

WINDMILL  
HOUSE -  
KUMAR

BY  
Elizabeth M. Smith





Class TX145

Book 567

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# The Model Housekeeper,

by

Elizabeth W. Smith.

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An indispensable book for the home containing thousands of best receipts most essential to housekeeping. Each of its fifteen different departments being written with a view to health and economy, and in such a plain simple manner that the most inexperienced can understand.



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## Preface.

In the first place, I want to say that I indeed feel complimented to have The Pentecostal Publishing Company accept my manuscript. They being the oldest and most reliable house of the kind in the south and make a specialty of standard and religious works, and to have them comment on my manuscript as they do in a letter which I have just received from them, is indeed overwhelming, and far surpasses my expectations, especially when they say it is the best book for the home they have ever seen, and also predict that "The Model House-keeper" will be the household book of the future. In speaking further of the different departments they say I seem to have caught the idea so essential to health and economy in the cooking department, which they say most cook books seem to have lost sight of entirely. I must admit that I earnestly endeavored to do this in every recipe for which I claim, after a thorough test, to be the very best and most perfect recipes; a great many of which were used and handed down for several generations in my own family, and I repeat without egotism, what I have often been told that they were noted for their exquisite taste, not only in cooking, but in serving as well. In going further into my manuscript, The Pentecostal Publishing Company speaks in very complimentary terms of its different departments, but espec-

ially do they mention in highest terms, "The Family Doctor" and "Home Remedy Departments" by saying it will save the housewife many hundreds of dollars, and that both young ladies and matrons could but be both pleased and much benefited by the "Toilet Department" which he says is perfect in every detail, and closes by saying that the miscellaneous department alone is worth many times the price of the book, which he goes on further to say, I underestimate to sell for \$1.50, and also says in conclusion, if the many hints given in the different departments are carried out by the housekeeper it will not only save her many dollars but much worry. Indeed, I have left nothing undone in my endeavor to have the book all the publishers claim for it, and each recipe, suggestion, and recommendation, has been selected with most scrupulous care; many of them from the very best authority on the different subjects through a period of many years to the present time. In every instance I have earnestly endeavored to be as honest and sincere as it is possible to be, and believe that a test will convince all that I had the best interest of my fellowman at heart throughout the entire publication, and pray that in putting this little work before the public that it may be accepted in the same spirit in which it is written.

## Cooking Department.

One of the greatest and most deserved compliments for a wife is to be a good and artistic cook, and the companion she has chosen to set at the head of her exquisitely-appointed table revels in the delight of her wifery and dispenses hospitality quite in keeping with it. Realizing to its fullest extent, that he has secured a "Pearl of great price." And if she acts upon all the hints given in the following chapters she will not only save him many dollars but herself much worry and vexation. Realizing that only by attention to small detail can she keep her home as she should, she, I am sure, will find her duties much lighter if she makes the meals more simple. One good and substantial meal a day is much more enjoyed and the digestive organs in much better condition to receive it if she makes the other two quite simple, and the dear housewife will find much more time for other duties, and the enjoyment of her family. The menu for each day during the week should be prepared on Saturday for the week following, which although it may take up a few minutes of her time, she will find she has saved time and much worry in the end. Should you find a few changes necessary, supply another food in its place of like value. It is a very desirable plan to have one meal of each day entirely of left-overs. Cold meats and vegetables can be made into pies, soups, salads, sandwiches, hash, or gravies.

## Soups.

Says Savarin, one of the greatest authorities on dining: "A soup and a salad and the dinner is complete." Heavy, rich foods taken into an empty stomach often produce nervous indigestion. The laboring man as well as brain workers, should, at the beginning of a heavy dinner, sip a little very hot soup, sprinkled generously with red pepper. This at once starts the gastric secretions and prepares the stomach for the food that is to follow. Soup should only be served hot (not lukewarm), and in small quantities, and should always be an important factor in the dietary of every household. For poor appetites the clear soups are decidedly stimulating and easily assimilated by both young and old.

The cream soups and purees are more nutritious soups are grouped into two main classes—soups made from meats, and soups made without meat.

Always make meat soups with cold water, to which salt has been added, and gradually heat to boiling point but never boil. Allow one quart of cold water to every pound of meat, and one teaspoon of salt to every quart of water. Heat gradually to boiling point and cook at a low temperature for several hours; strain soup and cool quickly to avoid fermentation. The cake of fat which forms on top should not be removed until stock is ready for use. Run a knife around edges of fat and lift cake

to remove it. Use this fat for drippings. With but a small outlay one can keep on hand a supply of what is essential for seasoning soups, such sweet herbs as thyme, savory, marjoram, parsley, sage, celery roots, or dried celery leaves are richer than the stalks. Celery seed or celery salt may be substituted. Such spices as allspice, cloves, nutmeg, mace, whole peppers and stick cinnamon root, ginger, etc., should always be kept on hand. Flour, corn starch, arrow root, tapioca, sage, pearl barley, rice bread and eggs are added to give consistency and nourishment.

*Oyster Soup.—One That Never Fails.*

One quart of oysters with liquor drained off and well washed. Put in pan and just cover with hot water; add to this a little butter, salt, red and black pepper, and just let boil up and have three pints of milk in another sauce pan; a double boiler is best to prevent scorching; add a heaping tablespoonful of butter, a little salt and pepper, and just let come to a boil and pour over oysters and serve at once, with butter crackers.

*Tomato Soup.*

One can of tomatoes or same quantity in fresh tomatoes; let cook in sauce pan for ten minutes, add from one-fourth to one-half teaspoon of soda, according to acidity of tomatoes, salt and pepper to taste. To this amount add about one-half gallon of fresh, rich milk and one-half teacup of butter. Pour over tomatoes after they have boiled for about ten minutes after adding milk.



Let come to a boil and thicken with cracker crumbs, adding a few whole crackers if preferred; salt, red and black pepper to taste. Good for every day in the year and can scarcely be told from oyster soup.

*Beef Soup.*

Best of all use for every day purposes. Any kind of roast beef may be used for this in a way that the quality of meat is but very little injured if at all. If the size roast is large enough to extract sufficient strength for soup it may be put on in boiling water, which is contrary to most soup making, but from my own experience I know it answers every purpose in this case and retains sufficient juices to insure a delicious roast and yet extracts sufficient strength for soup.

Put roast in about three quarts of boiling water, skim well when it first begins to boil; after about one-half done add salt and red pepper to taste. Let cook one-half hour longer, and if water should become too low add just a little at a time, and to make meat tender when first put on add two or three table-spoonsful of vinegar about ten minutes before putting roast in to bake, peel and put in pot the desired amount of Irish potatoes and when about one-half cooked take up roast in baking pan with potatoes around it. Flour top of roast generously and pour one pint of cold water in soup, which causes most of the grease to come on top, and skim this off with some of liquor and put over beef and potatoes; add a little more salt and pepper to meat and put in stove and bake a nice brown in a quick oven.

Take liquor in which roast was cooked and add one teacupful of potatoes cut in small dice, one teacupful of tomatoes cut up fine, two-thirds teacup of onions, a stalk of celery and a little corn. Then put in three or four whole potatoes. Should you like the flavor of turnips, a teacup full cut up fine should be put on with the beef. After these vegetables have become perfectly tender take out the whole Irish potatoes, mash and season as for baking, and return to soup, which gives it a most delicious flavor and possibly will thicken it sufficiently, if not, thicken with a little flour in water. This soup is pronounced by all who have tried it to be very superior.

#### *Navy Bean Soup.*

Put on in about one-half gallon of cold water, one pint of beans with enough salt pork of any kind for seasoning, a few slices of bacon or parts of ham, or shoulder that are no longer good for boiling. However a very small piece will suffice. Cook until beans are easily mashed. Take out of water and run through a colander, remove skins and return mashed beans to soup water, add one pint of rich sweet milk, tablespoonful butter, a little salt and pepper, and should beans not make it sufficiently thick, add a little flour mixed smooth with water. Excellent.

#### *Black Bean Soup.*

Soak one pint of beans several hours and put on with a knuckle of veal. Cook three or four hours and strain

liquor. Pick off some small bits of veal and return with stock to pot. Thicken with browned crackers powdered fine and sifted. Flavor with a little ground allspice, pepper; slice three hard boiled eggs; a little sliced lemon put in tureen and pour over soup.

*Bread Soup.*

Break into small pieces three-fourths loaf stale bread, cover with water; salt and pepper to taste. Simmer slowly for three-fourths hour. Press through a colander, put on fire, add heaping tablespoon butter, beat yolks of two eggs light, stir into one cup of rich cream. Then stir slowly into the soup; serve hot with crackers.

*Veal Soup.*

Put a knuckle of veal in three and one-half quarts of cold water, and one tablespoon of uncooked rice and salt to taste. Simmer very slowly about four hours and a half, which should reduce liquor about one-half; remove from the fire, put into tureen the yolk of one egg and stir well into it a teacup of cream or rich new milk, add butter size of small egg; strain the soup on this boiling hot, stirring constantly, then beat well for a minute.

*Turkey Soup.*

Boil turkey bones about one hour or longer in enough water to well cover them; add a little chopped celery and parsley, salt, pepper and butter to taste, one teacup of

cream if preferred. Thicken with pulverized cracker crumbs sifted. This is a cheap but good soup.

*Chicken Soup.*

Cut up a nice fat chicken after it has lain in salt for several hours and pour over one and one-half gallons of cold water and cook very slowly for three and one-half hours; one teacup of rice or broken up bits macaroni, one teacup of cream or very rich, sweet milk; salt and pepper to taste, and a little chopped parsley. Thicken with flour mixed with cold water. Serve with toast or butter crackers.

*Brown Soup Stock.*

Seven lbs. shin beef, three and one-half quarts water, cold, one-half teaspoon pepper corn, ten cloves, one-half Bay leaf, one sprig of marjoram, three sprigs of parsley, two-thirds teacup each of celery, onions, turnips, cut in dice; salt to taste. Wipe meat very dry and cut it in one inch cubes. Take marrow from marrow bone, and brown nicely, about one-third of meat in frying pan with this fat. Put with remaining two-thirds of meat with bone and fat into kettle, add salt and water. Let stand about three-fourths hour. Then heat very gradually to boiling point. Let simmer very slowly for several hours; add seasoning and vegetables the last hour of cooking. Strain and cool quickly.

*To Clarify Stock.*

White of one egg for each quart of stock. Beat light-

ly and stir in stock cold, and let boil up once, and set where it will keep warm for a few minutes. Then skim off the egg and skum and strain.

Always have ready a vessel for left-overs—all pieces of meat, bone, scraps of chicken and vegetables, in fact almost anything if covered with cold water and simmer for three or four hours will make a good compound stock. This stock when clarified makes a good consommé.

#### *Inexpensive Soup.*

Small quantities of left-over vegetables are utilized for the cream soups. Every bit of meat, every bone on the serving-plate, the carcasses of turkeys, ducks and chickens are put aside for stock. The giblets, neck and feet of poultry are utilized for giblet soup. The feet of poultry are especially rich in gelatine which gives body and consistency to the stock. Two kinds of vegetables left over may be pressed through a sieve, seasoned and thinned with milk, or, which is more economical, thinned with stock and with just enough milk added to give color. Pleasant and desirable combinations are made from potato and celery, oyster and celery, onions and milk alone, peas alone, peas and tomatoes, or corn and tomatoes. Okra combines nicely with corn, or with both corn and tomatoes.

#### *Mutton Broth.*

Purchase from your butcher five pounds of the neck of a yearling. Cover with four quarts of cold water



and put on the back of the range for an hour, then move to a warmer place, where it will simmer gently. Add one onion, sliced, two bay leaves, salt and pepper, and let it boil or simmer slowly for four hours. Strain, and stand in a cool place until morning, when it will have formed a jelly. Remove all the fat from the top and place the broth on the fire. Wash two tablespoonfuls of barley, pour boiling water on it, let it boil up once; then drain. Cover again with boiling water and boil for half an hour. Then drain again, and add to the soup.

#### *Corn Soup.*

Grate the corn from six ears; put the cobs in a kettle, pour over three pints of boiling water and let boil half an hour; remove them, add the grated corn and boil twenty minutes; strain, season and let simmer; rub two tablespoons of flour and three of butter together, add to the soup and stir until it thickens; pour in a pint of boiling milk, let cook one minute, stir in the beaten yolks of three eggs and serve.

For rice soup add a few tablespoons of boiled rice to well-seasoned, hot stock.

For *consomme a la Colbert*—a nice soup for a dinner without meat—drop into a tureen of hot, clear stock one poached egg for each person to be served.

To make *consomme a la Royal* add custard blocks to hot, well-seasoned, clear stock.

To make “grandmother” soup—one of the nicest common, everyday soups—cut two slices of stale bread into

dice, break over them one whole egg, stir until each block is covered with the egg, drop them on top of the boiling stock, boil for a minute and serve. This is an excellent soup for the children when they come home, tired and hungry, from school. It is far better than bread and jam; it rests and stimulates, without flagging the appetite.

#### *To Color Soups.*

A fine amber color is obtained by adding finely-grated carrot to the clear stock when it is quite free from scum.

Red is obtained by using red skinned tomatoes from which the skin and seeds have been strained out.

Only white vegetables should be used in white soups, as chicken.

Spinach leaves pounded in a mortar, and the juice expressed, and added to the soups, will give a green color.

Black beans make an excellent brown soup. The same color can be gotten by adding burnt sugar or browned flour to clear stock.

#### *Velvet Soup.*

One quart of any kind of good white stock, one-half cup cream, season to taste and pour boiling hot on the beaten yolks of four eggs, diluted with one-half cup cream. Reheat and serve at once in bouillon cups.

#### *To Make Clear Soup, Bouillon and Chowder.*

A real consommé is a perfectly clear dinner soup, to

be made from beef and veal; follow the directions for making stock.

Bouillon, a luncheon soup, is a clear soup made from lean chopped beef. Use a quart of water to each pound of meat. It is served in cups, eaten with a dessert or bouillon spoon—never with a teaspoon. A clear, strong stock may be seasoned and served either as consommé or bouillon.

Bellevue bouillon is made from equal quantities of clear chicken broth and clam bouillon, slightly seasoned with celery-seed and pepper. This is served in bouillon-cups, with a tablespoonful of whipped cream on the top. Garnish with just a dash of paprika, and serve with it breadsticks or wafers.

Gumbo, a thick soup made from okra, tomatoes, chicken stock and file (powdered sassafras leaves), is usually flavored with a small quantity of ham-water, or chopped or grated ham.

Chowders are thick soups made from fish, oysters, clams or meat, and vegetables. They are served in soup-plates and eaten with a tablespoon. They take the place of both soup and meat; with a salad, wafers and cheese and coffee the dinner is complete.

Scotch broth, a nice dinner soup, is made by cooking together a neck of mutton, or a knuckle of veal, with barley or rice.

An old-fashioned cockie-leekie, a dinner in a single pot, makes a delightful change from the ordinary routine. Put a fowl into the stock-pot, add three bunches of leeks, or two dozen small onions, and sufficient cold

water to cover the fowl; bring to a boil and skim. Add half a cupful of pearl barley that has been thoroughly washed and scalded, cover the kettle, simmer gently two hours, or until the chicken is tender. Have ready, boiled and dried, half a pound of rice; shake it on the bottom of a meat platter, place the chicken in the center, pour over this half a pint of well-made egg sauce, and sprinkle with chopped parsley. Thicken the soup with two tablespoonfuls of butter and two of flour, rubbed together. When boiling season with salt and pepper. Serve in an old-fashioned soup-pot, if you have one; if not use the ordinary soup tureen. The chicken and rice, with lettuce and French dressing, form the dinner that follows the soup. Use a fowl, not a chicken; it would be extravagant, indeed, to pay a high price for tender meats for soup.

#### *Potato Soup.*

Potato soup is suitable for a cold day. Make it in the following manner: Get as many beef or ham bones as you can, and smash them into fragments. Add a little bit of lean ham to give flavor. Boil the bone and ham for two hours and a half at least. The bone of a roast beef is excellent. Strain off the liquor carefully, empty the bones and debris of the ham, restore the liquor to the pot, and place again on the fire. Having selected, washed, and pared some nice potatoes, cut them into small pieces, and boil them in the stock till they melt away. An onion or two may also be boiled among the bones to help the flavor. I do not like thick potato soup, and

I usually strain it through a hair sieve, after doing so placing it again on the fire, seasoning it with pepper and salt to taste. A stick of celery boiled with the bones is an improvement. Make only the quantity required for the day, as potato soup is best when it is first made.

#### *Oyster Soup.*

Two quarts of oysters, one quart of milk, two tablespoonfuls of butter, one teacupful hot water; pepper, salt. Strain all the liquor from the oysters; add the cold water and heat. When near the boil, add the seasoning, then the oysters. Cook about five minutes from the time they begin to simmer, until they "ruffle." Stir in the butter, cook one minute and pour into the tureen. Stir in the boiling milk, and send to table.

#### *Bouillon.*

For receptions or other large parties. It is simply beef tea on a large scale and should be prepared like a plain soup stock, allowing 1 pound of meat and bone to each pint of water. Season with pepper, salt, celery and onion, if liked. It is best made the day before it is served. Set on ice over night, remove every atom of grease, strain and clear according to the directions given, and serve hot or iced.

#### *White Stock Soup.*

Six pounds knuckle of veal, half pound lean bacon, two tablespoonfuls of butter rubbed in one of flour, two onions, two carrots, two turnips, three cloves stuck in



an onion, one blade of mace, bunch of herbs, six quarts of water, pepper and salt, one cup of boiling milk.

Cut up the meat and crack the bones. Slice carrots, turnips, and one onion, leaving that with the cloves whole. Put on with mace, and all the herbs except the parsley, in two quarts of cold water. Bring to a slow boil; take off the scum, as it rises, and at the end of an hour's stewing, add the rest of the cold water—one gallon. Cover and cook steadily, always gently, four hours. Strain off the liquor, of which there should be about five quarts; rub the vegetables through the colander, and pick out bones and meat. Season these highly and put, as is your Saturday custom, into a wide-mouth jar, or a large bowl. Add to them three quarts of stock, well salted, and, when cold, keep on ice. Cool to-day's stock; remove the fat, season, put in chopped parsley, and put over the fire. Heat in a saucepan a cup of milk, stir in the floured butter; cook three minutes. When the soup has simmered ten minutes after the last boil, and been carefully skimmed, pour into the tureen, and stir in the hot, thickened milk.

