developing a fine hand and arm there is nothing to take its place. The beautiful Prudence, whose father held his manor by a king's favor, when asked in a silly way if she was not proud of her family possessions, made prompt answer, fit for a Greek girl: "No, I am not proud of our house or furniture or carriages or silverware or china, but I am proud of one thing—I know how to spin!" Sweet Mistress Prudence, send your taste and spirit again among our girls till they, like Helen of Troy and the wife of Odysseus, are seen by their own door in the sunshine spinning their purple thread.

To keep down flesh the salt water bath mornings, a handful of rock salt to a basin of water, is safe and strengthening to the system. Sassafras tea, without milk, may be taken, and cream of tartar, making a drink by pouring a pint of fresh boiling water on a tablespoonful of the tartar, letting it cool and flavoring with lemon, and a little sugar. A draught of this half an hour before meals is a notable purifier of the blood, and an occasional dose of epsom salts, jalop, seltzer aperient, or congress water may be taken, always with advice of a physician. To check abnormal craving for food, Dr. Napheys recommends chewing a grain or two of roast coffee. Jellies of Iceland moss without milk are excellent to supply appetite without making flesh, so are water cresses and tender radishes, and all these are among the best purifiers of the blood and preventives of consumption. Scrofulous and delicate girls should be brought up on these simple but potent relishes, together with carrots and parsnips, which last are the best food for quick and healthy plumpness. The richness of the milk of Alderney cows is due to long feeding on parsnips in the channel islands, and the finest, fairest children in some parts of Scotland use it as the daily food. A carrot poultice is admirable for softening the face, acting as a purifier by absorption, and mechanically as a moist application.

Thin, dyspeptic girls, or those with poor appetite, should be given twelve drops of acid phosphate in a small glass of water, three times a day, half an hour before meals, till they feel hungry, and then feed them on crusty brown bread and muffins, with change of the sweet succulent roots daily, beside fruit and meats, and you will be surprised how they will tone up.

The dose of phosphate is not to be exceeded, as a very little is better borne than sharp doses which are apt to produce rush of blood to the head.

Not so much worship is given a fair complexion as in the days when Dolly Madison's Quaker mother sent her to school every morning along country roads with a linen mask over her face, long linen mittens on her arms and a sunbonnet sewed tightly to the mask, so that the little 7-year-old could not take it off till it was ripped off. Was it worth the pains, even though her beauty won a president for a husband? As winsome a face presides at the white house now, but by its warm tint no such mask was ever worn or needed. It is more to the point to study a girl's diet and personal habits than to veil and shade her till her breath is half cut off. When a rosebud will eat eight warm cakes at a sitting, dullness of complexion must follow, though she lives indoors. But when her appetite is regulated, and she lives out of doors on beach and hilltop, the sun bleaches and brings out the vivid rose tint—provided always, that she eats brown bread, home made, goes to bed at half-past nine, bathes twice or thrice a week in cold weather, oftener in warm, and is out of doors three hours at least every day of her life when well enough.

Such are the cardinal rules for the training of a young peeress by her American mother. Common sense of this sort makes our "delicate American girls" possess an ideal beauty.

SHIRLEY D...

...& Syracuse ...

Loss of hair is not merely an injury to looks, it is a serious damage to the general comfort of the body. The locks are a necessary protection to the skull and scalp and assist in equalizing the temperature of the brain, blood, and entire system. Thin hair prepares the way for neuralgia of the head and face, especially with open bonnets and a windy climate. Neuralgia quickly induces grayness and affects the sight. Nature's penalties for neglect are various and interlinked. Thin-haired persons often have weak eyes, but seldom connect the two conditions. The hair ought to be thick on the forehead and waved or crisped enough to afford a slight shade to the eyes, without falling low, which interferes with the sight and gives an idiotic expression. The flat, well-brushed bands of hair in front, drawn strictly away from the parting are certain to cause thinning on the temples and at the parting. All flat and very smooth styles of hair-dressing injure its growth more or less, by drawing it closely to keep it in good order. Hair can not lie too easily or loosely for its own well-being and that of the nerves of the head. This matter of hair-dressing will have to be strictly inquired into in behalf of our nervous, highly sensitive women. Anything like pressure, heat, or strain about the head inflicts injury on the brain and the finest parts of the nervous system. The dragging of the hair by the roots in Spanish and Parisian-Chinese coiffures not only pulls it out in time, but irritates the nerves of the temples. When drawn up tightly behind, the glands of the neck have been known to swell in ugly fashion. Wrong hair-dressing aggravates spinal malady as truly as weighty skirts do. The Psyche knot, so pretty for the very few who know how to wear it, probably ruined the hair of Grecian women as it does our own, if twisted at all tight, and Psyche knot or

"massive coil" does immense mischief by heating the base of the brain and sensitive top of the spine. Women only notice the effect by the relief it is in headache, or when tired out, of "letting one's hair down." But those with any pronounced spinal ailment find the sensation of a knot of hair on the top of the head or at the back unbearable as the tournure of hair at the base of the spine. The pompadour coiffure is safe if open work rolls are used to support the front hair. The chatelaine braids suspended from the crown are bad whenever they drag or heat the back of the head. The high coiffure piled on the top of the head heats and presses on a very sensitive spot, which is one of the first to grow thin and bald.

These criticisms are not captious fault-finding, but the opinion of liberal doctors and hair-dressers who are artists as well as tradesmen. The verdict of artists and physicians alike is that the natural and safe way of wearing the hair is flowing naturally in waves, curls, or long hanging braids in the Russian fashion, by which the weight falls equally on all sides. Young girls should wear their hair free and curling, tied by a ribbon or light fillet, or in braids, as long as decorum will tolerate. Women should wear curls tied back in the pretty fashion of twenty years ago, or in the hanging braid at home, and abroad the braid looped in Cadogan style, or wound coronet wise around the head. With this easy, artistic, and natural style of head-dress a host of petty maladies would be relieved and half the headaches disappear. The inevitable result would be increased care of the hair, since no meager growth would be tolerable in such simplicity. As the nature of hair is to grow, under all possible conditions, and good with care, its average growth is from five to thirteen inches a year, it would be the work of two or three seasons only to provide most women with as handsome a chevelure as they would desire. For it is a matter of pride with the favored to show their hair down to the knee, and braids thick as an arm, or curls to the waist, but as a matter of fact and experience one would prefer some other woman to wear them. These magnificent, phenomenal heads of hair are immense unending trouble to dress, to care for and keep tolerable, even if one sits all day combing it like the Sutherland sisters, or lives like a mermaip "with a comb and a glass in her hand, her hand, her hand." I have had my own hair cut to the skull since womanhood, in sheer despair of caring for its thickness, and feel relieved that years have thinned away two-thirds of its weight. The prettiest naturally curling heads of hair in New York were a fatigue to their possessors when young ladyhood was once passed. There was no possibility of dressing them anyway but in these richly ruffled tresses, and a mamma, with crisped curls and a bonnet felt herself a solecism in society when every other woman was wearing braids. And the woman who let down their cloaks of hair to the floor before admiring friends have a life of toil to care for these exhibition tresses. You can't wear hair like that, flowing, to get stepped on, and the work of putting it up every day would reconcile any woman to frizettes and a pug in a week's time. No, a very good standard of hair is just long enough to wind round the head when braided and thick enough to look well hanging straight. Look at the hair of the woman in the picture of "The Russian Wedding," common enough by engravings, and you will see just as much wealth of tresses as ordinary life will tolerate.