*Consomme.*

Three pounds beef, lower part or round, 1 lb. of marrow bone, three lbs. knuckle of veal, three quarts water, one-fourth cup each, cut in dice: carrot, turnip, celery, onion; one tablespoon salt, six peppercorns, three cloves, two sprigs thyme, two sprigs parsley, one-half bay leaf. Cut the beef in one-inch cubes and brown one-half of this in fat from the marrow bone. Put remain-

ing one-half in kettle with cold water and salt, add veal cut in pieces, browned meat and bones. Let stand one hour. Heat slowly to the boiling point, let simmer six hours, removing scum as it forms on surface. Scald the vegetables and add with the seasonings the last hour of cooking. Strain, cool quickly, remove fat, and clear.

#### *Egg Balls For Soup.*

Boil four eggs; put into cold water; mash yolks with yolk of one raw egg, and one teaspoonful of flour, pepper, salt and parsley; make into balls and boil two minutes.

#### *Noodles For Soup.*

Rub into two eggs as much sifted flour as they will absorb; then roll out until thin as a wafer; dust over a little flour, and then roll over and over into a roll, cut off thin slices from the edge of the roll, and shake out into long strips; put them into the soup lightly and boil for ten minutes; salt should be added while mixing with the flour—about a saltspoonful.

#### *Forcemeat Balls.*

Two-thirds cup lean veal or chicken, one-half cup stale bread crumbs, one-half cup milk, two tablespoons butter, one egg white, one-fourth teaspoon salt, few grains pepper, few grains nutmeg. Cook bread and

milk to a paste, add melted butter and egg white stiffly beaten, and seasonings. Pound meat and add to the mixture. Then force all through a coarse strainer. Form into almond-shaped balls between two spoons. Cook ten minutes in stock that must only simmer.

*Ham Dumplings.*

Proceed as above, using lean ham with parsley or a few drops of onion juice; leave out salt and nutmeg. Chop fine and pound to a paste. Shape in larger balls and cook in stock. They should be as light as sponge and may be served in consomme.

*Soup Garnishings—Croutons.*

Cut one-third inch slices of stale buttered bread, from which crusts have been removed, into one-half inch cubes, brown in oven.

*Imperial Sticks.*

Cut one-third inch slices of stale buttered bread into three-fourth inch strips and brown in oven.

## Meats.

In choosing beef it should be of a clear, bright red color, fine grain and smooth and should readily pinch tender with the fingers. The suet should be rather white in color, the choice pieces for roast is sirloin middle and four ribs.

In roasting meat allow from twenty to twenty-five minutes to the pound. A great deal of success in roasting depends on the heat. It should never be put in cold oven. It loses its juices and consequently a tough, tasteless roast. Always have oven real hot at first to sear the pores and retain the juices. Always wipe roast perfectly dry and place in baking pan without water or seasoning of any kind; some pieces of suet or drippings should be put in bottom of pan. Water has a tendency to soften surface of meat and generates steams which prevents its crispness. It should be frequently basted with its own drippings; an onion sliced and put on top of any kind of meat while cooking gives it a good flavor but should be removed before serving.

### *To Keep Away Flies.*

To keep meat from flies, put in thin muslin sacks with straw around all sides, bottom and top. Be sure the straw is all around the ham and thick enough so flies cannot reach it to deposit their eggs. It must be done early, before the fly appears.

*Blue Grass Steak.*

Get a nice thick steak, beat and hack well on both sides, salt, pepper and flour well both sides, also have skillet or pan very hot with about tablespoonful butter and tablespoonful lard mixed. Put steak in hot grease and put in real hot oven—the hotter the better—not to burn after flour browns on top; turn over and flour the side turned up again. Do this until you have turned and returned it several times, putting on considerable flour each time, as this forms a delicious crust on both sides of steak, and usually makes a nice brown gravy thick enough. Don't cook too long, but cook quickly and when real brown and hot pour over all a dipper nearly full of water and put on top immediately, and close oven door for it to steam. Let steam a few minutes and take up in hot platter. If gravy is not thick enough add a little flour, cream and water until right consistency. Let boil up again, then add to gravy a generous lump of butter.

*Roast Beef.*

Have the oven real hot when roast is first put in. This causes the pores to close and prevent the escape of juices. Take a loin or rib roast six or seven pounds, put in pan with a little suet. In a little while you can baste in its own drippings, which you must do often. When it is well seared lessen heat in oven and have a rather slow, even heat as this will make it tenderer. When about one-half done season well with salt, pepper and



flour over the top to give it a frothy appearance. To cook this a little rare in center will take about two hours, to be perfectly done about three hours. To make gravy, thicken with a little flour; let brown, stirring all the time, then add water and let boil up once.

### *Baked Steak.*

Have round steak as broad as possible, about one inch thick, salt and pepper. Make a dressing as for chicken or turkey of bread crumbs with lots of onions chopped fine. Form in roll and wrap up in steak; tie with strings. Put in saucepan with piece of suet. Mix a heaping tablespoon of butter, one of flour and a little pepper and salt, and about two cups of hot water. Pour over roll and let cook slowly about three-fourths of an hour. Take up meat, remove the string and pour over gravy.

### *Creamed Sweet Breads.*

Take sweet breads that have been parboiled, cut in small pieces and make a cream sauce of one cup cream, one tablespoonful butter, salt and pepper to taste, one cup hot water and pour over meat, boil with top on until tender, then thicken with a little flour, pour into deep meat dish and serve very hot.

### *Meat Loaf.*

Put one pound each of lean beef and veal through a meat chopper, add four well-beaten eggs, one onion chopped fine, one cup bread crumbs, tablespoon chopped

parsley, dash salt, pepper and nutmeg. Mould into loaf and place in baking pan; cover surface with beaten eggs and bread crumbs. Put several slices of fat, sweet pork in pan and bake in moderate oven for forty minutes, basting often. Serve hot in loaf or cold sliced with bits of lemon.

*Broiled Steak.*

Have frying pan very hot, after you have hacked a thick steak a little on both sides (or some prefer it not hacked) put in pan that has been greased by rubbing over with cloth dipped in melted butter; turn almost as soon as put in to sear before losing any of its juices, for rare steak only requires one or two minutes' cooking; done steak about five minutes or more, according to thickness. Have prepared a very hot dish with one-half teacup melted butter, black pepper and salt to taste. Take up in dish and leave on stove when almost boiling hot, and pour in pan where broiled two or three table-spoons of water, and pour over steak; keep turning steak in the hot butter gravy until ready to serve. Send covered steaming hot to table. This is delicious.

*To Fry Beefsteak.*

Beefsteak for frying should be thinner than for broiling, should be well hacked, salted, peppered and floured and put into hot skillet with two table-spoons butter and lard or drippings, mixed; turn and fry nice brown on both sides. Make gravy by putting in heaping table-spoon of flour, stirring until a delicious brown.

Pour in this a pint of cream or rich sweet milk, and let boil until it thickens; add salt and pepper to taste, and stir in a lump of butter just before pouring into a gravy dish.

#### *Broiled Steak With Oysters.*

Broil steak in usual way and just before it is done cover with oysters and set inside stove until edges of oysters curl; dash of salt and pepper. Serve on hot platter at once.

#### *Hamburg Steak.*

Grind lean meat in meat grinder; mix with two eggs and season with a few chopped onions or sage, if preferred; pepper and salt to taste. Roll into a flat cake about an inch or more thick; put in fat in very hot skillet; turn, cook other side, pour over little melted butter or add butter to fat in skillet and make a nice brown gravy. Serve in separate dish.

#### *Cured Beef Tongue.*

Soak a few hours and put on in cold water to cook with a couple of slice sof lemon, four or five cloves and red pepper and black to taste. Cook slowly several hours until perfectly tender. Let it stand in water until cool. Skin and cut in thin slices.

#### *Fresh Tongue.*

Cook in same way except put on in boiling water and salt.

*Frizzled Beef.*

Shave off thin slices of dried beef (or the canned beef) put in frying pan, cover with cold water, set on back of range and let come to a very slow heat, allowing it to swell to large size but not boil; stir up and drain off water, melt a little sweet butter in frying pan and add beef when they begin to frizzle; break over them three eggs, stir until eggs are cooked, add a little pepper, and serve on slices of buttered toast.

*Flank Steak.*

Is a small steak cut from the boneless part of flank. There are two ways of broiling it; one to slice it diagonally across the grain, the other is to broil it whole. In either case brush butter over it and broil as other steaks. It is considered by butchers the finest steak.

*Fried Liver.*

Cut in slices not quite half inch thick; pour over it boiling water which closes pores, makes it impervious to the fat and seals up the rich juice of meat. It may be rolled in flour, meal or bread crumbs, seasoned with salt and pepper, dipped in egg and fried in butter and lard mixed.

*Beef Hash.*

Chop rather fine cold roast beef, put on in enough boiling water to cover. For one pint of cut-up meat cut up about three small or one large potato, add salt and

pepper and left-over gravy of beef, if not, a tablespoon of butter. Let this boil about ten minutes, then add two onions; let this boil low and add a cup of rich cream and little flour thickening made smooth with milk. If more gravy is desired add little water and lump of butter.

### *A Pretty Pork Roast.*

Boil a nice ham roast of fresh pork until tender and make incisions about two inches deep and one and one-half inches apart, and fill with a nice dressing same as for chicken or turkey. Put around this in baking pan some nice boiled yellow jersey sweet potatoes sliced lengthwise; pour over this some of liquor in which pork was boiled, baste frequently and brown a nice rich brown and lay potatoes around roast on dish, and slice three or four large sweet peppers in slits and turn back to cook like point setters; lay on top of roast.

### *Breakfast Bacon.*

To fry breakfast bacon to perfection, cut very thin and thoroughly chill on ice. Wipe perfectly dry, have pan smoking hot and turn soon as brown, draining off grease as it cooks to keep it crisp. Serve on hot dish sprinkled over with pepper. Cut a few nice tart apples in eights and fry a delicate brown in grease where bacon was fried, cover with sugar and make a border of them around bacon. Very nice breakfast dish.



*Pork Pie.*

Line a deep dish with paste, cut thin, lean pork steak in small pieces, roll in cracker dust. Place a layer of meat in dish then a layer of cold boiled potatoes sliced and a dash of salt and pepper and a bit of butter. Repeat until dish is full. The pork must be previously boiled. Pour over some of the stock in which pork was boiled, put on top crust, bake rather slow. Nice served with current jelly or sliced lemons.

*Crust for Meat Pie.*

Two pounds of sifted flour, three-fourth pound butter, two eggs, mix into a paste with very little warm water and little salt. You can use ordinary pie paste or light biscuit dough. Steak, ham, mutton or any kind of meat can be made into pie in same way. Venison pie also, except use sweet potatoes instead of Irish potatoes.

*Beef Kidney Pie.*

Let kidney soak in salt water over night. Put on in cold water and boil with a small slice of onion, skimming when first come to boiling, about one-half hour before taking up add one-half onion chopped fine, teaspoon pulverized sage, a dust of nutmeg, a generous lump of butter, a little pepper and salt; cook low, slice in thin slices when very tender. Line a dish with paste, put first a layer of kidney then a layer of cooked, sliced potatoes, sprinkle with cracker dust and small bits of butter, a little pepper and salt. Alternate these layers until

full, then pour over gravy where kidney was boiled; then cover with paste and bake.

*Pork and Turnips.*

Put on medium roast with about six or seven large turnips peeled and sliced in one-fourth inch slices. When done put pork in pan with drippings to bake; slice across top of roast with knife about one-fourth inch deep and flour top, baste often while baking. This roast is supposed to have lain in salt for two or three days. When nice brown serve hot in roast or sliced cold with mustard or sauces. Take turnips up in pan and mash fine, put on stove, add one pint of cream or rich milk, a tablespoon of sugar, a little pepper, and small lump of butter. Let boil up and serve hot. Stack around roast pork.

*Pressed Hog Head.*

Clean head nicely, soak in salt water all day and night, boil until bones fall out; must be done almost to pieces; take out all bones and put in pan after seasoning with little pepper and sage. Lay ears about middle of pudding and lay a plate on top and press down with flat iron, set out of doors or in refrigerator to cool. When congealed, slice and eat with prepared mustard or horseradish sauce. This is excellent; can also be fried in butter and eaten hot for breakfast.

*Liver Stew.*

A family favorite dish served either winter or sum-

mer, by speaking to your butcher a few days in advance. Get two nice hog livers, (beef liver is too solid), and the pork liver is nice and grainy, which is very desirable in making this stew. Cut up in pieces about three inches long and two inches wide, put on and cover well with boiling water, add a teaspoon of soda and skim often at first; after this has boiled for one-half hour take up and wash and rinse out pot and return to pot and cover with fresh boiling water. Have about three-fourth pounds of rather fat fresh pork cut up in pieces a little smaller than liver, and put in pot as soon as water is changed; put in now about one tablespoon salt, a little red pepper and cover and let cook until liver is thoroughly tender and about all water cooked down to clear grease. You may have to add water once or twice before done, but cook low as possible not to scorch, and be sure that very little water remains. When it is thoroughly done add three-fourths pint of cream, a tablespoonful of mashed-up sage and thicken gravy with little flour made smooth with water. Serve hot, either with gravy poured over or served in separate bowl.

#### *Cold Boiled Ham.*

Clean nicely and soak in cold water over night. Cover with cold water and put on to boil. Let boil very slowly for one-half hour, then change water and cover with fresh water, to which add one and one-half teacup of brown sugar, one pod of red pepper, about one table-

spoonful of mixed spices, cloves, mace, etc., tied up in thin cloth. Let this cook, or rather simmer, at boiling point nearly all day, or until ham is thoroughly tender. Most amateurs are easily mistaken about this and take their hams off long before they are sufficiently cooked. Leave to cool in water in which it is cooked; skin and grate over bread crumbs and brown slightly in oven next morning. Never cut a ham until it has been cooked from 24 to 36 hours. This gives it chance to settle and harden and become firm. Always begin to cut a ham at small end; never in the middle as some people do.

#### *To Fry Ham.*

Slice and roll thin, put on ice and have very cold; wipe dry, wipe pan out with cloth dipped in melted butter; have pan smoking hot. If pieces are large, fry one at a time and empty out every particle of grease as it fries out so as to have pan as dry as possible when each slice is put in. Fry brown and turn and take up on hot platter. Sprinkle with pepper, and as last piece is taken out, leave what greast is left in pan from that piece and add a little hot water to pan and let boil up and pour over ham.

#### *Broiled Ham.*

Prepare ham in same way as to fry, and broil over live coals or on broiler; put on hot platter and butter generously and sprinkle with pepper.

*Ham Toast.*

Chop some lean ham fine, put it in a pan with a little pepper, a lump of butter and two eggs beaten; when well warmed, spread on hot buttered toast and serve.

*Breakfast Dish.*

Chop cold steak very fine; cook it in a very little water; add a few tablespoonfuls of cream; thicken and season with butter, pepper and salt; pour over slices of nicely browned toast.

*Liver and Bacon.*

Cut liver in one-half-inch slices, soak in cold water 20 minutes, drain, dry, and roll in flour. Have pan very hot. Put in bacon thinly sliced, turn until brown, transfer to hot platter. Fry liver quickly in the hot fat, turning often. When done pour off all but one or two tablespoons fat, dredge in flour until it is absorbed, and stir till brown. Add hot water gradually to make smooth gravy, season and boil one minute. Serve separately. Few people know that lamb's liver is as tender and well flavored as calf's liver; it is much less expensive.

*Fried Salt Pork.*

Cut salt pork in thin slices and soak in milk for a few hours. Pour boiling water over, drain, and fry until crisp. When partly fried they may be dipped into batter (see Fritters), then finished in the same pan, turning several times.



*To Cook Tough Meat.*

All kinds of poultry and meat can be cooked quicker by adding to the water in which they are boiled a little vinegar or piece of a lemon. By the use of an acid there will be considerable saving of fuel as well as shortening of time. Its action is beneficial on old, tough meats, rendering them quite tender and easy to be digested. Tainted meats and fowls will lose their bad taste and odor if cooked in this way, and if not used too freely, no taste of it will be acquired.

*Scraps.*

To use up cold meats, take pieces of any kind, chop fine, season with pepper and salt, a little onion chopped, break over the meat two or three eggs, add a small piece of butter, stir all together in a pan over the fire, with a little cream or water to moisten—thin gravy does very nicely; pour it upon nicely-buttered toast; serve hot.

*Shepherd's Pie.*

A pound of mutton, minced fine, or any scraps of cold meat can be minced and used for this dish. Two and a half pounds of potatoes boiled and peeled. Mash the potatoes with a little milk until quite smooth, and add a little salt and butter. Put the meat into a deep pudding dish, season with pepper and salt. If cold meat is used, add a very little stock or water just to moisten it. Cover the minced meat over with the potatoes. Make it look as neat and as much like a real pie as possible,

and bake in gentle oven for half an hour until the potatoes are nicely browned. If liked, a finely-chopped onion can be added to the minced meat.

### *Beef Heart With Dressing.*

Boil a good-sized beef heart in salt water until it is nearly tender. Then split partly and put in this dressing; soak four or five slices of rye bread in water, then squeeze out until dry with the hand. Fry one onion cut in very small pieces in a little butter, put in a sprig of parsley cut fine, a little paprika (red pepper from Hungary, five cents the box), salt and pepper, one teaspoonful of butter and fry until brown. Fill heart with this. Place in bake pan, sprinkle flour and a little butter on top of heart in pan; put a half pint of water for gravy, and bake a half hour when it will be light-brown, then serve.

### *Lyonnaise Tripe.*

Boil the tripe in salted water, unless, as is often the case, it has been boiled before it was sold. Cut it in long, narrow strips. Put a tablespoonful of butter in the pan, and when it browns add a small onion, cut into bits. When this has browned, add a tablespoonful of vinegar, the tripe, a little chopped parsley, salt and pepper to taste. If the pickled tripe is used, omit the vinegar, called for in the recipe.

### *Gravy For Roast Meats.*

Save all the nice bits of roast in a jar for the pur-

pose—then you are never at a loss for gravies; take some of these pieces and cut them very small, and put them into a saucepan; pour over them one pint of boiling water; let it simmer very slowly, tightly covered, for an hour; strain through a sieve, and add this to melted or drawn butter. Send to table in a sauce-boat. A careful cook will always save all the meat gravies left, and have a vessel for keeping them.

#### *Tough Steak.*

Tough steak may be rendered more tender by placing for two hours in a dish containing three tablespoonfuls of vinegar and salad oil or butter, a little pepper, but no salt; turn every twenty minutes. Oil and vinegar soften the fibers without extracting the juices.