"Why do women have such poor hair nowadays?" a very acute, observing man often asks. "When I was young the girls used to have hair they could sit down on, and so thick they hardly knew what to do with it. Now few women seem to have hair to cover their heads. The partings are broad and coarse, the hair thin on the temples and behind the ears, so it is unpleasant to look at the back of a woman's head and see the comb-marks left on the scant locks. The Spanish women and creoles have splendid hair. Why can't our northern women have it?"

The briefest answer is that southern women perspire. Tropic warmth produces free flowing of all the fluids of the body, free throwing off of all effete substance, and free nourishment of every gland and fiber. Consequently we find in tropic women finely-grained skins, continually removed, dissolved, and kept fresh by the delicate vapor which invests the body, and hair of marvelous length and thickness. Next to southern types, the finest complexions and tints of hair are found in Irish, Scotch, and German women working in the fields, where moist atmosphere, coarse food, and sunshine kindly do more for generous beauty than hard conditions can do against it.

The great knot of hair almost hiding the back of the round head of a newly arrived servant girl will continue to be the envy of her mistress, who adopts the modern theory that woman's role in the world ought to be purely an ornamental one. As soon as this mendacious flattery is accepted and lived up to it is remarkable to see how quickly she ceases to be ornamental and how, instead of fragrant breath there is foulness, instead of the trim girdle the swollen rent, instead of the well-set hair, baldness, and burning—that is, inflammation, for beauty. It is perfectly true that woman's maker and nature intended her to be lovely, as a blossom is fair and fragrant. It is equally true that if she devote her intelligent care to health and work with fervor and conscience, beauty will take care of itself.

But to answer my friend's question about the causes of poor hair, the first and great reason is that women do not keep their heads clean. Often they are too busy with housekeeping and children to give the hair the weekly shampooing and nightly brushing it needs. Still oftener they are too negligent or do not know that on strict cleanliness of the scalp depends their chances of having good hair at 35. Housework should be done with a muslin cap or towel folded to cover the hair to the roots. House dust, which is mainly dead animal matter thrown off by clothing and beds, is deadly to lungs and hair. Housemaid's consumption is generally due to breathing the dust and flue of ill-kept chambers, and the layer which collects at the roots of the hair kills it and causes the most of the falling out of which matrons complain before 40. When women comprehend the baleful influence of dust on the health, hair, and complexion, they will banish carpets, upholstering, and unwashing draperies at once and forever, as the great receptacles and absorbents of dust. When curtains and carpets or large mats are used the air constantly receives floating dust at each movement; not much, it is true, in carefully kept houses, but quite enough as it gathers on the scalp, week after week, to form with its natural oil and sweat a thin, malignant crust in which the root of the hair slowly decays and drops. As the most of women wash their heads not oftener than once in six weeks, the effect is best left indefinite. Scalp irritations are not unknown, causing months and years of trouble. But oftener the skin of the head, clogged and loaded with dead scales of matter, loses its functions and the hair drops out.

Doctors talk of innervation of the scalp, and atrophy, but it is not considered their place to say that the cause of innervation, eczema, and paralysis of the skin is want of needed cleanliness. Think what state the face would be in if it were washed only once in six weeks or longer; and imagine the condition of the scalp with its thousands of oil glands and its hairy growth to detain all the abounding dust. The wonder is not that people lose their hair, but that they have any to lose. The cause of much baldness and thinning of the hair is the choking of the bulbs by neglect. The next potent causes are dry, overheated air of rooms, which destroys the vitality of everything in reach, withers bloom, draws the skin into wrinkles, and dries the hair by the roots—and also nervous dyspepsia, which denies nutrition to the entire system, including the hair. Those causes, want of care, and cleanliness, dry heat and indigestion lie at the root of poor hair. Wearing hats or bonnets frequently, or long at a time, is an unsuspected cause of grayness and falling locks. Custom should be amended to allow woman to remove bonnets wherever possible—on long journeys, in heated concert-rooms, theaters, and public galleries. The "library headache," familiar to women who spend much time studying in public libraries in senseless habit with their bonnets on, is speedily destructive to the hair as well as the nerves. The unnecessary heat and pressure on the brain while reading is most mischievous. Women in class-rooms and reading-rooms should lay aside their head gear, if only for a half-hour. The harm done by going about hours and days with a bonnet on, shopping or visiting, is the cause, doubtless, of much falling of the hair which the owner is at a loss to account for.

But hair must be carefully cultivated to grow even in length, supple, silken, and graceful in color. Everything is encouraging for the improvement of hair, if time can be given it. The same treatment will not do for different kinds of hair, by any means—strong, stiff, naturally moist hair needs a weekly shampooing and daily and nightly brushing, with exposure to the morning and evening sun, which is a great stimulant to the hair. Thin, soft, dry hair needs tender care, but with either the first step toward improvement is through washing of the scalp and hair, which collects dust its entire length. To cleanse it the various alkalis, borax, ammonia, carbonate of potash, and washing soda are used, and the strong hair will bear them, but they burn the life out of thin, dry hair. Most hair washes are used entirely too strong. Soap bark is really better than anything I know, except the shampoo powder of "the fatal sisters" which leaves the hair luxurously silky, instead of flying like thistledown. Pour two quarts of boiling water on a teaspoonful of soap bark, let it cool till pleasant, comb the hair smoothly from the face, part it and scrub down the parting with the shampoo brush like an exaggerated tooth brush, wetting the skin well with the decoction. It lathers well, and the whole head should be gone over, making twenty or more partings, the hear rinsed in plenty of clear water, combed and wiped smoothly, not rubbing it ferociously, and tangling it, which breaks it. The Venetian ladies drew their hair through a crownless hat and let it stream over the brim to dry and you may follow the example, sitting in the sun if possible an hour. Light is a great stimulant and preservative to hair, and it is well to open it when dry and let the wind blow through. The sun will cause the natural oil of the hair to flow—or the head may be held to the fire till the dry hair feels moist. A smart brushing night and morning, careful braiding before sleep, and an hour spent once a month clipping all forked ends, will insure a rapid growth of hair, if the general health is good, without other treatment. If

you want a stimulant at night rub a little oil of lavender in the roots of the hair with the shampoo brush. Do not irritate the scalp by hard brushing. Regular care is better than overdoing.

Thin, fragile hair is best cleansed with the yelk of a fresh egg rubbed in the roots with the fingers, left on fifteen minutes and washed off in warm, soft water. The egg is nutritive as well as cleansing to the hair, and may be used twice a week, wiping the hair and drying it in the sun. Then comb and stroke the hair smooth with the palms of the hands, gently and briskly, fifty to a hundred times. This stroking is better than brushing daily. A gentle current of electricity applied to the scalp every other day is excellent for weak hair, and is the nearest to a specific for baldness, partial or entire. To keep hair from falling nothing is better than the old-fashioned tincture of sage and rosemary, which, as no northern garden grows rosemary, I leave the druggist to prepare. The wild white sage of the Rocky mountains has great virtue as a stimulant to the hair. These two pleasant herbs are worth all the rest of the pharmacopœia for the hair, lungs, and nerves. I have tried desperately to raise rosemary from seed, and wishing to acclimate these two plants I take this opportunity of saying that anyone sending good roots of either will receive a copy of these letters on their publication, with three times as much additional matter, in book form. One will deserve well of their countrywomen who can introduce these plants in American gardens, for since

Enone, perfumer to Olympus, brought cosmetics from the sacred heights of Thessaly, no kinder preservatives to the charms and freshness of her sex have been found.

To apply this or any other lotion to the hair the scalp must be clean and well brushed or rubbed with flannel till the skin is pink and stimulated to absorbent action. Then wet it in various partings with the lotion and wear a cap of thin flannel or oil silk to prevent hasty evaporation. The application should be made nightly about an hour before going to bed for convenience. Bald or thin patches should be rubbed with flannel or the hand till red, and a lint pad wet in the lotion bound over it with oil silk to get the full effects. Women out of health should be cautious of using the strong irritants for bringing out hair—the cantharides and croton-oil preparations which "bring out" the little hair that is left too often. Use only vegetable preparations for the hair. Animal fat, beef marrow, bear's oil, even when pure, etc., turn rancid and do more harm than good. There are few depilatories surer than rancid oil. Let one never despair of owning a good suit of hair or of curing baldness, no matter how lasting. The bulbs may shrink and disappear from sight, leaving baldness for years, and yet with improved health and patient treatment by electricity and aromatic lotions well brushed in the scalp revives and hair follows. The treatment for bringing out the hair is just as good to prevent grayness, which results from shrinkage at the root, by contraction of the vessels around it so that the pigment can not enter the colorless tube of the hair. This results from severe cold, which contracts and paralyzes the minute blood vessels, from grief and anxiety, or from deposits of lime in the vessels, which causes the grayness of age. Elderly persons will find lime juice and glycerine of great benefit as decomposing this chalky deposit. Take half a pint of lime juice or lemon juice, quarter of a pint of rosewater, rectified spirit two and one-half fluid ounces, added gradually and well stirred or shaken; after twenty-four hours strain through muslin and add two and one-half ounces of glycerine and half dram of lemon or cedrat and shake well. It should be milky, without sediment. To prevent the grayness of blonde hair, dress it nightly with yelk of egg beaten with a little glycerine, and wear a cap, washing the hair in the morning. The sulphur in the egg restores the color of the hair. A homely but effective application to keep dark hair in good color is the water in which potato parings are boiled. The comb should be wet in this and drawn through the hair. Castor oil is the best dressing for the hair, with the scent of hedge roses or lavender, but on using dressing the hair should be brushed smooth and well wiped with soft flannel to remove all excess from the surface. And the dressing should be applied an hour or two before doing up the hair to give a natural, glossy appearance.

SHIRLEY DARE.

BOSTON, Aug. 24.—To condense in one chapter what experimentalists have done in removing physical defects will seem to promise much. Yet the flaws which science can not remedy are few and grow fewer year by year. I doubt not that private schools will take it on themselves to attend to the eradication of physical imperfections, as well as mental ones; or else parents will supplement primary schooling with a course under a good orthopedic doctor for the cure of defects, which show themselves unmistakably about the eighth year. Allowing a child to grow up with bow legs, or projecting teeth, or ears standing out from the head is a cruel neglect which very likely will embitter his thoughts of his parents through life. Even a face pitted with smallpox may be smoothed and cleared by a somewhat tedious process. I would not be understood to describe any of the treatment necessary to secure beautiful qualities as simple or easy. Here, as in greater things, the old French proverb comes true. Fortune does not give her favors, she sells them. It is enough to know that improvement, perfection if you will, is possible. Many women are less than beautiful for want of time for personal cares. Such should fully stand exonerated from any obligation save that of cleanliness. How many are unattractive simply because they are too indifferent to take the effort required to improve let women answer.

"But what is one to do with the unfortunate natural gifts we have sometimes to wear, a set of projecting teeth, for instance, or tusky incisors, or a long, Scotch upper lip, or large ears that one almost expects to flop while looked at? What are you going to do with a melancholy presentment like that of George Eliot or Charlotte Bronte or Lady Burdett-Coutts?"

So queries a sprightly young woman of the sort whose tongue will always take attention from her face, let that be what it will. In candor, Charlotte Bronte, with her big, swelling forehead and unimpressive features, differs originally from the beautiful Princess Alexander only in dress and training of feature. Her Danish royal highness hides her tall forehead under clustering curls, and shows her talent in a perfect self-suppression and self contained state, which gains the credit of want of feeling. But what applauded talents could have carried her through her difficult part half so well? It would be worth while for any woman with a Bronte forehead to try friction and oil of nutmeg or mace well rubbed in to start the hair growing lower. The forehead should be well washed with borax and water, wiped and chafed with flannel till red and the oil spread on it, and left to be absorbed. Repeat this nightly for three months before you give up the hope of growing a fringe over a bald front. The druggist will mix the oil of mace with various aromatics, that its scent may not be overpowering. Repeated blisterings with kerosene or crude petroleum are said to bring the hair out in unlikely places, but should never be tried on delicate, irritable skins, for fear of deep inflammations. The scar of a burn is apt to have hair growing out of it, showing how the glands of the skin had been stimulated. The action of a burning glass on the forehead, left till the skin shows signs of heat, or the rays of the sun falling through glass directly on the top of the forehead are potent in bringing out hair. In taking the sun's rays the hair and face, all but the spot to be affected, should be wrapped in a linen towel to avoid sunburn and the heat borne ten or fifteen minutes each half-day or oftener. This may be used with stimulating aromatic oils, like oil of origanum, cajeput, mace, mustard oil, or camphorated castor oil. In all growing experiments a course of hypophosphite of soda is always recommended. The dose is five to ten grains taken in a little water after each meal. During its use, we are told, the hair even of consumptive persons grows again, soft and silky. It also brings out the beard in young men.

When the object is to prevent the growth of hair on a dwarfish brow the method may be borrowed from Jewish mothers, who bind flannel tightly across the roots of the front hair to give their children high foreheads. Or the ancient practice may be followed of binding linen with lead foil over it across the brow. This piece of sacred coquetry is said to be used by nuns to give the pale and thoughtful conventual brow.

Erect ears, like pitcher-handles, may be taught better manners by banding the hair over the upper part and wearing a close night-cap to sleep in. Sometimes a linen band is worn day and night around the head and ears for weeks to press the latter into place. The cartilage of the ear is susceptible of much training, and advantage is taken of this to mold the broad rim over a shell of metal covered with wax. The flap of the ear is shut between two such close-fitting molds and held by a bandage around the head, the result being a curled shape, which much improves it. Doctors profess to pare an offending ear into good shape, but the idea is too much for common nerves.

Near-sighted, small, or blinking eyes should have special treatment, the first care being never to expose them to trying light. Small bonnets and front light pouring into the face from window or lamp are responsible for the inferior, peering, uncertain eyes which abound. To enlarge the eye and to give it a noble steadiness of glance it must be rendered strong and the general health improved. Dyspepsia weakens the eyes, and good treatment for this is "liquid food" for six weeks, with coarse toasted crackers, meat broths, and grape juice or lemonade if it can be borne. The use of grapes, lemons, and, sub rosa, of garlic and onions, has great effect on the eye. Tuscan and Provencals, indeed all the southern nations, owe their smooth skins, rich hair, and large liquid eyes to their diet of fruits, light wine, olive oil, and the great regulating food, onions and tomatoes. Chilly surroundings contract the eyes with the rest of the flesh and injure expression. Weak eyes and disordered stomach or kidneys exist together, and these must be set right before the eyes are good. The cool douche across the loins and constant use of green parsley are the best remedies. A jet of weak salt water, a teaspoonful of salt to a half-pint of water, playing on the eyelid or spraying the closed eye with a vaporizer, strengthens and enlarges the eye. Holding the eyelids apart at the corners with thumb and finger will enlarge the size of the eye in time, being careful not to fret or inflame it. Outdoor work and use are indicated for everyone with small, inferior

looking eyes. Open air pursuits, not carried to extreme fatigue, will restore the balance of the system which shows its bent in contracted organs and limited force. Skillful manipulation and training will cure near sight or far sight to the point of doing without glasses. When books and papers are printed in pica type, as they should be, much worthless matter will be dispensed with, and poor sight will be almost unknown. True distilled rosewater is the best soothing lotion, and, next to that, dew off the grass.