#### *Fine Beef Jelly.*

An excellent food for invalids and convalescents. Put a pound of lean beef, cut fine, into a porcelain-lined stewpan with a pint of cold water. Let it stand half an hour, and then put it on the stove, where it will heat gradually. While boiling hot skim carefully, and put it where it will simmer gently for half an hour. When this is cooking, put a third of a box of gelatine in two tablespoonfuls of cold water, stirr till dissolved. Add this with salt to taste to the broth and strain into cups or molds. Set away to cool.

#### *Home-Made Sausage.*

Six pounds of lean fresh pork and three of fat

ground together in a meat chopper. To this add twelve teaspoons of powdered sage, six each of black pepper and salt, two teaspoons each of ground cloves and mace and a grated nutmeg. Mix well, pack all in stone jars and pour melted fat on top to exclude air.

### *Smoked Beef Savory.*

Heat a cupful of rich milk and put with it one tablespoonful of butter, letting this melt. Shred a cupful or more of dried beef, turn it into the milk and cook a few minutes. Then add two beaten eggs, not allowing these to curdle, and stir until the sauce is thick. Put in red pepper—no salt unless absolutely needed—and serve on toast or hot crackers.

### *Roast Beef.*

A standing roast is one with ribs left in. A rolled roast is one with the ribs removed, the meat rolled and tied. The tip of the sirloin is considered one of the best pieces for roasting. Then pan and rack should both be hot. Wipe and rub the joint with salt and pepper and dredge with flour. Have the oven hot for the first ten or fifteen minutes to sear the surfaces. Reduce heat, add water to cover the bottom of the pan and baste every fifteen minutes if a self-basting roaster is not used. Let the water cook away toward the last. After the meat is done remove this to a hot platter. Add one pint of hot water to sediment left in the pan after the fat has been poured off, place on the stove and scrape all the glaze from the bottom and sides of the pan.

When it boils add a thickening made of two teaspoons flour rubbed smooth with four tablespoons of cold water, pouring it in slowly. Boil well, add salt and pepper to taste, and strain into a hot sauce bowl,

*Creamed Bacon.*

This dish is excellent for breakfast on a winter morning. Cut the bacon in thin slices, cover it with milk and let it stand for about twenty minutes. Then remove it from the milk and roll each piece in flour. Grease a very hot pan with a tiny piece of fat and put the bacon in it. Let it fry till crisp and brown. Then place it upon a hot platter and pour over it a cream sauce prepared from the milk that the bacon was soaked in. The cream sauce should be boiling hot. Decorate with parsley and serve immediately.

*Veal Cutlets.*

Two or three pounds of veal cutlets, egg and bread crumbs, two tablespoonfuls of minced savory herbs, salt and pepper to taste, a little grated nutmeg. Cut the cutlets about three-quarters of an inch in thickness, flatten them, and brush them over with the yolk of an egg; dip them into bread crumbs and minced herbs, season with pepper and salt and grated nutmeg, and fold each cutlet in a piece of buttered paper. Broil them, and send them to table with melted butter or a good gravy.

*Veal Cake (a Convenient Dish for a Picnic).*

A few slices of cold roast veal, a few slices of cold



ham, two hard boiled eggs, two tablespoonfuls of minced parsley, a little pepper, good gravy, or stock. Cut off all the brown outside from the veal, and cut the eggs into slices. Procure a pretty mold; lay veal, ham, eggs, and parsley in layers, with a little pepper between each, and when the mold is full, get some strong stock, and fill up the shape. Bake for one-half hour, and when cold, turn it out.

#### *Roast Loin of Mutton.*

Loin of mutton, a little salt. Cut and trim off the superfluous fat, and see that the butcher joints the meat properly, as thereby much annoyance is saved to the carver, when it comes to table. Have ready a nice clear fire (it need not be a very wide, large one), put down the meat, dredge with flour, and baste well until it is done.

#### *Broiled Mutton Chops.*

Loin of mutton, pepper and salt, a small piece of butter. Cut the chops from a well-hung, tender loin of mutton, remove a portion of the fat, and trim them into a nice shape; slightly beat and level them; place the gridiron over a bright, clear fire, rub the bars with a little fat, and lay on the chops. While broiling, frequently turn them, and in about eight minutes they will be done. Season with pepper and salt, dish them on a very hot dish, rub a small piece of butter on each chop, and serve very hot and expeditiously.

*Mutton Chop Fried.*

Cut some fine mutton chops without much fat, rub over both sides with a mixture of salt and pepper, dip them in wheat flour or rolled crackers, and fry in hot lard or beef drippings; when both sides are a fine brown, take them on a hot dish, put a wineglass of hot water in the pan, let it become hot, stir in a teaspoonful of browned flour, let it boil up at once, and serve in the dish with the meat.

*For Curing Hams.*

This recipe is by a Kentuckian who is even noted abroad for his delicious hams. When the meat is taken up to be dried, wash it in clean, hot water and while damp sprinkle powdered borax all over the fleshy side of every piece and you need never have any fear of skippers or insects of any kind, although the hams hung in smoke house until cured without even a sack on them. If the summer is very dry I rewash and put on more borax in July and August. The taste of the meat is not injured, but when ready for use they will be found juicy and sweet. Each ham may be tied up in a canvas or paper bag, or they may be left hanging in a cool, dry place. Shoulders may be cured in the same way.

*Boiling Meat.*

The toughest piece of beef, neck or brisket, if the animal furnishing it was flavorful, may be made perfectly delicious by long, slow boiling. Put the meat into boil-

ing water and let it boil hard for two or three minutes only. This toughens all the outside of the meat, so that a shell is formed, like a crust on a loaf, which holds the juices of the meat. Then remove from the fire and set on the back of the range, keeping it as near 180 degrees Fahrenheit as possible. When done, take from the stove and let the meat cool in the liquor it was boiled in. This process applies to all meats cooked by boiling.

#### *Recipe For Curing Meat.*

To one gallon of water, take one and one-half pounds salt, one-half pound sugar, one-half ounce saltpetre, one-half ounce potash. In this ratio the pickle can be increased to any quantity desired. Boil them together until all the dirt from the sugar rises to the top and is skinned off. Then let it cool, and pour it over your beef or pork. The meat must be well covered with the pickle, and should not be put down for at least two days after killing, during which time it should be slightly sprinkled with powdered saltpetre, which removes all the surface blood, etc., leaving the meat fresh and clean. If this recipe is strictly followed it will require only a single trial to prove its superiority over the common way. The meat is unsurpassed for sweetness, delicacy, and freshness of color.

#### *Famous Recipe for Curing Hams.*

The following is the famous recipe used by Mrs. Henry Clay for curing hams, several hogsheads of which

were annually sent to Boston, where, under the name of "Ashland Hams," they commanded the highest of prices, especially among the wealthy Whigs of that city: For every ten hams of moderate size she took three and one-half pounds of fine salt, one pound of saltpetre and two pounds of brown sugar, and after mixing these thoroughly together, rubbed the hams therewith on either side. They were then packed in a tight box and placed in a cool outhouse for about three weeks, when the hams were taken out and put in a pickling tub or hog-head and covered with brine strong enough to swim an egg.

After remaining in the pickle for about three weeks they were taken out, thoroughly rubbed with fresh salt and hung up in a well-ventilated house for a few days to dry. Next they were transferred to the smokehouse, where they were hung up and smoked with green hickory or walnut wood until they acquired the color of bright mahogany. This accomplished, each ham was sewed up in a canvas, the coverings whitewashed and hung up to dry, after which they were whitewashed again and packed away.

## Sauces for Meats.

### *White Sauce No. 1.*

Two tablespoons butter, one-half tablespoonful flour, one cup milk, one-fourth teaspoon salt, few grains pepper. Melt the butter, add the flour mixed with seasonings, and stir until thoroughly blended. Pour on the milk, one-third at a time, stirring till well mixed, and cook until smooth. Milk may be used cold or scalded.

### *Drawn Butter Sauce.*

One-fourth cup butter, two tablespoons flour, one cup boiling water, one-fourth teaspoon salt, one-eighth teaspoon pepper. For making, follow directions given for White Sauce No. 1.

### *Maitre d'Hotel Butter.*

One-third cup butter, one-half teaspoon salt, one-eighth teaspoon pepper, two teaspoons finely chopped parsley, one tablespoon lemon juice. Work the butter until creamy, add seasonings and parsley then the lemon juice very slowly.

### *Caper Sauce.*

One-third cup of butter, three tablespoonsful flour,



one-half cup capers, one and one-half cups mutton broth, one-half teaspoon salt, few grains cayenne. Melt butter, add flour mixed with seasonings; cook smooth, add broth (one-third at a time). Cook together, stirring constantly. When done, add the capers well drained from their liquor.

*Sauce Hollandaise.*

One-half cup butter, yolks of two eggs, three-fourths tablespoon lemon juice, one-third cup boiling water, one-fourth teaspoon salt, few grains cayenne. Add yolks of eggs, lemon juice and seasonings to one-third of the butter; place in a sauce-pan over boiling water and stir constantly till butter is melted. As it thickens add the rest of the butter, a bit at a time, add the water and cook one minute.

*Tomato Sauce.*

Two tablespoons butter, two and one-half tablespoons flour, one-half cup water, one cup strained tomato juice, one slice onion, two cloves, one-half teaspoon salt, one-eighth teaspoon pepper. Boil together water, tomato and onion; brown the butter, add the flour and brown together; add the hot liquid gradually. Boil three minutes and strain.

*Tartare Sauce.*

Two egg yolks, one-half cup olive oil, two tablespoons tarragon vinegar, one-half teaspoon mustard, one-half teaspoon salt, one teaspoon powdered sugar, few grains

cayenne, one-half tablespoon each chopped capers, pickles, olives, parsley, one-half shallot finely chopped. In making follow the directions as given for mayonnaise, adding the pickles, capers, etc., before serving.

*Horseradish Butter.*

Pound in a mortar one teaspoon of grated horseradish with one tablespoon of butter. Season with one-third saltspoon of red pepper. Rub through a fine sieve and keep in a cold place. When this butter is added to other sauces it should not boil.

*Mint Sauce.*

Mix one tablespoon of white sugar to half a teacup of good vinegar; add enough fresh mint leaves for desired flavor and let it infuse for half an hour in a cool place before sending to the table. Serve with roast lamb or mutton.

*Celery Sauce.*

Mix two tablespoons of flour with half a teacup of butter; have ready a pint of boiling milk; stir the flour and butter into the milk; take three heads of celery, cut into small bits, and boil for a few minutes in water, which strain off; put the celery into the melted butter, and keep stirred over the fire for five or ten minutes. This is very nice with boiled fowl or turkey.

*Egg Sauce.*

Make a drawn butter; chop two hard-boiled eggs quite fine, the white and yolk separately, and stir it into the sauce before serving. This is used for boiled fish or vegetables.

*Onion Sauce.*

Peel some nice white onions, and boil them tender; press the water from them; chop them fine, and put them to a half pint of hot milk; add a bit of butter, and a teaspoonful of salt, and pepper to taste. Serve with boiled veal or poultry, or mutton.

## Poultry.

### *Baked Chicken.*

Always kill your chickens from 12 to 24 hours before cooking and let them lay in salt in ice box; then wash well and wipe dry. Place broiling size chickens in pan with a liberal portion of butter for each chicken, black pepper and dash of cayenne. Fill pan about one-fourth full boiling water with a small slice or two of sweet bacon or tips of chicken. Lay them first breast down until almost done, then turn other side up for a while; about one-half hour before dishing up turn breasts up again and flour liberally and baste and let cook a rich brown. Cook low and add a little cream and thicken with flour; garnish anyway preferred.

### *Broiled Chicken.*

Have skillet very hot and thoroughly greased. Put in chicken, flattened as much as possible. Cover with plate and press down with heavy flatiron on plate; turn quickly from side to side until seared all over and a nice brown. Then add liberal amount butter, a little hot water, salt and pepper to taste. Keep adding a very little bit of water as it cooks out until it has cooked for more than an hour or until real tender; add a little more butter and cream to gravy and thicken very slightly.

*Fried Chicken In The Blue Grass.*

After laying in salt several hours wash in ice water ; wipe dry, sprinkle with a little pepper, roll lightly in flour, one egg beaten and mixed with two tablespoons milk, then dip in egg, then in sifted bread crumbs and fry light brown in butter and lard mixed. When done and while real hot pour one-half teacup of water in pan and cover tight immediately and put in oven with top on and let steam and bake for a few minutes. Make a cream gravy and serve in separate dish. Gravy—Take fat after chicken is removed, put on fire, add a tablespoon of flour, stirring all the time until it begins to brown, then mix a cup of cream about one-fourth water ; stir this gradually into hot grease and flour and boil a few minutes, adding salt and pepper to taste. Just before taking up stir in a lump of butter. This is delicious.

*Mother's Baked Chicken.*

Put on rack in dripping pan, arrange thin slices of sweet bacon on breast, pour a cup of boiling water in pan with lump of butter ; baste frequently, turn over until all sides and back are a nice brown. When nearly done remove pork and sprinkle well with flour, pepper, and keep turning over in gravy until thoroughly tender and a rich brown. Make dressing or stuffing given in another recipe, or if preferred roll out thin a little biscuit dough and cut in small squares, put around in gravy and brown ; take gravy after it has been thicken-



ed and dumplings in separate dish. Garnish with celery tips, hard boiled eggs sliced, and strings of cranberries make a very attractive dish. I repeat, kill fowl at least 24 hours before cooking. ,

*Baked Rabbit—Kentucky Style.*

Clean very carefully and let lie in salt 24 hours if possible. Put on in just enough water to cover, adding two slices of onion to destroy the wild flavor. Let boil until tender, then put in baking pan and put liquor about in pan about one-third full; lay on rabbit two or three slices of sweet pork bacon; dredge well with flour, add red pepper and let cook until it begins to brown, then cover with bits of butter; turn and brown all sides, basting frequently. When a rich brown on all sides take up on hot platter and serve with gravy made by thickening with flour worked smooth with milk, add one-half teacup of cream and a lump of butter to gravy just before taking up. Cook exactly by this recipe and you'll be repaid amply for your pains.

Quail cooked by the above recipe is very nice. I know of no better way of serving them.

All poultry should be nicely carved before sending to table. Pile up pieces high in center of dish with small balls of dressing placed around mound of chicken, and pass dish around so each one can get his or her choice piece.

*Hints on Carving.*

To carve a fowl remove a slice of the breast on either

side of the breast bone; next cut off the wings, then the legs, cutting through the joint at the back and separating the drumstick from the remainder of the leg, and finally divide the back in two. All game birds are carved practically in the same way as a chicken, only remember that with a woodcock some people consider the back the best part, others the thigh.

#### *Chicken Pivau.*

(Kindness of Percy.)

Dress and cut up two chickens, cover with water and cook until tender. Take out the chicken and boil a pint of rice in the water in which the chicken was cooked. Butter a large pudding dish, put half the boiled rice in the bottom, spread with butter and cover with the chicken; put in a gravy or stock that is left in the pot, then the rest of the rice, and smooth this on top with a knife. Beat the yolks of two eggs lightly and spread on top of the rice. Bake in a moderate oven for three-quarters of an hour.

#### *Roast Ducklings.*

Draw and singe, tuck the wings back and fasten the legs down to the side of the body. Put a tablespoonful of butter in each duck, place them in a baking-pan, add half a cupful of water and a little salt to the pan, bake in a quick oven fifteen minutes; when done, take up, serve with onion sauce and currant jelly.

*Broiled Chicken.*

Split down the back, put into a steamer and steam one-half hour off the moisture, rub well with butter, dip into bread crumbs and broil over a clean fire until of a delicate brown on both sides. Season with pepper and salt.

*Chicken Pie.*

Line the sides of a four-quart pan with rich biscuit dough. Have young, tender chicken stewed very tender, put in the pan with the gravy, two ounces of butter, a cupful of rich milk; season with pepper and salt, cover with a top crust and set in the oven to bake brown.

*Stuffing.*

Can be made of bread, oysters, celery and onions. Take about one quart bread lightly broken up, about three days old, add a little salt, pepper, sage and chopped onion; moisten with several spoonfuls broth skimmed from top where fowl was cooked; mix very light with a fork and handle as light as possible. Don't mash.

For oyster dressing leave out onions and mix in one-half pint raw oysters and for celery dressing chop up fine about one teacupful of celery, seed will substitute; fill hen and make a few small balls around hen when baking; a little larger than eggs, a few hard-boiled eggs peeled and mix with balls of dressing looks nice laid around fowl.

*Ducks*

Cooked in same way as hen except make a stuffing of potatoes mashed and seasoned to taste. For baking fowls without boiling use same recipe that is used after fowl is boiled.

*To Cook a Turkey or Hen.*

Kill at least 24 hours before cooking. If not salted they may be hung by the legs tied together. I prefer having them take salt. It would be well to slice an onion and put inside, but be sure to throw it away when ready to cook as it absorbs all impurities. Never leave liver, gizzard and neck inside fowls. Unless you are quite sure about the age of the fowl, it is very much better to boil first and only very slow simmering will bring about desired effects. Just cover the fowl with boiling water and boil as fast as possible for about thirty minutes to close pores and retain juices, then put on a part of stove when it will just barely simmer very gently until the poultry is cooked to tenderness. Add a slice of onion to water, and if the fowl is old add two table-spoons of vinegar, or lemon juice will make it much tenderer. Place in stove pan, and fill with any kind of dressing preferred; dredge well with flour and pour over the liquor left from boiling. Bake in hot oven, turning until all sides, back and all are a rich brown; baste often. If not very fat a little butter may be added. Thicken gravy and serve dressed with parsley.

*Chicken Pie.*

Cut up frying size chickens, let lay in salt over night, wash and put in to boil with little pepper, salt, and slice of sweet bacon. Boil in just enough water to cover until very tender. Line pie dish with paste crust and lay in cooked chicken and pour over dressing made of one pint rich milk, butter size of large hen egg, thickened like gravy, bake bottom crust before adding chicken to dressing, then pour all in and put on top crust and bake. The yelk of an egg beaten with two tablespoonsful of milk brushed over the outside crust of pie gives it a rich glazed look so desirable.

*Creamed Chicken.*

Cut up chicken, boil tender and pick from bones and grind. One tablespoonful of flour, one pint of cream, one-half cup of green peppers, salt, pepper and celery; salt to taste, melt butter and blend with flour. When thoroughly mixed add cream and seasoning. Cook until thick, then add ground chicken, then add peppers which have been parboiled and cut up fine. Serve in buttered patty shells or on nice brown toast.