It is no difficult thing for a dentist to press prominent teeth into place by rubber wedges and metal clamps without pain. The long upper lips which N. P. Willis derided so fatuously in a woman because it is a sign of such a sullen tenacity and coldness of nature, is more difficult to treat. But it accompanies a nose not so long as it should be, and the facial artist would remedy the lip by bringing the nose down. Do not deride or say impossible, for the thing is done. Dr. John Roe of Rochester, N. Y., is one of several physicians who refit noses and correct their deformities. The interior of the nose is deadened with cocaine, the lining or mucous membrane turned back and superfluous tissue cut away, and a splint or saddle fixed to the bridge to make it, while healing, the desired shape. When the large end of blunt noses becomes a deformity, he cuts them through with a thin-bladed knife and applies the saddle. In no case is the operation serious, there is no scar, and photographs show nothing to be desired after the operation. Long, prominent noses are of all others easiest to be taught their duty, as all they require is the splint without surgery. With a nose in proportion, the lips adjust themselves, and contract from necessity in most cases.

Looking at the portraits of her most vain and Christian majesty Queen Elizabeth, which appear on the great Armada anniversary, I could but think how possible it would have been to make those harsh lineaments less cruel a contrast to Mary Stuart. Placing the two pictures side by side the difference was not so great in feature, and Elizabeth had the piquancy of dark eyes with her auburn looks. She was famous for cosmetics and curious fashions, but her roleaus of hair and huge ruffs, her stomachers thick with jewels and gorgeous fans do not affect or attract one-tenth as much as the artistic queenly simplicities of her rival. Poor, haughty queen, whose uncared for girlhood was spent in working the horribly coarse Spanish work with black silk or white linen smocks which her discarded stepmother, Katherine, brought from Madrid. Elizabeth was only too glad to find her head allowed to remain on her shoulders to learn the refinements of coiffure, and her portraits are always dressed after the taste of her waiting maid. What could not modern taste have done for that barren visage, bringing the hair down half over the Shakesperian forehead, clipping the lashes till their thick shade softened the glance of those imperious eyes, teaching the thin lips the kindly smile which Victoria knows how to blend irresistibly with her queenliness. Those thin lips, repellant in any woman, may be made fuller by gently biting them inside, and pinching from the sides to the front between the fingers. There is little use in giving this suggestion, for your thin-lipped woman is the last one to be persuaded that she has an imperfection. Singing improves both lips and chest, no singers being known who have not full mouths and bosoms, even if thin at the beginning of their studies.

A good dentist in Elizabeth's case would have made more guineas than her tirewoman or the inventor of the starched ruff. Those dreadful "black teeth" of which the foreign ambassadors made fun and which must have made Essex lower his eyes in his warmest lovemaking, were unqueenly and unwomanly, and the virtues of charcoal in whitening the teeth and piano-keys were then unknown. And there was no one to teach the royal maiden to bring her ruffs close up about her slender throat, after the fashion Mary Stuart learned of the Guises, and which was doubtless one of the first points of dress agreed upon by the famous society which devoted itself to the arts of charming, of which the Medici women were honorary members. The main points for a woman to remember in making the impression of herself agreeable are to shade her forehead with her hair, leaving just two inches clear between the root of the nose and the lower waves—and to wear her dresses as high in the throat as possible, with a ruff if her face is thin and a collar or gauze fold in the present fashion or a row of beads on the edge of the officer's collar if cheeks are over full. Elizabeth might have had as many lovers as Mary Stuart had she known how to dress.

A letter just received begs to know how to relieve a most unpleasant affection, profuse perspiration of armpits, hands, or feet. This is a sign of weak action of the kidneys and liver, which extract of dandelion taken in half teaspoonful doses three times daily after meals will remedy in time, while there is no help for the trouble, promptly, but in daily warm soap and water baths, with pearlish or soda in the water, vigorous rubbing, daily change of clothes, constant airing of each dress or skirt as taken off, and washing the armpits night and morning with ammonia water, one tablespoon of ammonia to a quart of water. This will keep down the offensive clinging odor which is one of the most repulsive accidents of disease. Sweating of the hands is relieved by dusting with violet powder in which a teaspoonful of pulverized alum has been sifted, or the palms may be sponged with alum water, or lycopodium powder rubbed on. To save dresses, very soft fine sponge may be cut into slices, soaked in alum water, dried and filled with the alum-violet powder, to wear in the armpits, changing and washing them daily in ammonia water. The use of acid wine or lemonade daily aids to remedy this unhappy state of the system.

Another correspondent wishes to know what will secure sweet breath without tincture of any substance used in disinfection. Powdered charcoal, a teaspoon or a tablespoonful, as the state of the stomach requires, is to be taken before meals, and free purgatives if required, or plenty of fresh tomatoes, cucumbers, melons, and acid fruit to produce the same effect. Imperfect bread, pastry or cake in which lard is used, taint the breath worse than almost any other articles of diet. Chlorate of soda, or permanganate of potash very much diluted should be kept in close bottles for frequent gargles. The use of the tooth-brush five times daily, the first thing in the morning, the last at night, and after each meal with the imperative use of the gargle before going into society will insure wholesome breath. And here give a sigh to that unfortunate Spanish princess married to a king of most offensive breath, who at his death confessed she "supposed all men smell so," as the strict etiquette in which she was bred had never permitted any other man to approach to know whether he breathed or not.

Spinal defects, crooked or uneven shoulders, hip deformities, and bent legs are skillfully treated by an apparatus which combines chair, couch, and wheel-carriage. In this the person is supported by easily adjusted straps which relieve weak and painful limbs while exerting a constant traction upon the whole system if need be, gently drawing it into shape. The apparatus takes up less room than a bamboo lounging-chair, and one can lie, sit, move, or wheel oneself about in it with comfort. For stunted persons and deformed children this clever device promises the best means of development, relieving pressure, reducing curvature, and lengthening the limbs by a most amiable version of the inquisition rack, which in this case is a pleasure, not at all an instrument of torture. Women with crooked legs or low stature may consign themselves to a season in this rack with great benefit and make a vacation of it, for they can read, sew, write, and sleep in it, the suspension going on all the twenty-four hours.

Discolorations of the skin are best treated by vegetable purgatives or salines and the wet pack daily for weeks, but as this is powerful treatment I must insist on the advice of a doctor for everyone who tries it. Moles are best removed by tying a silk thread round them, tightening the ligature daily till the excrescence comes off. Such as will not yield to this process may be burned off with a burning-glass in the hands of a discreet surgeon. The pain is not unbearable, as the heat develops gradually, and in one spot only, and the process is generally more advisable than the knife. Mother-marks are removed by electricity sometimes, stimulating the vessels of the skin, or are pared away and new skin grafted on the place. "Port-wine stains" are removable, but the process belongs entirely to the physician. Aberenthy found that some forms yielded to the gentle, continuous pressure of a bandage wet with cold lotions. Spraying with an atomizer is useful in such cases, the spraying being kept up fifteen minutes at a time, as often as convenient. Painting the surface with iodine sometimes removes them. Croton oil ointment bound upon the naevus with strips of linen will bring on eruption, which carries the mark with it, leaving a small scar. This ointment or the ioduretted ointment is used to remove old pock-marks or pitting. "It is applied just strong enough to raise a very slight pustular eruption, at intervals extending over several weeks, at the convenience of the patient."