## Fish.

This is an important part of our food supply. The fresh fish is less stimulating and nourishing than meat but is considered more easily digested. Fish makes an agreeable change in the usual routine of a roast, broil, fry and boil. A notable advantage is the short time required to cook fish, another is the great variety of kinds through the long list of fresh and salt water, red or white fleshed, dry, salt or fresh. The white fleshed fish is more easily digested than the red fleshed. Examples are whitefish, haddock, cod, flounder, perch, pickerel, croppies, etc. Examples of red fleshed fish are salmon, shad, lake trout, etc. Very large fish are, as a rule, better when boiled or steamed; medium sized ones should be baked or split and broiled, and small ones fried. Red fleshed fish being richer in fat should not be fried.

A fish is in good condition when the eyes are bright, and gills a bright clear red, scales shiny, the flesh firm and free from a disagreeable odor.

### *To Clean a Fish.*

Remove the scales by scraping with a dull knife from the tail toward the head. Head and tail may be left on or removed according to the manner of cooking. Small fish to be served whole have the entrails removed

by opening under the gills and pressing out their contents with the thumb and finger; example, smelts. Larger fish are split half way down the belly and the insides scraped and washed with salt and water after it is empty. Wipe the fish inside and out with a cloth wrung out of cold salted water, then wipe with a dry clean cloth.

#### *To Skin a Fish.*

First remove the fins along the back and cut off a narrow strip of skin the entire length of the back. Loosen the skin over the bony part of the gills and slowly work toward the tail. Do the same on the other side.

#### *To Bone a Fish.*

Clean fish and remove head; beginning at the tail, run sharp knife close to the backbone, cutting the meat away on one side and working toward the head. Turn and repeat on the other side.

#### *Boiled Fish.*

Clean the fish according to the directions, wipe carefully and rub with salt. Wrap in a piece of cheesecloth to hold the fish together and to prevent the scum from adhering to the fish. Place it in a kettle half filled with boiling water; cook slowly, allowing fifteen or twenty minutes to the pound. A long fish-kettle with a rack is useful. A wire basket in a kettle may be substituted, the fish coiled about in the basket. The water in which

the fish cooks should have salt and vinegar or lemon juice added, two teaspoons of salt and one of vinegar to a quart of water. The salt gives flavor, the vinegar or lemon juice keeps the flesh white. The fish is cooked when flesh is firm and separates easily from the bone. Take from the water and remove cheesecloth. Garnish with parsley and slices of lemon.

#### *Steamed Fish.*

Clean carefully but without removing head or fins, rub inside and out with salt and pepper and lemon juice, laying slices of onion inside if liked. Lay on a buttered paper and steam till the flesh falls easily from the bones. Lay on a folded napkin, garnish with lemon and parsley and serve with a Hollandaise sauce.

Salmon is the best of the canned fish, and is capable of being converted into many palatable and sightly dishes. It may be served cold with French dressing, or on lettuce leaves with mayonnaise dressing, as salmon salad. Or it may be mixed with breadcrumbs, nicely seasoned, rolled into small balls and fried. You can make it into croquettes by adding an equal quantity of very thick cream sauce—form in cylinders, dip in egg and bread crumbs and fry. Or stir a can of salmon into half pint of cream sauce, add the yolks of four eggs, bake in a baking-dish, and you have salmon pudding. If you fold into this mixture the well-beaten whites of three eggs you have a salmon soufflé. Or the can may be thrown into a kettle of hot water, boiled for half an hour, then opened, the salmon turned on

a hot platter, garnished with fried potato balls and served with sauce Hollandaise as the second course for dinners, or as the fish course on fast-days. A small can of salmon carefully separated from the bones, oil and skin, rubbed to a paste, added to a quart of milk that has been heated and thickened with a tablespoonful of butter and two of flour rubbed together, and seasoned with salt, pepper, a little grated onion and a saltspoon of mace—this makes a delicious cream-of-salmon soup.

#### *Clean Fish.*

Fish can be cleaned much easier if just dipped in hot water.

#### *Baked Fish.*

Blue Salmon is a fine fish to bake, weighing from four to six pounds. It is best to soak in salt water for several hours. Make a dressing of bread crumbs seasoned with salt, pepper, butter and a little chopped onion. Stuff fish and tie together, put in baking pan one-half pint of water and a couple of slices of sweet bacon laid across top of fish. Dredge with flour and put a heaping tablespoon of butter and baste frequently. Bake about one hour and a half, a nice brown. Garnish with parsley and rings of hard boiled eggs. Serve with sauce.

#### *Fish Sauce.*

Stir in one pint of drawn butter, the yolks of two eggs, well beaten, pepper, salt, and a few sprigs of parsley; let it boil, and then pour over the fish when it is on the dish ready to be served.

*Fried Fish.*

Remove head, tail and fins, and if you like the bones cut crosswise any size desired, wash thoroughly and let stand in very cold salt water for a while. If you like it first salted then dip in beaten egg diluted with a little milk, then in grated bread crumbs in which has been put a little pepper and salt. Dip in eggs again, then again in crumbs; some prefer meal to crumbs. Put three or four pieces at one time in frying basket and cook in deep fat, smoking hot; drain on brown or blotting paper and serve on hot platter around a high mound of delicately cooked potato chips. Garnish with parsley.

*To Saute Fish.*

Cut as for fried fish and salt, pepper and roll in meal, cover bottom of skillet well with lard, and when smoking hot put in fish and cook a delicate brown on one side, and turn and brown other likewise; put in pan and set inside stove for a few minutes to dry out grease before serving; to be eaten with Kentucky corn-bread and drip coffee.

*Fish Balls.*

To one cup of boiled fish picked in pieces, mix half the amount of mashed and well-seasoned potatoes; make a cream sauce of one-half cup cream, one tablespoonful flour and butter; mix together with two well-



beaten eggs, season with dash of cayenne pepper and salt. Make in balls about size of small lemon and dip in raw egg and roll in crumbs and fry in deep hot fat; drain on brown paper; serve on hot platter and garnish with parsley.

### *Cod Fish Balls.*

Soak fish, changing water until fresh as desired. Pick to pieces; use one cup of fish to two cups of mashed, well-seasoned potatoes, one or two eggs beaten in well; add a small quantity of cream, dash of salt and pepper; make in balls, roll in crumbs and fry in hot fat.

### *Salt Mackerel.*

Soak fish until ready for use, changing water as needed. Cover with boiling water for a minute; drain off, cover with boiling water in which has been added a little vinegar, serve on hot dish with a cream dressing, or melt one-half teacup of butter and pour over and sprinkle with pepper.

### *Halibut Maitre d'Hotel.*

Cut halibut steak about three inches square, wipe with wet cloth and dry thoroughly; dip first in flour, then in beaten egg, about one-third water, then in sift-

ed breadcrumbs; fry in deep fat a rich golden brown; drain on soft paper.

*Shad Rue.*

To boil, wipe dry, sprinkle with salt and pepper; place on greased broiler, cook about five minutes on each side. Serve with melted butter. To fry, roll in flour, egg and bread crumbs, and fry in deep fat.

*Frog Legs.*

The green marsh frogs furnish best hams. They are generally liked fried. Wipe well, sprinkle with salt and pepper. Roll in flour, egg and sifted crumbs; fry a light brown in deep, hot fat. Serve with tartare sauce.

## Oysters.

Oysters are in season from September to May. Oysters are nutritious and are easily digested, especially when eaten raw.

### *To Open Oysters.*

Insert a thin, sharp knife between the shells near the back, pushing the knife forward till it cuts the muscle which holds the two shells together.

### *To Clean Oysters.*

Place the oysters in a strainer over a bowl. Reserve the drained liquor. Pick over each oyster carefully for bits of broken shell and wash in cold water, allowing two cups to each quart. The oyster liquor should always be scalded and strained before using. For many purposes the oysters should be scalded before using. Place one pint of cleaned oysters in a frying basket and dip it for one minute in a kettle of boiling water, drain and dry on a soft cloth.

### *Oysters on the Half Shell.*

Keep on ice till serving time. Have small soup-plates half full of fine ice and lay the oysters in the deep half of the shell on the plates as fast as opened. Salt, pepper and a cut lemon should be served at the

side, and a true oyster lover will use no other sauce. Small oysters are preferred, and four to six are enough for each plate.

#### *Creamed Oysters.*

One pint oysters, one and one-half cup white sauce. Drain and clean the oysters, scald and strain the liquor; cook the oysters in the liquor until plump and the edges begin to curl, and drain; add to the white sauce. Add more seasoning if necessary. Let it heat to the boiling point and serve in Swedish timbales or in patty shells. It is nice used as a filling for short-cake, croustad or on toast.

#### *Oyster Short-Cake.*

Drain and clean one quart of oysters, scald and strain the liquor, cook the oysters in the liquor until plumb and edges curl. Cook one tablespoon of flour with three tablespoons of butter. When the mixture is light and creamy gradually turn upon it the boiling liquor and season with salt and pepper. After boiling up once stir in three tablespoons of cream, also the oysters. Stir over the fire one-half minute. Serve immediately. Have shortcake ready to fill.

#### *Roasted Oysters on Toast.*

Eighteen large oysters; one teaspoon flour, one tablespoon butter, one-half cup cream, one-half cup oyster liquor, one-half teaspoon salt, three slices of toast. Drain and clean the oysters. Scald and

strain the oyster liquor. Scald the oysters in the liquor. For the sauce, melt the butter, add the flour and seasonings mixed, stir until smooth, add the oyster liquor slowly and cook until smooth, then add the cream and lastly the oysters. Pour over the toast and garnish with slices of lemon.

### *Broiled Oysters.*

Take two dozen large oysters, cleaned, drained and dried in a soft cloth. Sprinkle with salt and pepper. Melt two ounces butter in a large frying pan, lay in one dozen, as soon as the last one is in, turn the first one and when all have been turned begin taking out; laying them closely on a large buttered oyster broiler; cook to a light brown over moderate fire. While these are browning the other dozen may be "set" in the butter. Have six rounds of toast on a hot platter; put four oysters on each, sprinkle on the butter in which they were stiffened and serve with lemon cut in eighths.

### *Oyster Stew.*

One quart oysters, one cup oyster liquor, one-half cup water, one tablespoon butter, one tablespoon rolled crackers, one-half teaspoon salt, one-eighth teaspoon pepper. Drain and clean the oysters, scald and strain the liquor; add to the strained liquor the water, seasonings, butter and cracker crumbs. Let it come to a boil, add the oysters, cook them till the edges curl. Half a cup of scalded cream may be added before serving.



*Fried Oysters.*

Drain, clean and dry the oysters. Sprinkle lightly with salt and pepper, dip in Gold Medal flour, egg and cracker or stale bread crumbs, and fry in deep fat. Drain on brown paper. Serve on a hot, folded napkin, garnish with parsley and lemon. Fried oysters should be served immediately. It is better not to begin frying until they are wanted than to delay serving. It is best to let them stand on ice before frying, and flatten with hand. Take oyster in one hand and give a quick slap with ball of right hand, which makes them appear larger.

*Oyster Cocktail.*

Fill small, slender glasses about one-half full of crushed ice, put about half dozen blue points or other oysters to each glass and pour over sauce made in proportion to each tumbler as follows: one tablespoonful of strained tomato juice, two tablespoons of tomato catsup, one tablespoon of lemon juice, one-half teaspoonful of worchestershire sauce, one drop tobasco sauce; serve with reception flake on side of small plate, on which the glass is set.

*French Oysters.*

Scald one pint oysters in liquor, smooth together two tablespoons butter, same amount of flour, then add liquor from oysters or a little hot water, and let come to boil, stirring all the while; to this add one cup of

rich cream, black and red pepper, and salt to taste, then before it gets too warm again, stir in the beaten yolks of two eggs slowly; then add oyster, stir and heat very hot; lay pieces of nicely-browned toast in bottom of dish and pour the mixture over it. Serve very hot.

*Oyster Patties.*

Put in frying pan one tablespoonful of butter, one heaping tablespoonful of flour, stirring constantly until it bubbles, then pour in one-fourth pint of oyster liquor, and one-fourth pint of cream; stir until boiling and thick; then drop in oysters and cook until plump and begin to ruffle; add a well-beaten egg, a very little at a time, stirring all the while; season with salt and pepper, cook just a minute after adding egg. This is enough sauce for one pint of oysters. Fill patty cases, which should be hot; oysters should be small. For cases make rich pastry, baking on outside of muffin rings; also bake small, thin rounds for covers, fill patties, put on covers; serve hot immediately.

*Surprise Oysters.*

Two cups of mashed potatoes, add one-fourth teacup of very rich cream, two tablespoonsful of butter, one-half teaspoon salt, a little celery, salt, and a little pepper; whip with wire beater until light and fluffy with as little handling as possible; form into little oval pots and tuck two oysters in each; dip in beaten egg and roll in fine sifted bread crumbs; arrange on a greased baking

plate and bake a rich brown; baste with melted butter. This is a nice breakfast dish.

### *Baked Oysters.*

Three dozen oysters, three cups milk, three cups bread crumbs, one-fourth pound cheese, one heaping tablespoon butter, little salt and pepper; butter fire-proof dish, cover bottom with a layer of bread crumbs, lay on this about a dozen oysters, a little salt and pepper, and bits of butter; cover with grated cheese; begin with crumbs again and repeat layers until dish is full. Cover with the milk, and let last layer be a thick one of grated cheese over crumbs. Bake in moderate oven until cheese puffs high and brown. Serve hot.

### *Oyster Peppers.*

Cut off small end of large sweet peppers, remove seed veins; soak over night in weak salt water, dip three or four oysters into beaten egg well-seasoned with salt and pepper and a spoonful of Worcester thin sauce, then into cracker crumbs, fill peppers, placing a lump of butter in each. Replace slice of pepper on top, secure with wooden toothpick, set peppers in pan with a little of liquor seasoned with butter, cream and pepper. Bake until peppers are tender, basting occasionally.

### *Scrambled Oysters.*

One can of cove oysters or pint of fresh oysters,

one cup of cream, lump butter size of egg, one cup of cracker crumbs; let oysters boil up once in their own liquor, drain it off, then stir in all other ingredients except crackers; stir until eggs are soft, scrambled, then add crumbs, pepper, and salt to taste. Serve hot. This is fine for lunch, and quickly prepared.

## Breads.

Flour and baking powder are the most essential things in all bread and cake baking, for with an inferior brand of either one cannot hope for perfect success, as both are conducive to good results. I would advise when possible to always use a brand made at Roller Mills, Winchester, Ky., called Kerr's Perfection. I have used it almost exclusively for many years and both my mother and myself have taken premiums on both bread and cakes made from this flour over many competitors. I believe by using this flour in connection with Royal Baking Powder and by following explicitly the recipes given in the following chapters one is sure of success.

In all bread making flour, baking powder, salt, soda and sugar should always be sifted before using. To insure success in all baking, correct measurements are absolutely necessary and one should by all means buy a regular measuring cup, either in glass or tin.

### *Crumming Purposes.*

Light bread is best for crumming, but you may use crackers and also biscuits. Save all crusts and trimmings from bread when making toasts and sandwiches; also all left-over biscuit and crumbled crackers, and hang up in paper bag to dry, or if wanted for im-



mediate use, dry out in slow oven. Grind in meat grinder and if wanted very fine, sift. Dishes that require an egg mixture to be dipped in before crumming, beat the eggs sufficiently to mix well the whites and yolks and dilute with milk or water, about two scant tablespoonfuls to each egg.

*Salt Rising Bread.*

Scald (but not boil) at night one-half pint of milk and stir into this two tablespoonfuls of meal and one of flour, one teaspoonful of salt. Let stand until morning when it should be raised up and light looking. Then next morning add to this a pint of lukewarm water and stir in enough flavor to make a stiff batter; add a small teaspoonful of salt and soda and table spoonful sugar, set this in a vessel of warm water and it will in a short while rise to twice its quantity, then it is ready to make up. This will mix up two and one-half sifters of flour, to which add a little salt and tablespoon of lard; make in loafs, set in warm place to rise and then bake.

*Potato Yeast Bread.*

Peel four or five potatoes, and slice, stir two table- spoonfuls of meal with potatoes, and pour over one quart of boiling water. Prepare this at supper time. next morning drain from potatoes and stir in enough flour to make a stiff batter; add two teaspoons sugar, one of salt and one of soda; when rising is ready to make up let one pint of milk come to boil and pour

all over two and one-half sifters of flour that has been rubbed into one teacup of lard. Knead well, lest rise, and bake.

### *Light Rolls.*

Dissolve one-half cake of Magic Yeast into one pint of warm water; stir in enough flour to make a stiff batter, add a pinch of salt and little sugar. Let stand eight or ten hours, then mix up flour with about three-fourth teacup of lard to make as many rolls as desired; use yeast rising; and take lukewarm water; rinse out vessels yeast was in with lukewarm water until flour is sufficiently wet; make into small rolls and set in warm place to rise; then bake.

### *Hot Bread.*

Always cut hot bread with very hot bread knife.

### *Royal Baking Powder.*

There is nothing more essential in all baking than to be sure you use the very best baking powder, for an inferior brand of this article will not only spoil the most painstaking efforts, but is very injurious to digestion and poisonous to the entire system. From my own personal experience I can safely say that Royal Baking Powder is always sure, safe, and healthful, and certain of best results, and I advise its use exclusive of all others.

*Cream Muffins.*

Mix two teaspoons baking powder with one-half teaspoon of salt; add to two cups of sifted flour, then sift again; beat yolks of two eggs and add them to two and one-half cupsful of sweet milk, stir these into flour; beat the whites of the two eggs stiffly, one-third cup of butter added to flour mixture. Fill hot greased muffin rings one-half full and bake in hot oven.

*Oat Meal Gems.*

Separate two eggs and beat yolks and add one-half pint of sweet milk, one and one-half of wheat flour, tablespoon of melted butter, one-half teaspoon salt, heaping teaspoon baking powder; beat thoroughly, add one-half pint of cooked oatmeal, then add the stiffly beaten whites of the eggs. Pour into hot greased oven muffin rings and bake twenty minutes.

*Plain Gems*

Are made same way except to omit rolled oats. Graham gems same recipe, using one-half graham and one-half white flour.

*Bread Griddle Cakes.*

Soak two cupsful of stale bread crumbs in one quart of hot milk, add two tablespoons melted butter and beat to smooth batter, then add one-quarter teaspoon salt, two eggs beaten separately, add lightly to batter;

bake in thin cakes on hot griddle, brown and turn; serve hot.

*To Keep Crackers Crisp.*

Keep in small lard bucket covered in warming closet and you will always, even in damp weather, find them crisp and dry.

*Waffles.*

Sift together two cups flour, one-half teaspoon salt, three teaspoons baking powder; add then one cup of rich sweet milk, yolks of two eggs, four tablespoons melted butter, and beat to a smooth batter; then add stiffly beaten whites of two eggs. Bake in hot greased waffle irons, stack up and pour melted butter over each.

*Old-Fashioned Waffles.*

Sift about one pint flour with two tablespoons Royal Baking Powder, one small teaspoon salt; enough thick buttermilk with level teaspoon soda to make a rather thin batter. Pour this a little at time over flour, beating all the time until smooth, heaping tablespoon lard, melted before put into batter. Lastly stir in the well beaten yolks of two eggs beaten separately. Bake immediately in well greased waffle irons.

*Cream Waffles.*

One pint of sour cream, two eggs, one pint of flour, one tablespoonful of cornmeal, one teaspoonful of soda, half a teaspoonful of salt. Beat the eggs sepa-

rately, mix the cream with the beaten yolks, stir in the flour, cornmeal and salt; add the soda dissolved in a little sweet milk, and, last, the whites beaten to a stiff froth.

*Wheat Flour Muffins.*

Can be made by same recipe by adding a little more flour and one more egg to batter.

*Sweet Potato Biscuit.*

This recipe is given by an old southern cook: Two cupsful of flour, one cupful of boiled and mashed sweet potatoes, one heaping tablespoonful of sugar, one heaping tablespoonful of butter, one level teaspoonful of salt, one-fourth teaspoonful of soda, and enough buttermilk to make a soft dough; roll and cut like biscuit; bake in quick oven.

*Soda Biscuit.*

One quart of flour, three-fourth teacup lard and butter mixed. Rub thoroughly into the flour which has been sifted with small teaspoon salt, two heaping teaspoons Royal Baking Powder stirred into enough buttermilk to make a very soft dough. Work barely enough to mix; roll out and bake quickly.

*Cream Biscuit.*

One quart of flour sifted twice with one level teaspoon salt, three-quarter teaspoon soda; beat an egg and add to enough thick, rich sour cream to make



a very soft dough; mix, roll out and bake as quickly as possible.

*Baking Powder Biscuit.*

One quart flour, heaping tablespoonful lard, one teaspoon salt, two heaping teaspoons Royal Baking Powder; mix flour, baking powder and salt and sift all three times. Rub lard well into flour and make soft with sweet milk; mix with spoon, pour out on biscuit board, well floured, and roll out as soft as can possibly be done and get in oven immediately. Serve at once.

*Beaten Biscuit.*

One quart flour, one heaping and one level tablespoonful lard rubbed well into the flour; mix with equal parts sweet milk and water icy cold, one teaspoon salt; mix just enough milk and water with flour until the dough just barely holds together; very dry, almost crumbly when put on board to beat. Run through kneader until smooth. If you have no kneader beat with flat iron bottom edge or an axe kept for purpose; beat until perfectly smooth and the dough begins to pop and blister. Roll out about one-half inch thick, cut with rather small cutter, and stick in center three times with fork close together. Bake slowly; brown very slightly.

*Graham Biscuit.*

One quart flower, one teacup sugar, one teaspoonful soda, one heaping tablespoon butter; work sugar, but-

ter, and flour together until very fine, then add enough sour cream to make a soft dough; work very little, make with soft dough, cut into biscuit and bake.

*Golden Cream Toast.*

Cut slices of stale bread into diamond shape and toast to a pale brown. Take one pint rich milk, three tablespoonsful of butter, two of flour, and a dash of pepper; smooth butter and flour together and add milk gradually so as not to lump; cook until smooth, stirring, add the grated yolks of three hard boiled eggs, cut whites in rings and lay round platter; add grated yolks of eggs and pour over toast. Serve very hot.

*Cream Toast.*

Heat a pint of milk to boiling, and add a piece of butter the size of an egg; stir tablespoonful of flour smoothly into a cup of rich cream, and add some of the boiling milk to this; heat it gradually and prevent the flour from lumping; then stir into the boiling milk, and let it cook a few moments; salt to taste. After taking from the fire stir in a beaten egg; strain the mixture on to toast lightly buttered.

*Rusks, With Yeast.*

In one large coffee-cup of warm milk, dissolve half a cake of compressed yeast, or three tablespoonfuls of home-made yeast; to this add three well-beaten eggs, a small cup of sugar, and a teaspoon of salt; beat these together. Use flour enough to make smooth, light

dough, let it stand until very light, then knead it into the form of biscuits; place them on buttered tins, and let them rise until they are almost up to the edge of the tins; pierce the top of each one, and bake in a quick oven. Glaze the tops of each with sugar and milk, or the white of an egg, before baking. Some add dried currants, well-washed and dried in the oven.

#### *Rusks.*

Two cups of raised dough, one of sugar, half a cup of butter, two well-beaten eggs, flour enough to make a stiff dough; set to rise, and when light mold into high biscuit, and let rise again; rub damp sugar and cinnamon over the top and place in the oven. Bake about twenty minutes.

#### *Ham Toast.*

Chop or grind some lean ham fine, put into pan with two beaten eggs a lump of butter and a little dry mustard and pepper. When well heated spread on well-buttered toast and serve hot.

#### *Southern Cornbread.*

Sift one quart of white cornmeal, one teaspoonful of salt. Beat three eggs until light and add one pint of sour milk, with one-half teaspoonful of soda. Stir in the meal and then add two tablespoonsful of hot lard and beat vigorously for three full minutes. Pour into hot, well-greased pan and bake quickly. Serve at once.

*Corn or Brown Bread Cream Toast.*

Cut bread thin, slice corn cake and toast in hot oven. Make a cream by bringing milk to a boil (a double boiler is best) and thickening with flour which has been previously mixed with cold water. Thicken to about the consistency of heavy cream and salt to taste. Cooked about ten minutes, add a generous piece of butter and pour over toast one layer at a time. Biscuits sliced thin or loaf bread may be used in the same way.

*Corn Meal Muffins.*

One pint corn meal, one-half pint flour, one egg, one teaspoonful salt, the same of soda, and enough sour milk to make a stiff batter. Bake in muffin rings, gem pans or with the batter made thinner they are excellent for griddle cakes.

*Corn Cake.*

Beat two eggs in a teacup and fill with sweet cream; one teacup sugar, one tablespoonful baking powder, one teaspoonful lemon or vanilla, one cup cornmeal, one cup flour. Add two tablespoonfuls of boiling water. Stir quickly; pour into shallow pans and bake quickly. For filling, grate half a cup of green corn, put on stove with a cup of sweet milk; when boiling stir in one egg, three spoonfuls of sugar, the same of flour, all wet to a cream with milk. Ornament this cake with whole grains of cooked corn or pop corn.

*Virginia Corn Bread.*

Three cups of white cornmeal, one cup of flour, one tablespoonful of sugar, one teaspoonful of salt, two heaping teaspoonfuls of baking powder, one tablespoonful of lard, three cups of milk and three eggs. Sift together the flour, cornmeal, sugar, salt and baking powder; rub in the lard cold, add the eggs well-beaten and then the milk. Mix into a moderately stiff batter; pour it into well-greased, shallow baking pans (pie-tins are suitable). Bake from thirty to forty minutes.

*Mush Pan Bread.*

One pint milk cooked in a double boiler, with sufficient Indian cornmeal to make a thick mush. Cook one hour; add one tablespoon butter; stir, let cool; add three eggs, whites and yolks beaten separately, one cup flour, one-half teaspoon salt, one teaspoonful Royal Baking Powder. Turn into a shallow greased pan, bake forty minutes in moderate oven.

*Mush Griddle Cakes.*

One-half pint boiling water in pan on stove, stir in enough meal to make a soft mush free from lumps, a pinch of salt, let cook three minutes, stirring all the time; if too thick add hot water until rather soft, let cool awhile and pour in sweet milk according to quality wanted, a little salt and a tablespoonful or more of lard according to quantity, stir in meal until rather still, butter, have griddle well-greased and hot, put



on in cakes about size of bottom of glass and about one-quarter inch thick. Bake rather slow with nice brown crust. This is fine with Jersey butter and sweet milk.

*Kentucky Corndodgers.*

Scald one-half pint meal with boiling water, then mix into a soft dough one quart of meal with cold water to which add little sweet milk to make brown nicely, a teaspoonful of salt, a tablespoon of melted butter or lard, make into dough stiff enough to be molded with the hands in little oval pones about two and one-half inches long, one and one-half inches thick and two inches wide, and put in greased hot pan, pones touching. Bake in hot oven; a nice brown crust. Serve very hot. Nice to serve with beans, cabbage, etc.

*My Own Everyday Corn Muffins.*

Scald one-quarter pint meal with very hot water, beat and stir until free from all lumps and put on fire and let boil up a minute, stirring constantly, add enough water until a light, soft mush, add a pinch of salt. Let cool a minute, add about one pint of sweet milk, a dash of salt, one teaspoonful of sugar (no more) enough meal into which two and one-half teaspoonfuls of Royal Baking Powder has been added to make a batter a little thicker than flour batter cakes, add to this yolk of one egg and whites of two; whites added just before putting in muffin rings; pour in one heaping tablespoonful of lard and bake in hot, well-greased muffin

rings in hot oven. Serve at once. Then if mixed and baked properly should melt in your mouth. Can be made with buttermilk instead of sweet by adding one-half teaspoon soda. Don't leave out baking powder.

#### *Baking Pan Bread.*

This same recipe can be put in baking pan from about one and one-half inch thick and cut in small blocks and is called egg bread.

#### *Corn Batter Cakes.*

Use same recipe as for muffins except use the buttermilk and soda and use two whole eggs and make batter just thin enough by adding a little more milk to run stiffly off spoon. Bake on hot greased griddle in little thin cakes and stack one on top of the other with a little melted butter poured on top each cake.

#### *Flannel Cakes. (With Yeast.)*

Heat a pint of sweet milk, and into it put two heaping tablespoonfuls of butter, let it melt, then add a pint of cold milk and the well-beaten yolks of four eggs—placing the whites in a cool place; also, a teaspoonful of salt, four tablespoonfuls of home-made yeast, and sufficient flour to make a stiff batter; set it in a warm place to rise; let it stand three hours or over night; before baking add the beaten whites; bake like any other griddle-cakes. Be sure to make the batter stiff enough, for flour must not be added after it has

risen, unless it is allowed to rise again. These, half corn-meal and half wheat, are very nice.

*Pop-Overs.*

Two cups of flour, two cups of sweet milk, two eggs, one teaspoonful of butter, one teaspoonful of salt, bake in cups in a quick oven fifteen minutes. Serve hot with a sweet sauce.

*Remember in Flour Griddle Cakes.*

The batter must be thin, the cakes made small and not too thick—about a good one-eighth inch thick when baked—browned, and neatly turned. The griddle must be merely rubbed with grease, not grease-soaked. This is highly important. Take a thick piece of salt pork on a fork, or a lump of suet in a piece of cheese-cloth, and rub lightly over the hot griddle and pour the batter on immediately.

*Pancakes.*

One pint flour, six eggs, one saltspoon salt, one teaspoon Royal Baking Powder, and milk to make a thin batter. Add the baking powder to the flour, beat the whites and yolks of eggs separately; add the yolks, salt, two cups milk, then the whites and the flour alternately with milk, until the batter is of right consistency. Run one teaspoon lard over the bottom of a hot frying-pan, pour in a large ladleful of batter, and fry quickly. Roll pancake up like a sheet of paper, lay upon a hot dish, put in more lard, and fry another pancake. Keep hot

over boiling water. Send one-half dozen to table at a time. Serve with sauce, jelly, or preserves.

#### *Buckwheat Cakes.*

To one and one-half pints pure buckwheat flour (never use prepared self-raising flour) and one-fourth pint each wheat flour and Indian meal, three heaping teaspoons Royal Baking Powder, one teaspoonful salt, one tablespoon brown sugar or molasses. Sift well together, in dry state, buckwheat, Indian meal, wheat flour, and baking powder, then add remainder; when ready to bake add one pint water or sufficient to form smooth batter that will run in a stream (not too thin) from pitcher; make griddle hot and cakes as large as a saucer. When surface is covered with air-holes it is time to turn cakes over; take off when sufficiently browned.

#### *Gem Pans.*

When filling gem pans with batter remember to leave one empty and fill with water. When this is done they will never scorch.

#### *Cornmeal Mush.*

Put on water according to quantity wanted, let come to boil, add salt to taste; take, say about one and one-half pints cornmeal, mix with enough cold salt water to make a medium thin batter, stir this gradually into the boiling water and let cook for one-half hour, stirring and beating most all the time, beating

makes it very light and white, cook until the right consistency then add a little butter. Take up in hot dish and serve with rich sweet milk or plain with butter. Mold in pan or dish what is left over and slice in one-half inch slices and fry for breakfast. Meal slices and fry in hot fat until nice brown.

*Cornmeal Slappers.*

Pour one quart of scalding hot milk over one pint of corn meal, add two tablespoonfuls of butter or one and one-half of lard, stir until cool then add one-half teaspoon salt, one heaping teaspoon baking powder, drop one tablespoonful on hot greased griddles, when brown turn and brown other side. Serve with butter on hot plates.

*Brown Bread.*

Mix together three cups graham flour, one cup wheat flour, two teaspoons baking powder, one teaspoon salt; rub in one tablespoon butter or other shortening. Beat three eggs; add one cup milk and one tablespoon molasses; stir into dry mixture. Add more milk if needed to make a drop batter. Put into a greased loaf-pan, smooth with knife dipped in cold water. Bake about one hour in moderate oven.

*Boston Brown Bread.*

One-half pint flour, one pint Indian corn-meal, one-half pint rye flour, two potatoes, one teaspoon salt, one tablespoon brown sugar, two teaspoons baking powder,



one-half pint water. Sift flour, corn-meal, rye flour, sugar, salt, and baking powder together thoroughly. Peel, wash and boil well two mealy potatoes, rub them through a sieve, diluting with water. When this is quite cold use it to mix flour, etc., into a batter. Pour into well-greased mold having a cooler. Place it in saucepan half full of boiling water, where the loaf will simmer one hour, without water getting into it. Remove it then, take off cover, finish by baking in fairly hot oven about thirty minutes.

*Royal Sally Lunns.*

Sift together one pint flour, one and one-half teaspoons baking powder, one-half teaspoon salt. Stir in the beaten yolks of two eggs mixed with one-half cup milk and one-half cup melted butter. Beat hard, add the whites whipped to a stiff froth. Bake in well-greased muffinpans in a hot oven.

*Rusks.*

One and one-half pints flour, one-half teaspoon salt, two tablespoons sugar, two teaspoons Royal Baking Powder, two tablespoons butter, three eggs, one teaspoon each extract nutmeg and cinnamon, three-fourths pint milk. Sift together flour, salt, sugar, and powder; rub in butter; add milk, beaten eggs and extracts. Mix into dough soft enough to handle; flour the board, turn out dough, give it quick turn or two to complete its smoothness. Roll under the hands into round balls size of a small egg; lay them on greased shallow

cake-pan, put very close together, sprinkle a little sugar over, bake in moderately heated oven about thirty minutes.

*Cheese Straws.*

This recipe is given by Marion Harland: One-half pound of flour, four ounces of butter, one egg, four ounces of strong cheese (grated), one gill of milk a pinch of red pepper, salt to taste. Put the flour into a bowl, and chop the butter into it. Make a hollow in the centre of the flour, and into this put the egg, well beaten up with the milk, grated cheese and seasoning. Mix well with the hands, keeping the ingredients as cold as possible, and roll out into sheets about one-eighth of an inch thick. Cut in strips and bake in a quick oven to a delicate brown.

*Graham Griddle Cakes.*

Mix together dry two cups of Graham flour, one cup wheat flour, two heaping teaspoonfuls of baking-powder, and one teaspoonful of salt. Then add three eggs well-beaten, one tablespoon of lard or butter melted, and three cups of sweet milk. Cook immediately on a hot griddle.

*Cheese Biscuit.*

Roll some puff paste out thin and sprinkle over it a dash of cayenne and dry grated cheese to cover it; double up the paste, roll it out again and cut it with a small round cake cutter, says a writer in *What to*

Eat. Brush over the biscuit with an egg, lay them on a floured tin and bake in a hot oven to very pale brown. Any stale bits of cheese may be pleasantly used in this way.

### *Crusts.*

In making a crust of any kind do not melt the lard in the flour. Melting will injure the crust.

### *Brewis.*

Break stale pieces of brown and white bread into smaller pieces, allowing one and one-half cupfuls of brown bread to one-half cupful of white bread. Butter a hot frying-pan, put in bread and cover with skim-milk or half each of milk and water. Cook until of the consistency of stiff mush and add butter and salt to taste.

### *Raised Doughnuts.*

Boil and mash two medium sized potatoes, stir them into one pint boiling milk, add a little salt and three-fourths cup sugar. Allow to sit until lukewarm and then add two well-beaten eggs and one-half yeast cake dissolved in a little warm water. Let rise until light and then add one-half cup butter and sufficient flour to mold. Let rise again in warm place for about four hours, and roll and cut about one-half inch thick. Let rise again and fry in hot lard. As soon as cool, roll in powdered sugar.

*Parker House Rolls.*

..

Two cups scalded milk; three and one-half table-  
spoons butter; two tablespoons sugar; one and one-half  
teaspoons salt, two-thirds compressed yeast cake dis-  
solved in one-fourth cup lukewarm water, flour. Mix  
together all the ingredients except the yeast cake and  
flour. Allow the first mixtures to become lukewarm,  
then add the dissolved yeast cake and three cups of  
flour, cover and set in a warm place to rise. Cut down  
and knead, adding enough flour for a stiff dough (about  
two and one-half cups). Let rise again, then put the  
dough on a floured board and mix and roll out to one-  
third inch thickness. Cut with biscuit cutter. Cover  
one-half the top with melted butter, fold and press  
edges together. Put an inch apart in a greased pan.  
Cover and allow to rise. Bake as directed for rolls.

*Sweet French Rolls.*

Four tablespoons melted butter, one egg and the  
yolk of one egg, one cup of milk, one compressed yeast  
cake dissolved in one-fourth cup of water, four table-  
spoons sugar, one teaspoon salt, one-eighth teaspoon  
mace; flour. Scald the milk and cool to lukewarm;  
add dissolved yeast cake, and one and one-half cups  
of flour. Beat well and when light add the remaining  
ingredients, including the eggs well-beaten. Use enough  
more flour to knead. Allow to rise again and shape  
as desired. They can be rolled one-fourth thickness,  
cut in long, narrow strips, spread with butter.