Cases of navi or mother—marks where veins seem to lie on the surface should never risk amateur treatment, as dangerous hemorrhages and often death have resulted. Their cure requires a skilled surgeon at every step of the way. The yellowish "liver-spots" which appear in certain states of health requiring dozing with taraxacum for the liver, daily use of lemons or lemonade, baths and frictions, with electricity applied to the liver as well as the spots themselves. There is no use in any woman submitting to such disfigurement if she has the care and patience to undergo treatment, which in this case is not at all risky.

SHIRLEY DARE.

How to Mix Paints for Tints.

Red and Black	makes	Brown
Lake and White	"	Rose
White and Brown	"	Chestnut
White, Blue and Lake	"	Purple
White and Carmine	"	Pink
Indigo and Lamp Black	"	Silver Gray
Purple and White	"	French White
White and Lamp Black	"	Lead Color
Black and Venetian Red	"	Chocolate
White and Green	"	Bright Green
Light Green and Black	"	Dark Green
White and Green	"	Pea Green
White and Emerald Green	"	Brilliant Green
Red and Yellow	"	Orange
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White, Blue, and Black	"	Pearl Gray
Umber, White, and Venetian Red	"	Drab
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Red, Blue, and Black	"	Olive
Yellow, White, and a little Venetian Red	"	Buff

Complexion Lotion:
2 oz pure glycerine

Turns will keep moths away.

GROWTH OF HAIR.

T., Newark, N. J., writes:
OCTOR: Please tell me how to improve
h of my hair. I am fourteen and my
topped growing. It is short and thin—
I will greatly appreciate an early re-

REPLY.

quarter's worth of liquid green soap in
tore. Pour some on the hand, and with
warm water in a basin, shampoo your
it thoroughly, mornings or at night.
air thoroughly and rub into the scalp
ng tonic:

re cantharides.....1 ounce
ine.....½ drachm
l .....3 ounces
water sufficient to make...8 ounces

1 oz. corn.
" tion of
2 " then dry
" ur out.
2 " ur and

There are numerous records proving that where refined foods are excessively used without offsetting foods in the diet, the heart becomes involved in from fifty to sixty days, and many records show that where offsetting foods are used to an extent sufficient to retard the progress of mineral starvation, the development of disease is delayed accordingly. The significance of these records is still further emphasized when it is considered that malnutrition is on the increase in the United States.

Thus as we grow in knowledge concerning the laws of nutrition, we are forced to conclude not as a theory, but as a fact, that the kind, quality, and quantity of food consumed by man does affect his health for good or evil and does affect every member of the human family. These facts demonstrate conclusively the folly of using foods which do not supply the needs of the body. The facts also demonstrate the necessity of accepting a beneficent Providence provided them for man's ing from the hands of a bthe foods just as he has proneeds, and refusing to use tmanipulated for commerare going to have food at ahave it as a wise Creator dit. We need all the natura

half white and half graham. Dissolve yeast and shortening in lukewarm liquid. Add molasses and salt, then gradually enough dough flour, after it has been warmed, to make a dough that can be handled. Knead thoroughly, being sure to keep the dough soft. Cover and place where it will be very warm for about twelve hours or more. When double in bulk, turn out on kneading board and mold into loaves. Place in well-greased pans, cover and set to rise again until double in size, bake in a slow oven for one hour.

Graham Muffins

Two cups flour, half white and half graham, one-half teaspoon cream tartar, one-half teaspoon saleratus, one teaspoon salt, two-thirds cup sugar. Sift all together, mix with one pint of sweet or sour cream. Bake in hot oven until a dark brown.

Beans Without Meat

One quart yellow-eyed beans boiled about one hour in saleratus water—one scant teaspoon to enough hot water to more than cover. Drain and add crisco about the size of a lemon, one good-sized onion cut up, one teaspoon ground mustard, salt and pepper to taste, two tablespoons molasses. Cook all day and serve hot.

, making plenty of suds and throw into couple handfuls of bran. Throw the bran before giving the feet a vigorous rub. This tes the circulation, brings the blood down to et, removes the fatigue and gives a most me feeling of rest. You may then rinse them or cold water, according to individual temit. But do not use either hot or cold if it's h of a shock to your system.

and erect, head and neck straight, rise on the tips of the toes, return to the heels, putting all the weight on the heels with the body tilting backward and the toes up in the air. Repeat ten times the first day and then when you get used to the exercises, take a longer time in rising on both heels and toes. Your feet will be worth a whole lot more to you in a short while than they are now, if you follow this procedure.

looking eyes. Open air pursuits, not carried to extreme fatigue, will restore the balance of the system which shows its bent in contracted organs and limited force. Skillful manipulation and training will cure near sight or far sight to the point of doing without glasses. When books and papers are printed in pica type, as they should be, much worthless matter will be dispensed with, and poor sight will be almost unknown. True distilled rosewater is the best soothing lotion, and, next to that, dew off the grass.

It is no difficult thing for a dentist to press prominent teeth into place by rubber wedges and metal clamps without pain. The long upper lips which N. P. Willis derided so aptly in a woman because it is a sign of such a sullen tenacity and coldness of nature, is more difficult to treat. But it accompanies a nose not so long as it should be, and the facial artist would remedy the lip by bringing the nose down. Do not deride or say impossible, for the thing is done. Dr. John Roe of Rochester, N. Y., is one of several physicians who refit noses and correct their deformities. The interior of the nose is deadened with cocaine, the lining or mucous membrane turned back and superfluous tissue cut away, and a splint or saddle fixed to the bridge to make it, while healing, the desired shape. When the large end of blunt noses becomes a deformity, he cuts them through with a thin-bladed knife and applies the saddle. In no case is the operation serious, there is no scar, and photographs show nothing to be desired after the operation. Long, prominent noses are of all others easiest to be taught their duty, as all they require is the splint without surgery. With a nose in proportion, the lips adjust themselves, and contract from necessity in most cases.

Looking at the portraits of her most vain and Christian majesty Queen Elizabeth, which appear on the great Armada anniversary, I could but think how possible it would have been to make those harsh lineaments less cruel a contrast to Mary Stuart. Placing the two pictures side by side the difference was not so great in feature, and Elizabeth had the piquancy of dark eyes with her auburn looks. She was famous for cosmetics and curious fashions, but her roleaus of hair and huge ruffs, her stomachers thick with jewels and gorgeous fans do not affect or attract one-tenth as much as the artistic queenly simplicities of her rival. Poor, haughty queen, whose uncared for girlhood was spent in working the horribly coarse Spanish work with black silk or white linen smocks which her discarded stepmother, Katherine, brought from Madrid. Elizabeth was only too glad to find her head allowed to remain on her shoulders to learn the refinements of coiffure, and her portraits are always dressed after the taste of her waiting maid. What could not modern taste have done for that barren visage, bringing the hair down half over the Shakesperian forehead, clipping the lashes till their thick shade softened the glance of those imperious eyes, teaching the thin lips the kindly smile which Victoria knows how to blend irresistibly with her queenliness. Those thin lips, repellant in any woman, may be made fuller by gently biting them inside, and pinching from the sides to the front between the fingers. There is little use in giving this suggestion, for your thin-lipped woman is the last one to be persuaded that she has an imperfection. Singing improves both lips and chest, no singers being known who have not full mouths and bosoms, even if thin at the beginning of their studies.