*Never Failing Salt Rising Bread.*

Peel and cut in very thin slices a potato about the size of your fist, add to this two heaping tablespoonsful of meal, a heaping teaspoonful of sugar, level teaspoon of salt; pour on this, stirring all the time one pint of boiling water and put in small stone jar or pitcher. Make this at noon and let stand any place in kitchen in summer till breakfast time next morning and then remove potatoes and add enough flour to make rather stiff batter; return to jar and put in vessel of warm water and let stand until it rises about one-half higher, then pour this into two and one-half patent lifters of flour to which has been added two level tablespoonsful of sugar, one level tablespoonful salt, one an done-half tablespoonsfuls lard; if not sufficient yeast add warm milk and water mixed to jar and rinse and pour in sufficient amount to make a rather stiff dough, work about thirty minutes until smooth and put in pans to rise in warm place. Bake in moderate oven. This never fails.



## Vegetables.

### *Hints on Cooking Vegetables.*

First—Have them fresh as possible. Summer vegetables should be cooked on same day they are gathered. Second—Look them over and wash well, cutting out all decayed or unripe parts. Third—Lay them, when peeled, in cold water for some time before using. Fourth.—Always let water boil before putting them in, and continue to boil until done.

Turnips.—Should be peeled, and boiled from forty minutes to an hour.

Beets.—Boil from one to two hours; then put in cold water and slip skin off.

Spinach.—Boil twenty minutes.

Parsnips.—Boil from twenty to thirty minutes.

Onions.—Best boiled in two or three waters, adding milk the last time.

String Beans.—Should be boiled one and one-half hours.

Shell Beans.—Require an hour.

Green Corn.—Boil twenty or thirty minutes.

Green Peas.—Should be boiled in little water as possible; boil twenty minutes.

Asparagus.—Same as peas; serve on toast with cream gravy.

Winter Squash.—Cut in pieces and boil twenty to forty minutes in small quantity of water; when done, press water out, mash smooth, season with butter, pepper, and salt.

Cabbage.—Should be boiled from one to two hours in plenty of water; salt while boiling.

#### *Asparagus on Toast.*

Have stalks of equal length, scrape lower ends; tie in small bunches with tape. Cook twenty to thirty minutes, according to size. Dip six or eight slices dry toast in asparagus liquor, lay on hot platter, place asparagus on them, and cover with a white or drawn butter sauce; in making sauce use asparagus liquor and water or milk in equal quantities.

#### *Baked Cabbage.*

Cabbages are cheap, and to make them palatable and eatable we should know of more ways of cooking than boiling. An exchange recommends the “baked” which is treated as follows: “Boil a firm, white cabbage for fifteen minutes in salted water; then change the water for more that is boiling and boil until tender. Drain and set aside until cool, then chop fine. Butter a baking-dish and lay in the chopped cabbage. Make a sauce in this way: Put a tablespoonful of butter in a pan; when it bubbles up well stir in one tablespoonful of flour; add one-half pint of stock and one-half pint of water, both boiling. Stir until smooth; season to taste with pepper and salt, and mix well

with it four tablespoonfuls of grated cheese. Pour this over the cabbage; sprinkle rolled cracker over it; do it with lumps of butter and place in a quick oven for ten minutes. This is almost as good as the more aristocratic cauliflower when cooked in the same manner."

#### *Green Corn Fritters.*

Grate one pint of sweet corn, salt to taste and add one well-beaten egg, one teacup of flour and enough sweet milk to make a batter suitable to fry on a gridle.

#### *Green Corn Pudding.*

Take half a dozen ears of sweet corn. With a sharp-pointed knife split each row of kernels and scrape from the ear; mix with the pulp two well-beaten eggs, two tablespoonfuls of sugar, one tablespoonful of melted butter, one saltspoonful of salt, half a pint of sweet milk, and one dozen of crackers rolled fine. Mix well and bake one hour, or till done.

This pudding can be made of canned corn, but is not so nice. If canned corn is used it must be pressed through a fine colander.

#### *Salsify.*

"The Pattern Cook Book" gives the following directions for stewing oyster-plant or salsify: Wash the roots with cold water using a rough cloth, place them in a kettle with plenty of boiling, salted water, and boil slowly for an hour, when they will be nearly done.

Drain off the water; and when the roots are cool enough to handle, scrape off the dark skin. Cut them in slices, return to the kettle, add hot water, and simmer fifteen minutes. Drain again, nearly cover with milk, and thicken the milk to a cream with a little flour that has been stirred to a paste with cold milk. Season to taste with butter, salt and pepper, and serve. To fry salsify, boil, scrape off the skin, slice, and fry like parsnips.

#### *Corn Peppers.*

Select firm, bell peppers, either green or red. Do not cut off the stems. Parboil them for fifteen or twenty minutes whole. Cut a slice out of the side of the pepper like a little window, remove all the seeds and the partitions found in the pepper. Have ready the following mixture: A dozen ears of corn grated, a tablespoon of butter melted, tablespoon of cream, two beaten eggs, salt to taste. Fill each pepper with this mixture, tuck in the little slice or window, and bake in a quick oven.

#### *Boiled Corn.*

Fill an enamel or granite-iron pot with plenty of water to cover the amount of corn you intend to cook. Bring it to a boil, and have your corn husked, the ears broken in half if they are very long. Salt the water, drop the corn into it at boiling point, and boil briskly from five to eight minutes, if the corn is very young and tender—from eight to twelve if the kernels are

very large. Remove with a large skimmer, drain, wrap in a napkin or corn doiley and serve immediately. Corn cooked in an iron pot is very apt to turn dark, and if allowed to stand in the water at the back of the stove it will become soggy and tasteless.

*Raw Cabbage.*

A nice way to prepare raw cabbage is as follows: Select a firm, good head, chop finely in a bowl what you think will be needed, and to every quart add one-half teacupful of thick, sweet-cream; two tablespoonfuls of strong vinegar or lemon juice; one cupful of white sugar and mix thoroughly.

*Asparagus.*

Asparogus is often served as a separate course, cold, as a salad, with a French dressing, or it may equally be so served hot, with the ordinary cream sauce or the following, which is better: Melt two ounces of butter in a saucepan and sift into it level tablespoonful of flour, stirring all the time; add a gill of cold milk, salt and pepper; when the sauce is smooth and thick pour in a gill of cream and teaspoonful of Tarragon vinegar or lemon juice; mix well and add one-half ounce of grated Parmesan cheese. Serve hot at once.

*Pea Patties.*

Make a very rich pie crust, working the dough very little. Cut with biscuit cutter after rolling the dough out as for pies. Fit the circular pieces into patty pans



and bake until light brown. Pour the liquid from a can of peas, wash them slightly, and put them over the fire with only enough water to keep them from burning. Cook until dry. Prepare a white sauce as follows: Three tablespoonfuls of butter and one heaping tablespoonful of flour. Mix well together and add one pint of hot milk and boil until thick. Place each crust on a small plate and fill with peas. Pour over the white sauce and serve hot. These are very appetizing and delicious, and will be sure to please all who like peas.

#### *Corn With Green Peppers.*

Take a few tender ears of corn cut from cob, cut in one-fourth inch squares four or five green or red sweet peppers, mix with corn and add a little water and three-fourths teacup cream, tablespoonful of butter, a little salt. Put on baking dish and bake light brown. The colored peppers with white corn make a pretty combination.

#### *String Beans.*

String, break once and let stand in cold water for half hour. Put about three-quarter pound of fat bacon in about one-half gallon cold water, let this boil slowly for one-half hour then put in beans! add a little salt and red pepper; boil rapidly until tender as slow cooking has a tendency to make them mushy; cook all the while with just enough water to keep from sticking;

cook out all water. It usually takes from two to three hours to cook beans. Serve with corn dodgers and onions with vinegar dressing. It also adds to beans to cut off an ear of tender corn and add to them about thirty minutes before taking up.

### *Turnip Greens.*

The cleansing requires strictest attention. If they are not very fresh it is absolutely necessary to restore their crispness before cooking, else they will be tough. Lay them in a pan of cool, fresh water with a handful of salt and let them remain for an hour or more. The Kentucky way of cooking greens is with about one-and one-half pounds of jowl put on in cold water and cooked until about done and until water is very low. Then drain greens thoroughly and put in pot with meat on top, add a little salt and dash of cayenne pepper, boil very briskly until tender, to retain color. Cook very low. Serve with poached eggs and smashed potatoes. Greens are also nice cooked in salted water until tender, seasoned with cream, butter and pepper. String beans can also be cooked without meat and served in same way.

### *Tomato Fritters.*

One pint tomatoes canned or fresh, chopped fine and salted to taste; one egg beaten together and mixed with tomatoes, one-half teaspoon soda dissolved in water, sufficient flour to make a smooth batter. Mix

a little butter, with lard and add last. Drop from spoon in very-hot fat and fry nice brown. Serve hot.

#### *Stewed Celery,*

Is an excellent winter dish, and is very easily cooked. wash the stalks thoroughly, and boil in well-salted water till tender, which will be in about twenty minutes. After it is made ready as above, drain it thoroughly, place it on toasted bread, and pour over it a quantity of sauce. A sauce of cream, seasoned with a little mace, may be served over the celery. It may also be served with melted butter.

#### *Stuffed Egg Plant.*

Cut the egg-plant in two; scrape out all the inside and put it in a saucepan with a little minced ham; cover with water and boil with salt; drain off the water; add two tablespoonfuls grated crumbs, tablespoonful butter, half a minced onion, salt and pepper; stuff each half of the hull with the mixture; add a small lump of butter to each, and bake fifteen minutes.

#### *Stuffed Peppers.*

Cut the top from red or green sweet peppers remove inside, stand in salted water for awhile, drain and fill with any kind of filling desired. Chipped chicken, veal, beef with onions, bread crumbs; season to taste with butter, salt, pepper and little beaten egg. A nice filling is of brains, rice, peas, etc. Put in pan

with little stock of water, cover top with battered crumbs. Bake about one-half hour. Serve with any kind of sauce preferred.

*Mushrooms.*

Wash and remove stems, about one pint mushrooms. Peel and break in pieces, melt one-half tea cup butter and add mushrooms when real hot, season to taste with salt and pepper. Dredge well with flour. Just a small quantity of thick cream or water; cook slowly a few minutes. Serve on nicely browned toast. Boiling or stewing mushrooms are the right way to prepare them.

*To Keep Lettuce and Celery Fresh.*

Wash and dry with soft towel, put in five-pound lard buckets, cover tightly to exclude air and put near ice.

*New Beets With Butter.*

Select beets of uniform size and be careful not to break skin nor sever the little rootlets which would set free juice and spoil color; cover with water (and boil until tender, remove skins first, cut into slices and then in strips, pour over melted butter, salt and pepper and a dash of sugar or serve with a little weak sweetened vinegar with salt and pepper.

*Spring Radishes.*

Select small red breakfast radishes, keep in cold

water until ready to serve. Cut away top all but an inch of stem, slice the skin in four or five places and turn one-half back and serve on bed of cracked ice garnished with parsley or watercress.

#### *Green Peas.*

Cover shelled peas with boiling water with a little salt and sugar, cook uncovered about twenty minutes, pour off water and season with butter, salt and pepper to taste. Nice on toast or in patties.

#### *Turnips.*

Cook with piece of fresh pork, slice in about one-quarter inch slices and put in after meat has boiled about an hour. Peel and put in buttered ramkin and mash. Season with a very little sugar, cream, salt and pepper.

#### *Baked Onions.*

Select nice firm onions, wash but don't peel, put in sauce-pan with slightly salted boiling water and boil rapidly for one hour, replenishing water as it boils down. Drain off water and dry onions thoroughly on cloth, wrap each in oiled paper or buttered tissue paper, arrange in baking pan, place in slow oven, bake for about an hour. Peel and put in buttered pan and return to oven and brown, basting frequently with butter. Serve with melted butter seasoned with salt and pepper.



*Onions on Toast.*

Chop six medium size onions fine and boil twenty minutes in slightly salted water then turn off water and add one tablespoonful of butter, one tablespoonful of rich cream. Serve in tiny mounds on hot buttered toast; garnish with parsley and hard boiled egg cut in crescents.

*Green Corn Oysters.*

A nice breakfast dish. Take eight ears of nice young corn, cut down middle of grains with knife, then smrape corn from hulls with spoon; add two well-beaten eggs with salt and pepper. Should corn be too thin put in a few cracker crumbs. Drop into skillet with enough butter to fry nicely. Make as much like oysters as possible; brown both sides nice brown. Serve on hot platter.

*Lady Cabbage.*

Cut up cabbage rather course, a nice white cabbage, and boil until tender in little salt water with red pepper uncovered. Drain off all water, add enough rich milk and put a layer of chopped cabbage and a thin layer of crackers whole. Continue until pan is full then put in enough rich milk or cream heated with one scant tablespoonful butter and pepper to cover all. Have crackers on top and brown a light brown.

*Cauliflower.*

Two small cauliflowers to soak for one hour in salt water, drain well and cut off stems quite, put heads downward in a pan, add a level teaspoon of sugar to each quart. Allow these to boil until tender. Drain and set in dish with flower uppermost. Make a sauce by putting one heaping tablespoonful of flour and one of butter into a saucepan, rub them together over a gentle heat until dissolved, then add one-half teacup of water, one-half teacup milk, salt, pepper and red pepper to taste, a few drops of lemon juice. Allow all to boil about three minutes then add one level spoonful grated cheese and pour all over cauliflower, then sprinkle over top another tablespoonful grated cheese. Put in hot oven for two or three minutes and brown lightly.

*Southern Sweet Potatoes.*

Season boiled mashed sweet potatoes with butter, pepper, little salt. Moisten with rich milk and beat vigorously, then add two tablespoonsful of molasses, put in baking powder and rough the top and brush over with a little butter and syrup mixed. Bake until a delicate brown.

*To Keep Celery and Lettuce Fresh.*

Put in an ordinary glass fruit jar covered tight and put in a cool place.

*Stuffed Green Peppers.*

Wash and plunge into boiling water, simmering gently for five minutes. Drain and cut off stem-end to remove the seeds and partitions of soft fibre inside, leaving bare shells. Wipe dry and fill with minced sausage meat, flavored well with finely chopped onion, bread crumbs, parsley and a little lemon juice. Bake fifteen minutes, basting with melted butter or better still soup stock.

*Use for Celery Leaves.*

After cleaning the celery do not throw away the leaves. Wash them carefully, spread them out thinly and set them on the back of the stove to dry.

After they are thoroughly dried, rub them to a powder, and put them away in bottles. They will prove a delicious flavor to many different kinds of dishes.

Try a pinch in a chicken stew or with the scalloped tomatoes.

*To Cook Squashes.*

Cut them up and cook in just enough water to keep from burning. When done pour in a cup of the morning milk and a piece of butter as large as an egg. Let it cook a little more and you have a dish for the queen.

*Sliced Cucumbers.*

Peel and slice two well-grown cucumbers very thin,

sprinkle lightly with salt and set on ice; when ready to serve, drain the water off, slice onion over, sprinkle with cayenne pepper, pour over strong vinegar and serve.

### *Tomato Croquettes.*

Two large cups of tomatoes, two eggs, two table-  
spoons of butter, and salt and pepper to taste. Mix  
thoroughly and then add enough bread crumbs to make  
a paste thick enough to fry. Drop by the table-  
spoonful into boiling hot lard and fry brown. Serve im-  
mediately on a platter garnished with cress of parsley.  
ley.

### *For Canning Corn.*

Cut from the cob and cook until nearly done, then  
add three-fourths pint of salt to each gallon of corn  
and seal while hot. When ready for use drain off the  
brine, and pour on fresh water, let stand awhile then  
drain and cook.

### *Fried Onions.*

Cut them in thin slices and season them; have a  
piece of fat bacon frying to get the juice, take it out  
and put the onions in and stir until a pretty brown.

### *Parsnips Fried in Butter.*

Scrape the parsnips and boil gently forty-five min-  
utes. When cold, cut in long slices about one-third of  
an inch thick. Season with salt and pepper. Dip in

melted butter and in flour. Have two tablespoonfuls of butter in the frying-pan, and as soon as hot, put in enough parsnips to cover the bottom. Fry brown on both sides and serve on a hot dish.

*Scalloped Tomatoes.*

Turn nearly all the juice off from a can of tomatoes. Salt and pepper this, by the way, and put aside in a cool place for some other day's soup. Put a layer of bread-crumbs in the bottom of a buttered pie-dish; on them one of tomatoes; sprinkle with salt, pepper, and some bits of butter, also a little sugar. Another layer of crumbs, another of tomatoes—seasoned—then a top layer of very fine, dry crumbs. Bake covered until bubbling hot, and brown quickly.



## Potatoes.

### *Directions for Preparing Rissoles, Cones and Canapes.*

Potato Rissoles—Mash and season the potatoes nicely, then when cold enough to handle, shape them into small balls; dip in beaten egg, dredge with bread or cracker crumbs and fry them in deep hot fat. Drain in a colander and serve with garnish of parsley.

Potato Cones.—Prepare and season mashed potatoes that have been beaten very light. When cold enough, shape into small cones; brush over with beaten egg yolk, arrange on a flat pan and brown in a quick oven.

Potato Canapes.—Shape cold, mashed potatoes into round cakes about one-fourth of an inch thick. Brush each with beaten yolk of egg and spread the top with minced chicken or veal; sprinkle lightly with salt and pepper, dot with butter and brown in a rather quick oven. Arrange on small, hot plates, for individual serving, and garnish with parsley. This makes a particularly acceptable luncheon dish.

### *Baked Potatoes Creamed.*

Bake the potatoes and when done scoop out the inside; beat up at once with scalded cream and a little

melted butter. Heap on a plate, touch lightly with the beaten yolk of an egg, brown in a quick oven and serve.

*Creamed Baked Potatoes.*

Peel a quart of potatoes, slice them and put in layers in a baking dish with a half-pint of cream, season with salt, pepper, butter and nutmeg; bake in a quick oven and serve hot.

*To Boil Potatoes Successfully.*

When the skin breaks, pour off the water and let them finish cooking in their own steam.

*Mrs. Knotts' Recipes—Potato Cakes.*

Add a well-beaten egg and a little grated nutmeg to two cups of cold mashed potatoes, work smooth and form into cakes. Brush over with white of an egg and brown in a quick oven. A breakfast or luncheon dish.

*Escalloped Potatoes.*

Pare and slice as thinly as possible some medium-sized potatoes. Butter the sides and bottom of an earthen baking dish, sprinkle fine bread crumbs on the bottom, put in a layer of sliced potatoes, season with salt, pepper and bits of butter. Fill the dish to within a half inch of the top with alternate layers of crumbs and potatoes, seasoned as above. Over the top layer of crumbs, seasoned liberally with butter, pour half milk and half cream till it rises at the top. Bake until the potatoes are soft and creamy.

*Potato Pan Cakes.*

Peel and grate six large potatoes. Add three beaten eggs, one cup of water, salt and flour to make a batter. Fry in hot greased pan.

*Stuffed Potatoes.*

Cut a portion across from the top of hot, well-baked potatoes. Scoop out with a teaspoon all the interior, put into a hot bowl, add butter, hot milk and seasoning of salt and pepper, as directed for mashed potatoes. Refill the skins lightly piling up the mixture quite a little above the opening in a fluffy mass. Brush the top lightly with butter and place back in the oven until well browned on top.

*Potato Cakes Are Very Delicious.*

Add well-sifted flour to left-over mashed potatoes until firm enough to roll out. Cut into thin round or diamond or heart shaped cakes, and bake in a hot griddle until they are brown and crisp.

*French-Fried Potatoes.*

To the ordinary housewife perhaps this is the most difficult of all dishes to prepare. Cut the potatoes into any desired shape. Do not soak them in water. Put them—a few at a time—into a pan of moderately heated fat; let them boil in the fat. When the edges begin to turn a little brown lift, drain, throw them on soft brown paper and let them stand until cold. At

At serving-time put a few at a time into the frying-basket, plunge them into hot fat (about 360 degrees Fahrenheit), dip them up and down once or twice until they are puffed and brown; drain, dust with salt and serve at once.

*Hashed Brown Potatoes.*

Chop cold boiled potatoes; season them with salt and pepper. Cover the bottom of a shallow frying-pan with a little melted butter, put in a few potatoes to the depth of an inch, press them down and push the pan to the back of the stove where they will cook slowly for fifteen minutes; then with a limber knife fold them over as you would an omelet and turn them on to a heated platter.

*Hot Milk.*

Add hot milk to potatoes when mashing them keeps them from being soggy; also a little baking powder. and beat well will make them much lighter.

*Saratoga Chips.*

Peel the potatoes carefully, cut into very thin slices and keep in cold water over night, drain off the water and rub the potatoes between napkins or towels until thoroughly dry, then throw a handful at a time into a kettle or pan of very hot lard, stirring with a fork so that they may not adhere to the kettle or to each other. As soon as they become light brown and

crisp remove quickly with a skimmer and sprinkle with salt as they are taken up.

#### *Lyonnaise Potatoes.*

Cut cold boiled potatoes into irregular shapes and for one quart of potatoes take one tablespoonful each of chopped onions and chopped parsley with three tablespoonfuls of butter. Fry the onion in butter and when yellow add the potatoes seasoned to taste with salt and pepper; stir with a fork carefully so as not to break the potatoes, and when hot add the parsley. Cook for about two minutes longer and serve hot in a hot dish.

#### *Fried Potatoes.*

A nice way to fry potatoes is to dip them in egg and then in bread crumbs; then fry until brown.

#### *Parisian Potatoes.*

Peel largest potatoes and cut with a little round cutter that can be purchased at any kitchen furnishing store for 25 cents, called "French potato cutter," cut as many little round balls as you can from each potato; cook balls in boiling salt water, and serve with cream or white sauce. Boil the skeletons and serve in any way preferred.

#### *Peppers and Potatoes.*

Boil Irish potatoes and peel and cut up in dice about one-half inch square, then take red or green sweet peppers after cleaning and soaking in salt water



and cut up in squares about size of potatoes; cut up four or five peppers and mix all through potatoes and pour over cream dressing, then cover top with grated cheese and brown lightly. This is a very pretty dish.

*Sweet Potatoes.*

Sweet potatoes contain a goodly quantity of sugar and some starch. In some sections of the country starch is developed to a greater degree than sugar; then the potatoes are mealy. But where they are rich in sugar they are just a little sticky—never quite dry. They must always be cooked in the skins. If they are to be browned in the oven boil them first, remove the skins, cut them into halves, put them into a baking-pan, pour over syrup, or dust them with sugar, baste them with melted butter and brown slowly. Or they may be cut into thin slices, put into a baking-dish with a layer of sugar between each layer of potatoes; add a piece of butter, cover the dish and bake until transparent. Cold boiled sweet potatoes cut into slices and broiled are served under the name of “grilled sweets.”

*White or Sweet Potatoes, Fried Raw.*

Peel and cut into thin slices and put in cold water; drain and put into a frying pan containing drippings or melted butter, or a mixture of both; cover and cook for ten minutes, only stirring to prevent burning; cook for ten minutes longer until lightly browned.

*Pain Potato.*

Grate six sweet potatoes, put into cold water, enough to cover, let it stand for an hour, then drain off the water. Add one egg, three tablespoonfuls of sugar, one tablespoonful of butter, one cup of fresh milk, cinnamon and allspice to taste; mix well and place in an oven to bake for an hour. Eat hot.

For meats, fried, etc., cut raw potatoes in almost any shapes, long, thin pieces, cubes, curls, strings, all of which can be put in smoking hot fat, and fried a delicate brown; drained on brown paper and served at once. They are not crisp if allowed to stand.

Peel old potatoes and scrape new ones, always drop immediately in cold water as soon as peeled to prevent discoloration. Wilted potatoes are much improved if allowed to stand in very cold water for a while. Always select for each cooking potatoes as near one size as possible, and if too large, cut to about one size. It is best whenever possible to boil with jackets on as the most nutritious part of the potato lies nearest the skin, and is thrown away when potato is peeled. Peel off skins after boiling and they can be mashed or cooked most any way preferred.

It is a splendid idea to study what vegetable goes best with meat served. For instance, nothing goes as well with fish as potatoes.

*Potato Puffs.*

Add yolks of two eggs to two cups of well seasoned

mashed potatoes; beat thoroughly until very light, add one-half teaspoon baking powder, beat whites and fold in lightly. Bake in greased baking dish and serve hot or bake in gem pans until brown.

*Hashed Brown Potatoes.*

Chop potatoes with slaw chopper, season with little onion, pepper and salt; melt a tablespoonful of butter and one of drippings from bacon. Put in potatoes when fat is smoking hot, lay plate over potatoes and press down with flat iron close to skillet. It will brown in little while in a solid cake; turn and brown other side. Serve at once hot as an omelet.

*Fried Potatoes.*

There are several ways of using potatoes in this way. Cold mashed potatoes left over can be made in little cakes dipped in flour and fried in hot grease or butter on both sides. You can parboil potatoes, balls cut with Parisienne cutter, drop in hot fat and fry a delicate brown makes a pretty dish, or is also nice to use as garnish.

## Croquetts Ramkins.

### *Chicken Croquetts.*

Boil chicken until very tender, chop or grind meat, add one pint of cream, one-fourth pound of butter, one pint bread crumbs, two eggs, salt and pepper to taste. Make in shape of pear, roll in sifted crumbs and fry in deep hot fat; stick clove in small end of each. Any kind of cold meat can be ground and used; in same way can use mashed seasoned potatoes instead of crumbs if preferred.

### *Chocolate Ramkins.*

Blend together a tablespoonful butter and two of flour, then add six tablespoonfuls hot milk; stir until thick and smooth and stir into three eggs which have been lightly beaten, three tablepoonsful of sugar, add six tablespoonful of grated chocolate, and beat until cool. Fold in the beaten whites of two eggs and bake quickly in ramkin dishes. Set in a pan of boiling water; serve with whipped cream heaped on each dish.

### *Prune Ramkins.*

Soak and stew one dozen prunes until tender, remove stones and chop to smooth paste, beat whites of four eggs until stiff; add five tablespoonfuls of pow-

dered sugar, stir quickly and lightly until well blended, then pour in buttered ramkin dishes and cook one-half hour. When cold add a large spoonful whipped cream to each ramkin and serve.

*Cheese Ramkins.*

Mix one-half cup of grated cheese, one tablespoonful flour, one-half saltspoon salt, and little cayenne pepper, add the well-beaten whites of three eggs and a little cream. Bake in ramkin dishes light brown.

*Salted Almonds.*

Blanch the almonds, wipe dry, place in frying basket, then into hot lard and butter, mixed heated to boiling point; remove from fat when nicely browned, sprinkle salt over them at once and let drain. Peanuts or any other nut can be cooked in same way.

*Chili Concarni.*

One can tomatoes, one stalk celery, four red peppers, three onions, one lemon without juice, one tablespoon whole cloves, one tablespoon whole spice, two quarts water. Boil hard for one and one-half hours. Strain through colander; put on at same time one pound hamburger steak in little water, boil for one hour, add to this one can kidney beans, add these to tomatoes, then add one tablespoon chili powder and serve hot.

*Banana Croquetts.*

Remove skins and threads and trim pulp of each



to a long croquette, roll in an egg beaten with a teaspoon of cold water and then in bread crumbs seasoned with salt and pepper. Fry one-half minute in hot fat, drain on soft paper.

#### *Cheese Balls.*

A pretty way to serve cheese balls, especially cottage cheese; select nice nasturtion leaves, wash and let remain in water for one hour, then place three or four on a saucer, stems toward center; make your balls small, and season with red pepper and a few mashed nuts, and put one ball in center of each leaf. Lay one delicate bloom on side of plate.

#### *Parsley Leaves.*

Leaves of parsley eaten with vinegar will entirely destroy an onion breath.

## Pickles and Catsups.

Should never be put in such vessels of tin, copper or brass, as the action of the acid on these metals often causes poisoning. Graniteware or porcelain is best for these purposes. Vinegar should never be boiled but a very few minutes as it reduces its strength. Always use in pickles the best cider or fruit vinegars. Alum in very small quantities makes pickles firm and crisp. A piece of horseradish put in pickles will make them keep sound much longer, especially tomatoes.

### *Ornamental Pickles.*

Boil fresh eggs one-half hour, drop in cold water a while, then peel; boil red beets until tender, cut in any funny shape desired, cover them with vinegar made a little sweet and spiced, then drop the whole eggs into pickle jar. Be sure all is covered with vinegar. Serve on bed of green lettuce, celery tops or cress.

### *Grape Catsup.*

Grape catsup is considered by many superior to tomato catsup. To make it the following ingredients are necessary: Five pounds of grapes, one pound of sugar, one pint of vinegar, one tablespoonful of pepper, one-half tablespoonful of salt, one teaspoonful of

allspice, cloves, cinnamon; cover the grapes with water, cook ten minutes, then rub through a sieve so as to remove the skin and seeds. Add the ingredients and boil twenty minutes, or until a little thicker than cream, and bottle.

Green grape jelly is one of the most delicious condiments to serve with game. To make it, wash one gallon of green grapes. Cover with water and cook till you can mash them; pour into a jelly bag and strain. To each pint of juice add one pint of granulated sugar; boil ten minutes, very fast, and it is ready to pour into glasses.

#### *Pickles Without Brine.*

Pick and wash your cucumbers, put them into glass cans, put in one or two small pepper pods, fill the can with good cider vinegar, seal tight, put in a cool place and they will always be ready for the table.

#### *Fine Mint Vinegar.*

Put in a wide-mouth bottle enough fresh mint leaves to fill loosely, then fill bottle with good vinegar. After it has been closely stopped for two or three weeks pour off clear into another bottle, keep well corked and serve with lamb.

#### *Chili Sauce.*

Eight quarts tomatoes, three cups of peppers, two cups of onions, three cups of sugar, one cup of salt, one and a half quarts of vinegar, three teaspoonfuls of

cloves; same quantity of cinnamon, two teaspoonfuls each of ginger and nutmeg; boil three hours; chop tomatoes, peppers, and onions very fine; bottle up and seal.

*Pickled Plums.*

To seven pounds plums, four pounds sugar, two ounces stick cinnamon, two ounces cloves, one quart vinegar, add a little mace; put in the jar first a layer of plums, then a layer of spices alternately; scald the vinegar and sugar together, pour it over the plums; repeat three times for plums (only once for cut apples and pears), the fourth time scald all together, put them into glass jars and they are ready for use.

*Spiced Plums.*

Make a syrup, allowing one pound of sugar to one of plums, and to every three pounds of sugar a scant pint of vinegar. Allow one ounce each of ground cinnamon, cloves, mace, and allspice to a peck of plums. Prick the plums. Add the spices to the syrup, and pour, boiling, over the plums. Let these stand three days; then skim them out, and boil down the syrup until it is quite thick, and pour hot over the plums in the jar in which they are to be kept. Cover closely.

*Peaches, Pears, and Sweet Apples.*

For six pounds of fruit use three of sugar, about five dozen cloves, and a pint of vinegar. Into each ap-

ple, pear, or peach, stick two cloves. Have the syrup hot, and cook until tender.

*Tomato Catsup.*

Take one gallon of skinned tomatoes, four table-spoonfuls of salt, four ditto of whole black pepper, half a spoonful of allspice, eight pods of red pepper, and three spoonfuls of mustard, boil them together for one hour, then strain it through a sieve or coarse cloth.

*Lady Soffle Pickles.*

Three dozen medium-sized green cucumbers, sliced thin; one pound of seeded raisins, one teaspoonful of whole allspice; one ounce of stick cinnamon, one grated nutmeg. Put all the ingredients into a porcelain-lined kettle and cover with cider vinegar. Boil half an hour. When the pickle is cold add one-half ounce of celery seed. Put into small jars and keep tightly closed. It is not necessary to seal the tops.

*To Pickle Onions.*

Peel the onions until they are white, scald them in strong salt and water, then take them up with a skimmer; make vinegar enough to cover them, boiling hot; stew over the onions whole pepper and white mustard seed, pour the vinegar over to cover them; when cold, put them in wide-mouthed bottles, and cork them close. A tablespoonful of sweet oil may be put in the bottles before the cork. The best sort of onions for pickling are the small white buttons.



*Pickled Cauliflowers.*

Two cauliflowers, cut up; one pint of small onions, three medium-sized peppers. Dissolve half a pint of salt in water enough to cover the vegetables, and let them stand over night. In the morning drain them. Heat two quarts of vinegar with four tablespoonfuls of mustard, until it boils. Add the vegetables, and boil for about fifteen minutes, or until a fork can be thrust through the cauliflower.

*Tomato Catsup.*

For one gallon strained tomatoes put four tablespoons salt, three tablespoons black pepper, three tablespoons mustard, one-half tablespoon cloves, one-half tablespoon allspice, one tablespoon red pepper, three garlic, one pint of vinegar. Boil until of the required thickness; put the dark spices and garlic into a cloth to prevent the catsup from being dark.

*Tomato Sauce.*

To two gallons strained tomatoes add one dozen onions, eight green peppers, chopped fine with the onions, add after the juice has been boiled down somewhat; ten tablespoons brown sugar, the same of salt, six large cupfuls white vinegar, or eight of other vinegar. Boil all together one hour. Bottle and seal.

*Spanish Pickles.*

One peck green tomatoes, one dozen onions. Slice,

sprinkle with salt and let stand over night and strain off the juice. Allow one pound sugar, one-quarter pound whole white mustard seed, one ounce ground black pepper, one ounce ginger and one of cinnamon. Mix dry.

Put a layer of tomatoes and onions in a kettle and sprinkle with spice, then tomatoes and so on until all are used. Cover with vinegar and let boil two hours after which pack in small jars and set in cellar.

#### *Green Cucumber Pickles.*

Select one peck of small fresh cucumbers of uniform size. Wash in cold water. Place in crock and add one cup salt with cold water to cover. Let stand twenty-four hours. Drain from brine and scald cucumbers in a weak vinegar. Drain and pack either in crocks or Mason jars.

Boil together the following: One gallon of vinegar, one cup brown sugar, one tablespoon powdered alum, two tablespoons peppercorns, two tablespoons allspice, one tablespoon cloves, one ounce cinnamon. Pour this over the cucumbers and seal.

#### *Chow-Chow.*

One peck of green tomatoes, half peck string beans, quarter peck small white onions, quarter pint green and red peppers mixed, two large heads cabbage, four tablespoons white mustard seed, two of white or black cloves, two of celery seed, two of allspice, one small box yellow mustard, pound brown sugar, one ounce of tur-

meric; slice the tomatoes and let stand over night in brine that will bear an egg; then squeeze out brine, chop cabbage, onions and beans; chop tomatoes separately, mix with the spices, put in all porcelain kettle, cover with vinegar and boil three hours.

*Ripe Tomato Pickles.*

To seven pounds of ripe tomatoes add three pounds sugar, one quart vinegar; boil them together fifteen minutes, skim out the tomatoes and boil the syrup a few minutes longer. Spice to suit the taste with cloves and cinnamon.

*Pickle Hash.*

Pickle hash is something every housekeeper should have in her cellar. It requires many ingredients, but it is a delicious relish. The ingredients necessary are one-half a medium-sized head of cabbage, four large heads of celery, four tablespoonfuls of grated horseradish, six large green tomatoes, two small Spanish onions, two cucumbers, one red and one green pepper and some best cider vinegar. Chop all and mix together. Put a layer two inches deep in a crock and sprinkle with one tablespoon of salt then put in another layer of vegetables and salt, and so on until all are used. Let stand twenty-four hours. Drain. Press out all the liquid. Cover with boiling water. Let stand ten minutes and then press out all moisture. Bring the vinegar to a boil. To every quart of vinegar add one-fourth of a teaspoonful of powdered alum and dis-

solve. Put the vegetables in the jar two inches deep; sprinkle with mustard seed, black pepper and horse-radish. Fill the jar almost to the top with alternate layers of vegetables and spices. Pour over this the boiling vinegar. Let it cover the pickle well. Cover tightly and let it stand for a few days before using.

#### *Sweet Pickles.*

Peel the fruit—peaches or pears—weigh them, and to every pound of fruit allow a half pound of sugar.

Place the fruit and sugar in alternate layers in a preserving kettle, bring slowly to the boil, and for six pounds of fruit allow a pint of vinegar, spiced with a tablespoonful each of ground mace, cinnamon and cloves, each of these spices being tied into a small muslin bag.

Pour the vinegar over the fruit and boil five minutes. At the end of this time remove the fruit, spread it on platters and boil the syrup until thick, then pack the fruit into glass jars, fill to overflowing with the syrup, from which the spice bags have been removed, and seal.

#### *Dill Pickles.*

Make a brine that is so strong that an egg will float on its surface, then add half as much more clear water as you have brine. Wash cucumbers in very cold water and put in stone crock in layers, putting on each

layer one of grape leaves and one of dill, the leaves and stems.