A good dentist in Elizabeth's case would have made more guineas than her tirewoman or the inventor of the starched ruff. Those dreadful "black teeth" of which the foreign ambassadors made fun and which must have made Essex lower his eyes in his warmest lovemaking, were unqueenly and unwomanly, and the virtues of charcoal in whitening the teeth and piano-keys were then unknown. And there was no one to teach the royal maiden to bring her ruffs close up about her slender throat, after the fashion Mary Stuart learned of the Guises, and which was doubtless one of the first points of dress agreed upon by the famous society which devoted itself to the arts of charming, of which the Medici women were honorary members. The main points for a woman to remember in making the impression of herself agreeable are to shade her forehead with her hair, leaving just two inches clear between the root of the nose and the lower waves—and to wear her dresses as high in the throat as possible, with a ruff if her face is thin and a collar or gauze fold in the present fashion or a row of beads on the edge of the officer's collar if cheeks are over full. Elizabeth might have had as many lovers as Mary Stuart had she known how to dress.

A letter just received begs to know how to relieve a most unpleasant affection, profuse perspiration of armpits, hands, or feet. This is a sign of weak action of the kidneys and liver, which extract of dandelion taken in half teaspoonful doses three times daily after meals will remedy in time, while there is no help for the trouble, promptly, but in daily warm soap and water baths, with pearlish or soda in the water, vigorous rubbing, daily change of clothes, constant airing of each dress or skirt as taken off, and washing the armpits night and morning with ammonia water, one tablespoon of ammonia to a quart of water. This will keep down the offensive clinging odor which is one of the most repulsive accidents of disease. Sweating of the hands is relieved by dusting with violet powder in which a teaspoonful of pulverized alum has been sifted, or the palms may be sponged with alum water, or lycopodium powder rubbed on. To save dresses, very soft fine sponge may be cut into slices, soaked in alum water, dried and filled with the alum-violet powder, to wear in the armpits, changing and washing them daily in ammonia water. The use of acid wine or lemonade daily aids to remedy this unhappy state of the system.

Another correspondent wishes to know what will secure sweet breath without tincture of any substance used in disinfection. Powdered charcoal, a teaspoon or a tablespoonful, as the state of the stomach requires, is to be taken before meals, and free purgatives if required, or plenty of fresh tomatoes, cucumbers, melons, and acid fruit to produce the same effect. Imperfect bread, pastry or cake in which lard is used, taint the breath worse than almost any other articles of diet. Chlorate of soda, or permanganate of potash very much diluted should be kept in close bottles for frequent gargles. The use of the tooth-brush five times daily, the first thing in the morning, the last at night, and after each meal with the imperative use of the gargle before going into society will insure wholesome breath. And here give a sigh to that unfortunate Spanish princess married to a king of most offensive breath, who at his death confessed she "supposed all men smell so," as the strict etiquette in which she was bred had never permitted any other man to approach to know whether he breathed or not.

Spinal defects, crooked or uneven shoulders, hip deformities, and bent legs are skillfully treated by an apparatus which combines chair, couch, and wheel-carriage. In this the person is supported by easily adjusted straps which relieve weak and painful limbs while exerting a constant traction upon the whole system if need be, gently drawing it into shape. The apparatus takes up less room than a bamboo lounging-chair, and one can lie, sit, move, or wheel oneself about in it with comfort. For stunted persons and deformed children this clever device promises the best means of development, relieving pressure, reducing curvature, and lengthening the limbs by a most amiable version of the inquisition rack, which in this case is a pleasure, not at all an instrument of torture. Women with crooked legs or low stature may consign themselves to a season in this rack with great benefit and make a vacation of it, for they can read, sew, write, and sleep in it, the suspension going on all the twenty-four hours.

Discolorations of the skin are best treated by vegetable purgatives or salines and the wet pack daily for weeks, but as this is powerful treatment I must insist on the advice of a doctor for everyone who tries it. Moles are best removed by tying a silk thread round them, tightening the ligature daily till the excrescence comes off. Such as will not yield to this process may be burned off with a burning-glass in the hands of a discreet surgeon. The pain is not unbearable, as the heat develops gradually, and in one spot only, and the process is generally more advisable than the knife. Mother-marks are removed by electricity sometimes, stimulating the vessels of the skin, or are pared away and new skin grafted on the place. "Port-wine stains" are removable, but the process belongs entirely to the physician. Aberenthy found that some forms yielded to the gentle, continuous pressure of a bandage wet with cold lotions. Spraying with an atomizer is useful in such cases, the spraying being kept up fifteen minutes at a time, as often as convenient. Painting the surface with iodine sometimes removes them. Croton oil ointment bound upon the naevus with strips of linen will bring on eruption, which carries the mark with it, leaving a small scar. This ointment or the ioduretted ointment is used to remove old pock-marks or pitting. "It is applied just strong enough to raise a very slight pustular eruption, at intervals extending over several weeks, at the convenience of the patient."

Cases of navi or mother—marks where veins seem to lie on the surface should never risk amateur treatment, as dangerous hemorrhages and often death have resulted. Their cure requires a skilled surgeon at every step of the way. The yellowish "liver-spots" which appear in certain states of health requiring dozing with taraxacum for the liver, daily use of lemons or lemonade, baths and frictions, with electricity applied to the liver as well as the spots themselves. There is no use in any woman submitting to such disfigurement if she has the care and patience to undergo treatment, which in this case is not at all risky.

SHIRLEY DARE.

How to Mix Paints for Tints.

Red and Black	makes	Brown
Lake and White	"	Rose
White and Brown	"	Chestnut
White, Blue and Lake	"	Purple
White and Carmine	"	Pink
Indigo and Lamp Black	"	Silver Gray
Purple and White	"	French White
White and Lamp Black	"	Lead Color
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HOUSEWIFERY AND HYGIENE

Foods that Nourish

By Mrs. Andrew J. Holmes

ANYTHING that will safeguard the health from the ravages of disease should be sought and used with all diligence. Health and strength is a precious possession that all should desire and seek to obtain, and having obtained it, they should use the spirit of a sound mind and so apply the laws of health in their daily living as to improve and increase their strength and vigor; for by so doing their efficiency is greater, no matter what their occupations may be. Any knowledge we may obtain on the subject should be used to that end.

The world is full of prematurely aged people, broken down, worn out, suffering from malnutrition, the result of the denaturing and emasculating of the foods which a wise Creator provides for the human family to live on. In the excessive use of refined foods men break down nature's defence against those great enemies of the human body, diabetes, tuberculosis, anaemia, pneumonia, and heart disease.

The great Creator designed that the diet of man and beast should contain not only the so-called essentials of protein, fat and carbohydrates, but also the salts and solubles, sometimes designated as vitamines, as well as the succulents and roughage, without all of which the glands do not function normally, the internal secretions lose their natural alkalinity, immunity to disease is destroyed, vitality is impaired, and resistance is lowered. "Deficiency disease" is a phrase used to describe many disorders due to an inadequate diet.

Take the case of a prospective mother: deficiency of diet undermines her state of health at a time when she is called upon to function more vitally than ever before, not only for herself but for her unborn child. Deficiency disease not only attacks the unborn child of the poorly nourished mother, but it attacks the mother herself. She is robbed of the ability to bring forth a healthy disease-resisting child, and is also robbed of her ability to keep her own tissues and her own internal secretions in a healthy condition. She attempts to perform two duties with but half the quantity and quality of material or food necessary to do one, the growth-promoting and growth-controlling attributes of the young are lost, and the mother bears her child under very unfavorable conditions. She enters the period of lactation wholly unable to comply with nature's provision for the child.

A wise Creator has provided a diet for the human race that will furnish the material for the regeneration of tissue, with all the biochemic substances indispensable to the profoundly complex but perfectly normal processes of assimilation and elimination.

In whole grains, such as wheat, corn, rye, unpolished or brown rice, the elements necessary for nourishing and maintaining a healthy condition of the body are found, especially in the wheat berry, in which there are sixteen elements identical with the elements of which the human body is composed. Pure milk contains the same elements. In skim milk all elements remain but the fat.

In the process of refining white flour eight of those elements are removed, robbing it of just half of the nourishing quality. Each element before refining is in the right proportion to work together in harmony with the others, but in the refining process some elements are concentrated and some are entirely lacking. The whole thing is a disarrangement from the condition provided by nature. The most vital parts of the grain are taken from the flour and used to feed animals, and the abnormal starch content is put on the market to feed the people.

Few people know that the phosphorus found in wheat, corn, rice, barley and oats, which is removed from the various grains in refining them, is essential to the very life and health of the human body. In refining flour all the phosphorus compounds, iron compounds, calcium compounds, potassium compounds, and all the other mineral salts which the human system requires to carry on the chemical processes of health-building are taken away.

Today, as never before, people are asked to live on impoverished foods; impoverished grain products, impoverished breakfast foods, impoverished table syrups, impoverished fat and milk substitutes, impoverished egg substitutes, impoverished sugar, corn starch, corn oil, corn

Turps will keep moths away.

syrup, potato oil, cottonseed oil, rice starch, cocoanut oil, tapioca starch, oleo oil, and wheat starch in the numerous forms in which they appear on the table of the average home.

Milk, until recently, and eggs, were the off-setting foods upon which people relied to make up for the deficiencies of white bread, white buns, white cookies, white biscuits, white pie crust, white doughnuts, soda crackers, deficient breakfast foods, etc., but now eggs have so increased in price that poor people are using as few as they can and the milk best it can to put milk out of the reach of the poor; and what will they use in place of these?

Next to tuberculosis, the most common complaint caused by refined foods is heart disease. Malnutrition is a direct cause of heart disease in its various forms. The heart is always enlarged following a deficient in iron, potassium, calcium, phosphorus and other mineral salts, colloids and vitamines, always found in such foods as wheat, corn, barley, buckwheat, oats, milk, fresh vegetables, greens, fruits, etc., before these elements are removed by the refining process they undergo.

The reason why the millers go in for white flour is because they have a virtual monopoly of the white flour machinery and because white flour will keep indefinitely. They know that when they take out the germ all chance of the flour becoming rancid is gone, but they also know that the removal of the germ makes the flour about as nutritious as so much plaster of paris. Flour that contains all the elements necessary for life and health will keep a considerable time, but not as long as the starvation diet, commonly known as white flour.

I append a few health food recipes which I commend to the consideration of some of these "millions now living who will never die". You can tell your correspondent, M. S., from Paso Robles, California, that there is nothing in *these* that will kill him.

Health Food Recipes

Graham Bread

One yeast cake, three cups lukewarm water, one teaspoon salt, two tablespoons nut butter or crisco, four tablespoons molasses, five cups flour,

looking eyes. Open air pursuits, not carried to extreme fatigue, will restore the balance of the system which shows its bent in contracted organs and limited force. Skillful manipulation and training will cure near sight or far sight to the point of doing without glasses. When books and papers are printed in pica type, as they should be, worthless matter will be dispensed with and poor sight will be almost unknown. True distilled rosewater is the best soothing lotion, and, next to that, dew off the grass.

It is no difficult thing for a dentist to put prominent teeth into place by rubber wedges and metal clamps without pain. The long upper lips which N. P. Willis derided so pitilessly in a woman because it is a sign of such a sullen tenacity and coldness of nature, is more difficult to treat. But it accompanies a nose not so long as it should be, and the facial artist would remedy the lip by bringing the nose down. Do not deride one as impossible, for the thing is done. Dr. Thomas Roe of Rochester, N. Y., is one of several physicians who refit noses and correct other deformities. The interior of the nose is deadened with cocaine, the lining or mucous membrane turned back and superfluous tissue cut away, and a splint or saddle attached to the bridge to make it, while healing, in the desired shape. When the large end of the nose becomes a deformity, he cuts the nose through with a thin-bladed knife and applies the saddle. In no case is the operation serious, there is no scar, and photographs show nothing to be done after the operation. Long, prominent noses are of all others easiest to be taught to do duty, as all they require is the splint without surgery. With a nose in proportion the lips adjust themselves, and contract from necessity in most cases.

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room than a bamboo lounging-chair, one can lie, sit, move, or wheel one about in it with comfort. For stunted sons and deformed children this clever vice promises the best means of development, relieving pressure, reducing curvature and lengthening the limbs by a most am

ciety will insure wholesome breath. And here give a sigh to that unfortunate Spanish princess married to a king of most offensive breath, who at his death confessed she "supposed all men smell so," as the strict etiquette in which she was bred had never permitted any other man to approach to know whether he breathed or not.

Spinal defects, crooked or uneven shoulders, hip deformities, and bent legs are skillfully treated by an apparatus which combines chair, couch, and wheel-carriage. In this the person is supported by easily adjusted straps which relieve weak and painful limbs while exerting a constant traction upon the whole system if need be, gently drawing it into shape. The apparatus takes up less

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White, Yellow, and Venetian Red	"	... .
Red, Blue, and Black	"	.. .. ..
Yellow, White, and a little Venetian Red	"	.. .. ..

Complexion Lotion:

2 oz pure glycerine
1 " rose water
½ " alcohol
¼ " Burgamot-
2 " olive oil.

GROWTH OF HAIR.

MISS M. T., Newark, N. J., writes:

DEAR DOCTOR: Please tell me how to improve the growth of my hair. I am fourteen and my hair has stopped growing. It is short and thin—very short. I will greatly appreciate an early reply.

REPLY.

Get a quarter's worth of liquid green soap in the drug store. Pour some on the hand, and with the aid of warm water in a basin, shampoo your scalp with it thoroughly, mornings or at night. Dry the hair thoroughly and rub into the scalp the following tonic:

Tincture cantharides.....1 ounce
Resorcine.....½ drachm
Alcohol .....3 ounces
Rose water sufficient to make...8 ounces

For pimples

Bathe face in a lotion composed of a weak solution of boray & warm water, then dry & rub into the face an ointment of flour of sulphur and lard. Use at night.

Whitening Lotion

Tincture of camphor 1 oz.
" " Benzoin ½ "
Rose water 2 "

Take a foot bath with hot water, using pure soap of any kind, making plenty of suds and throw into this a couple handfuls of bran. Throw the bran in just before giving the feet a vigorous rub. This stimulates the circulation, brings the blood down to your feet, removes the fatigue and gives a most wholesome feeling of rest. You may then rinse them in hot or cold water, according to individual temperament. But do not use either hot or cold if it's too much of a shock to your system.

Stand erect, head and neck straight, rise on the tips of the toes, return to the heels, putting all the weight on the heels with the body tilting backward and the toes up in the air. Repeat ten times the first day and then when you get used to the exercises, take a longer time in rising on both heels and toes. Your feet will be worth a whole lot more to you in a short while than they are now, if you follow this procedure.

3 oz ground barley
1 " honey
Mix with the white of an egg to a paste which spread thinly on forehead, cheeks nose & just before going to bed place bits of linen over paste. In morning wash with sponge & hot water.

Use freely: Bay leaves, rose leaves, lavender, myrrh orris root violets, wall flowers; orange peel, sweet-brier benzoin, thyme, rosemary, rue, mint & sage.

Sponge Batter Pudding
cornish.

and remove from the fire. Add three level tablespoonfuls of butter, a quarter of a cupful of sugar, and the beaten yolks of three eggs, and let the pudding cool slightly. Beat the whites of the three eggs to a stiff froth, and add to the mixture. Carefully butter a pudding-dish holding about five pints, and pour the mixture into it. Set into a large pan and pour about hot water enough to come half-way up the sides of the dish. Bake in a quick oven for half an hour, and serve without delay.

MALAGA RAISINS STUFFED AND GLAZED.—Split some fine Malaga raisins in two without separating the parts; remove the seeds and stuff one-third with a half-inch ball of almond paste colored white, another third with the same paste colored pink, and the remaining third of almond paste with pistachios; all these pastes to be prepared with cooked sugar;

HOT ONIONS FOR PNEUMONIA

Hot onions, according to a French physician, are said to be a sure cure for pneumonia. The remedy is as follows: Take six or ten onions, according to size, and chop fine, put in a large pan over a fire, then add the same quantity of rye meal and vinegar enough to make a thick paste. In the meantime stir thoroughly, letting it simmer for five or ten minutes. Then put in a cotten bag large enough to cover the lungs and apply to chest as hot as the patient can bear. In about ten minutes apply another and thus continue repeating the poultice and in a few hours the patient will be out of danger. This simple remedy never failed to cure this too often fatal malady. Usually three or four applications will be sufficient.

LUXURIOUS DAINTIES.

The most expensive dish in the world consists of the fat legs of four small birds, rare and expensive, no bigger than juvenile pigeons, inclosed in a quail, which is placed in a teal, itself wrapped inside a capon. A goose, the fattest and tenderest obtainable, and a fine turkey also play important parts in the preparation of this dish, but the four small legs from the quail alone are served up, the other birds being employed to add their flavor to that of the four legs, in which duty they are assisted by liberal basting with rare wines.

The dish is said to be sufficiently delicious to soften the heart of the most callous epicure, but, of course, the greatest thing in its favor is its prohibitive cost. It is occasionally served in a certain London restaurant, and a single order costs about $50.

Peacocks' tongues form the basis of another fashionable dish, and, though they are sufficiently expensive for most people, it is really the things added to them and their treatment which make the dish large enough to be clearly visible to the naked eye,and such a dish would add anything from $15 to $30 to a dinner bill, according to what other delicacies were employed in "creating" the dish.

Turtle-fin soup is yet another choice course calculated to allure a man into the bankruptcy courts,though its cost is comparatively trifling, enough to cover the bottom of a soup plate being obtainable in many hotels for a mere bagatelle of $10, unless it has been elaborated, as it often is, when it occasionally runs to $20 per head on the bill. Bird's nest soup is not yet really appreciated by Westerners, despite the fact that it is even dearer than turtle.

Probably the most expensive soup to be had is that for which the talented—we were almost writing "inspired"—chef of a Paris restaurant is noted. Much mystery (as is usual with French dishes) exists as to what it is made of, but one of the chief constituents is woodcocks' legs, stewed very gently until the flesh falls off the bone. The resultant liquor is then allowed to cool, equal portions of two wines are added, and then it is ready to be prepared in all earnestness. It costs eighty francs every time.

The tasteful art of being a genius of a chef seems to exist to a great extent in getting the smallest portion of food out of the most costly bird or beast in such a way as to effect the greatest possible waste. A dish invented by a Paris chef in honor of a dinner given to an actress by some of her admirers consisted of the most delicate portions of thirty geese, ten turkeys and some woodcocks, prepared in a sauce obtained by stewing the tender meat of four sirloins of beef, and leaving only the turkey element to be served with the truffles. The cost of the course was $400, not because of what it consisted, but because of all that was wasted in its preparation.

It is on the cards that truffles will soon be as unfashionable as onions, since they can always be obtained for $5 a pound, and no chef has yet discovered any part of them so much better than the rest to excuse wasting half and doubling the price, though chefs nearly always have "waste" of any kind to do with as they please, should any exist.

Epicures of twenty years ago used to relish a nice woodcock, snipe or capon, but the modern epicure would not deign to eat more than the most delicate portions of any of those birds, and thus, while they are rarer than ever, more are required to make a dish, and so the cost leaps up. There is a small and infinitely delicate species of the sturgeon called the sterlet, which was very much favored a few years ago. Now, however, the higher epicures will only touch its roe as caviare at $10 a time.

Turps will keep moths away. Sprinkle little sachet pads with turpentine, and distribute them among clothes and soft furnishings in boxes and drawers where visits from moths are feared.

The labor of stirring milk may be obviated by putting a large clean marble into the pan. The marble will automatically do the stirring while the liquid cooks, and there will be no burning.

White chamois gloves should be gently squeezed and pressed (not rubbed) in a lather of warm soap flakes. Rinse in clean soapy water. Press fairly dry in a thick towel, pull gently into shape, and dry out of doors in the shade. Drying before a fire or in strong sunshine hardens the skin and rots it.

To Protect Ironing-Board Cover

The covers of folding ironing-boards which stand on end when not in use are frequently soiled where they have come into contact with the floor. To prevent this annoying trouble, cut two pieces of oilcloth a little larger than the end of the board; sew them together on three sides forming a pocket. When the ironing is finished, slip this cover over the end of the board, and you will have no more soiled covers.

To Launder Colored Fabrics

Do not soak unless badly soiled, and then for a short time only in cold water, containing a very little dissolved white soap and no soda.

A teaspoonful of Epsom salts added to each gallon of warm washing and rinsing water will prevent the most delicate colors fading or running. Vinegar will preserve or restore blue shades. Always dry colored clothes quickly and preferably in the shade.

To Wash Chintz Without Fading

Soak in warm rice water, or bran water. Do not use soap. Rinse in clean warm, then cold water, and hang in the shade to dry. Iron while damp. Glazed chintz must be dry cleaned with brickdust and bran.

To Set Colors in Fabrics

Soak the fabric in the specified solution for several hours. Hang in the shade without wringing and let drip until dry. Then wash as usual (see Colored Fabrics, To Launder). For black, dissolve one cupful salt in each gallon of cold water, using ample water to cover. For blue, use one cupful vinegar to each gallon of water. For brown, one cupful salt and one tablespoonful alum to each gallon of water. For grey, same as for brown. For green, use four ounces alum to a tubful of water. Lavender, one tablespoonful sugar of lead (POISON) to each gallon of water. Pink, same as for brown. Purple, same as for lavender. For red, one tablespoonful ox gall to each gallon of water. For plaids, checks and fabrics with colored figures, add the following to each gallon of water: half cupful vinegar, one cupful salt, one tablespoonful alum and one tablespoonful sugar of lead(POISON).