When the crock is full pour in the brine, covering the contents with it. Cover with cloth before putting the top on the crock. Remove the cloth each week and wash it well, then replace.

*Put Up Dill Pickles.*

To put up dill pickles, select smooth cucumbers of medium size; wash them thoroughly in cold water, and pack them in a cask, placing first a layer of dill (aromatic seeds well known to German cooks) and vine leaves, then a layer of cucumbers, and so on until the desired quantity has been obtained. Then tightly close the barrel, making a brine of nine quarts of water to one of salt and pouring enough through the bunghole to well cover the cucumbers. After two or three days drain the brine from the cucumbers, boil again, and after it has cooled pour it over the cucumbers. The bunghole in the top of the barrel is left open until the cucumbers begin to ferment, after which it is closed with a stopper. To obtain a good result, the cucumbers should be kept well under the brine. When the barrel is open a stone should be placed on the pickles to keep them down.



## Salads, Sandwiches, Mayonnaise.

### *Mayonnaise No. 1.*

Two well-beaten eggs, mix well together four table-spoonfuls of vinegar and butter size small hen egg. Have vinegar hot but not boiling. One teaspoon salt, one of mustard and two of sugar and if not strong enough add a little more vinegar. After these are well mixed put in eggs and beat again, then cook until thick, stirring all the while; when cold add one-half pint of rich whipped cream. Keep ice cold.

### *Mayonnaise For Slaw, No. 2.*

To each yolk of egg add three tablespoons thick cream, one tablespoonful each of vinegar, mustard and sugar. Salt and pepper to taste. Cook until thick, stirring all the while, add small lump butter.

### *Mayonnaise No. 3.*

Two eggs, three tablespoons olive oil, one tablespoon lemon juice, one teaspoonful each of salt, pepper and mustard, one-quarter teaspoon white pepper, string with cayenne pepper, separate yolks from whites, another person should pour in oil, a few drops at a time, while the yolks are being beaten. The oil must be well beaten into yolks before the other ingredients are ad-



ded. Then add salt, mustard, pepper and lemon juice last. Just before ready to serve stir in the well-beaten whites.

*Chicken Salad.*

Boil slowly one large chicken until tender. Let cool; remove from bones and cut not too finely with scissors, leaving out the skins. Put one measure of cut up crisp celery to two measures of chicken; boil four eggs and cut up in rather small pieces about one medium-sized cucumber pickle, one cup of pecans; pour over all a good mayonnaise dressing and stir very lightly with a large meat fork.

*Cheese and Mustard Sandwiches.*

Cream some butter, adding to every tablespoonful two tablespoonfuls grated cheese seasoned lightly with paprika and made mustard. Mix thoroughly and spread. Grated American or Swiss cheese mixed to a paste with salad dressing makes an excellent filling, as also cottage cheese mixed with parsley or cress and seasoned with paprika. Other good combinations with cottage or cream cheese are cream cheese and olives, green or black, chopped fine; cream cheese and chopped nuts, with or without mayonnaise; cheese and chopped dates or figs; cheese and chopped spinach moistened with lemon juice and mayonnaise; cheese with the yolks of hard-boiled eggs put through a ricer; cheese and sliced cucumber; cheese and preserved ginger, chopped; cheese, current jelly and nuts.

*Waldorf Salad.*

This salad is a very simple one, and has become so popular merely through its name and use at the Waldorf, in New York. It is composed of equal quantities of celery and chopped, raw, sour apples, dressed with mayonnaise dressing.

At that hotel it is seldom served as a course, being preferred with game, and is in reality what is called a game salad. It is a favorite custom, more often adopted at "stag dinners" than elsewhere, to serve the salad with the game instead of as a separate course.

*Mayonnaise of String Beans.*

Trim a pint of very young, tender beans, put them in a saucepan, cover with boiling salt water and cook until tender; drain, throw in ice-water until very cold, dry on a soft towel, cut in pieces, arrange on a salad-dish, cover with mayonnaise dressing, let stand on ice one hour, and serve.

*Love Sandwiches.*

Cut fresh bread into thin hearts with a shaped sandwich cutter; spread sparingly with excellent butter, then with chopped dates, figs and new walnuts carefully shelled; press the pieces neatly together and carefully arrange them about green foliage, on a lace paper napkin or linen doily; garnish with pim-olas or olives.

*Pimento Sandwich.*

Use one can of pimento chopped coarse and eight eggs boiled twenty minutes. Let the eggs get perfectly cold. Then chop quite fine and salt plentifully. There should be twice as much of the egg as pimento. Put together and moisten with salad dressing made with very little sugar. Cut the bread thin, butter one side of it, and spread the mixture on the other half. This amount will make about thirty sandwiches. If you do not use all the pimento, take what remains from the can, cover and set in a cool place. When you wish an attractive salad for dinner, shave cabbage fine and place on a lettuce leaf. Then cut the pimento in small pieces and strew over the cabbage. The green, white and red make pretty combination. A delicious dressing for it is made of tomato catsup, vinegar and oil seasoned to taste, or plain salad dressing.

*Fruit Sandwiches.*

Delicate sandwiches of fruit, simply mashed or converted into a rich paste and placed between very thin slices of bread, are served with ice cream instead of cake. The nut sandwiches are especially liked for this purpose.

Dates, figs or large rasins make excellent fillings for sweet sandwiches. Take out the seeds from the dates or rasins, chop them fine, and spread on thin slices of bread that have first been spread with a little butter. Unless figs are very fresh it is best to steam them be-

fore using. These sandwiches are served with iced tea or lemonade.

### *Salad Dressing.*

Put in the dish you are to cook in, one heaping tablespoonful of butter, same of white sugar, two level tablespoonfuls dry mustard, about half teaspoon salt. Smooth these to a paste, add one unbeaten egg. Beat all up well, then another egg, beat more, then another, three in all. Beat until all is smooth, then add small cup of vinegar, beat again, and, lastly, one full cup of rich milk. Of course if you have cream it is nicer. Put in double boiler and cook until it thickens like soft custard, usually about fifteen minutes. Stir it every few minutes. Now when it is cooking you can add more sugar if you like it sweeter, or more salt, and another time more or less mustard, according to your taste. It makes a delicate pale yellow dressing, which both appeals to the taste and the eye.

### *Macedoine Salad.*

Make a mayonnaise dressing by beating a few times the yolk of an egg; then drop in salad oil, being careful to add only one drop at a time, and mixing steadily until the oil begins to thicken; then the oil may be added a few drops at a time. One cup of best olive oil, with the yolk of one egg, will make enough dressing for a small family. Before you are ready to mix your dressing place the bottle of oil, an egg, a fork and a small bowl in the refrigerator, so that all will

be icy cold when you commence. For the salad have ready boiled and icy cold the following vegetables: One tablespoonful of peas, half a dozen string beans, one small onion, one beet, the tops from a dozen stalks of celery, half a dozen cherries and half a dozen strawberries. Cut the vegetables all in small pieces; use the fruit whole. Cover with the mayonnaise dressing and serve on lettuce. Do not mix until ready to serve. This is a delicious salad if well made.

*Lettuce and Cucumber Sandwich.*

Spread bread with mayonnaise and then place chopped up lettuce and cucumber; mix with a little vinegar, pepper, mustard and salt to taste. Just between slices of bread onions can be substituted for cucumbers and make a fine sandwich.

*Russian Sandwich.*

Spread white or graham bread or beaten biscuit with mayonnaise dressing, Neufchatel cheese made soft with little cream, spread on about one-quarter inch and lay sliced stuffed olives, about five or six slices to each sandwich. Makes a delightful dish for lunch.

*Peanut Sandwich.*

Spread bread with French mustard, pound roasted peanuts to a paste and use a little butter and spread between slices.



*Nut and Cheese Sandwich.*

Spread bread with mayonnaise, mix cream cheese grated with equal quantity of nuts; mix well together and spread between slices of bread.

*Fig Sandwiches.*

Chop one dozen figs fine, add water to moisten to a paste, soak in desirable boiler until well-done; flavor with lemon and sugar to taste. Put between thin slices of bread; sprinkle with chopped nuts.

*A Pretty Winter Salad*

Can be made by hollowing out cooked beets about the size of a small teacup and filling it with finely cut celery and some of the beets chopped and mix together. Mix with a little sugar, salt and pepper, and enough vinegar to give a little acid taste. Place on top a spoonful mayonnaise, garnish with celery leaves.

*Asparagus in Lemon Rings.*

Cook asparagus in usual way, take several tips and run through lemon peeling rings, cut about one-fourth inch thick after inside has been used for other purposes. This is nice for course dinner.

*Lilly Salad.*

Peel hard boiled eggs and cut the whites in lengthwise sections about one-quarter inch from bottom of egg. Have ready crisp lettuce leaves arranged for in-



dividual serving. Carefully remove the yolks and arrange the whites lily fashion on lettuce leaves; mountain the mashed yolks with a little vinegar, pepper, salt and mustard, then shape into round centers like lilies or daisies. Serve with mayonnaise. Very pretty.

#### *Cucumber Boat Salad.*

Take medium-size cucumbers, split half into, scoop out inside into boat shape, make a mixture of some of the cucumber removed, a little onion, nuts and mayonnaise and fill boats and cap with a sprig of parsley. Chill all thoroughly on ice and serve in dainty individual plates on a bed of crisp dewy green. Also put on top a small round red radish cut in points and turn back half way like a daisy.

#### *Making Sandwiches.*

In making sandwiches, bear in mind that all crusts are removed with a sharp knife, and that butter just melted but not piping hot, can be spread with a fine paint brush much better than firmer butter with a knife. Also at every housefurnishing counter you can buy fancy cutters for making sandwiches more attractive. And lastly, sandwiches that must stand, should be wrapped in moist cloths.

#### *Leaf Lettuce Salad.*

Wash clean in cold salt water, cut small on the width of the leaf, add a small half teaspoon of salt and a teaspoon of sugar in a half cup of vinegar, pour over

the lettuce, mix with a fork and one or two hard-boiled eggs laid over the top.

*Fried Cheese Sandwiches.*

Grate a cupful of fresh American cheese. Make it into a paste with cream, and season with salt and black pepper. Spread this on thin slices of white bread denuded of crust, and put spread sides together like sandwiches. Then fry the sandwiches a light brown in a little hot butter.

*Mock-chicken Salad.*

To every quart of fine chopped cabbage allow one pound of roasted pork tenderloin and the whites of four hard-boiled eggs chopped fine; to the yolks rubbed smooth in a tablespoonful of melted butter add one-half cup of vinegar; salt and pepper to taste.

*Vegetable Bouquet Salad.*

Place cooked carrots diced in the center of a shallow plate. Arrange around them a circle of cooked potatoes and shredded cucumbers. Next comes a circle of shredded lettuce, then an outer wreath of shaved cabbage. Pour gradually over this a French dressing made as follows: Rub the inside of a bowl with a small piece of garlic, then turn in three or four dessertspoonfuls of olive oil, two of lemon juice, a quarter teaspoonful of mustard mixed with lemon juice, a half teaspoonful salt, a quarter teaspoonful white pepper. Mix together.

*Cabbage Salad.*

Cut the cabbage very fine and put into the dish in layers, with salt and pepper between; then take two teaspoonfuls of butter, two of sugar, two of flour, two of mustard, one cup of vinegar, and one egg. Stir all together and let it come to a boil on the stove; pour it hot over and mix well with cabbage; cover up.

*Boiled Dressing.*

Three beaten eggs, one cup rich milk, two-thirds teaspoon dry mustard, two teaspoons salt, two dashes cayenne, two tablespoons olive oil or melted butter, one-half cup vinegar. Cook in double boiler till thick as custard. Strain and keep in cold place.

*Cream Dressing.*

One cup cream, one tablespoon flour, three tablespoons vinegar, two tablespoons butter, one-half teaspoon powdered sugar, one teaspoon salt, one-fourth teaspoon pepper, one-half teaspoon dry mustard, whites two eggs. Cook in double boiler, stirring constantly, and adding whipped whites just before taking from fire.

*Celery Salad.*

Two bunches celery, one tablespoon salad oil, four tablespoons vinegar, one small teaspoon fine sugar, pepper and salt to taste. Wash and scrape celery; lay in ice-cold water until dinner time. Then cut into inch

lengths, add above seasoning. Stir well together with fork and serve in salad bowl.

#### *Chicken Salad.*

Cut cold roast or boiled chicken in small dice, add one-half as much blanched celery cut fine, season with salt and pepper. Mix with French dressing and set away for an hour or more. Just before serving stir in some mayonnaise slightly thinned with lemon juice or French dressing, arrange on lettuce leaves and cover with thick mayonnaise.

#### *Lobster Salad.*

Tear the meat of a lobster into shreds with two forks, and let it get cold. Mix with blanched celery cut in small pieces—one-fourth celery, three-fourths lobster. Mix with Mayonnaise. Make cups of small blanched leaves of lettuce, fill with salad, garnish with mayonnaise, capers, and lobster coral. Keep on ice until served.

#### *Salmon Salad.*

Remove bones and skin from can salmon. Drain off liquid. Mix with French dressing or thin mayonnaise; set aside for a while. Finish same as lobster salad. Other fish salads may be prepared in same manner.

#### *Tomato Salad.*

Pare with sharp knife. Slice and lay in salad-bowl. Make dressing as follows: Work up saltspoon each of

salt, pepper, and fresh made mustard with two table-spoons of salad oil, adding only a few drops at a time, and, when thoroughly mixed, whip in with an egg, beaten, four tablespoons vinegar; toss up with fork.

*Cucumber and Onion Salad.*

Pare cucumbers and lay in ice-water one hour; do same with onions in another bowl. Then slice them in proportion of one onion to three large cucumbers; arrange in salad-bowl, and season with vinegar, pepper and salt.

*Potato Salad.*

Make one-half amount of boiled dressing given; when cold, thin with vinegar or lemon juice, and add two tablespoons onion juice. Pour over diced boiled potatoes while hot. When cold serve with watercress or field salad, garnishing with diced pickled beets and sliced hard boiled egg.

*Potato and Egg Salad.*

Hard boil three eggs thirty minutes; shell and cut fine with silver knife. Boil three or four potatoes. Dice while hot, mix with cut eggs and add French dressing. Let stand till cold. Serve on bed of watercress with more French dressing or boiled dressing thinned with vinegar.

*Fruit Salad.*

Make a nice gelatine or use some of the prepared jellies, a pretty color and get a small can of block pineapple; cut up oranges in blocks about same size. A few Malager grapes, a teacup one-half full of pecans. Mix all together and stir into gelatine before it begins to congeal, and when congealed sprinkle over top some fresh grated cocoanut and dot with a few red and green cherries. This makes a beautiful dish. You can make a salad with any kind of fruit and use mayonnaise dressing if preferred. If you prefer you can arrange this jelly in dainty thin individual glasses with stem. Arrange each one just as you would in the bowl before the jelly congeals.



## Macaroni. Rice. Etc.

Macaroni out of ignorance as to its value as a food is only occasionally used by Americans when it really should appear upon the table three or four times a week and growing children encouraged to eat it instead of so much meat. It is much cheaper and the full value units of beeksteak bring 949 while in one pound of macaroni there are 1,665 full value units. It is extremely nourishing and very economical.

### *Baked Macaroni.*

Put a layer of macaroni that has been slowly boiled in salt water until tender in a buttered pan and sprinkle with one-third teacup of grated cheese, repeat until pan is full and pour over this until pan is about full rich milk in which has been added a small lump of butter and a sprinkle of salt and pepper; cover top with buttered bread crumbs and bake until brown.

### *Lucaïn Eggs.*

Make two cupsful of milk or cream dressing. Make of rich milk or cream, flour, butter, pepper and salt and cook until about as thick as batter bread, add to this three-quarter cups of grated cheese and add to this five hard boiled eggs cut lengthwise. Boil a little macaroni, cut up in inch lengths. Mix this with eggs

and pour over dressing covered with buttered bread crumbs and brown. This is extremely rich.

### *Oysters and Macaroni.*

An excellent way to make use of one pint of oysters. If you have never served oysters and macaroni together try it. It is such a tempting hot dish. Make same as recipe above. Use oysters instead of eggs.

### *Macaroni.*

Boil one-fourth package of macaroni broken up in two and one-half inch pieces in a little salt water until tender, drain off water, put layer in baking dish, cover with grated cheese, continue these layers until dish is full. Make mixture of following, and pour over whole and bake light brown: One egg, one-half cup cream, one tablespoon flour, one tablespoon butter, salt and pepper to taste, add about one-half cup of sweet milk.

### *Rice.*

Always wash your rice in several waters and let it stand in warm water for one-half hour and then rinse off in cold water again before cooking. This swells the grains and takes out some of the starchy substance that makes it gummy and causes each grain to stand out which is very necessary for a pretty as well as wholesome dish of rice.

*Rice in Milk.*

Rice cooked in milk is very nutritious and should be cooked in double boiler; a little salt added when about half done and a lump of butter stirred in before taking up. Do not stir or mash grain; cook dry and take up in dainty hot individual dishes. Pile up lightly with small dots of yellow butter on top and if you like a little dash here and there of pink sugar. Makes a pretty dish.

*Rice Balls.*

Two cups of chopped rice add one cup of any kind of chopped nuts; peanuts are very nice. Two table-spoonsful grated cheese, with salt to taste, add a beaten egg to form into balls. Fry a golden brown in deep fat and garnish with cress or lettuce.

*To Cook and Fry Hominy.*

Wash in several waters and let soak like rice. Put on in boiling water about one quart of hominy and cook several hours, adding water as it boils down; put on small plate in bottom of pot in which it is cooked to prevent sticking. When about done cooked low add about one tablespoonful of flour to pint of hominy. Cook until flour is done. Be careful not to let stick. When done put in pan to mold and when cold and congealed cut in blocks four inches long and two inches wide. Roll each piece first in meal and then in eggs dilute with one-third milk then in bread crumbs

brown nicely in hot fat. A delightful breakfast dish.

*Rock Cream.*

Boil a teacupful of rice till quite soft in new milk, sweeten with powdered white sugar and pile it loosely upon a dish. Lay all over bits of jelly. Beat the whites of three eggs to a stiff froth, add a little sugar; flour with what you think best and sweeten to taste, add to this a little rich cream whipped very light, dropping it in spoonfuls over the rice giving it the appearance of rich snow.

*Macaroni, with Parmesan Cheese.*

Boil half a pound of macaroni until soft in salted water. Drain and lay in layers in a baking dish. Cover with two ounces of butter cut into small pieces, and two ounces of grated Parmesan cheese. Bake in a slow oven until a light yellow.

*Oatmeal—Rice.*

Cold boiled oatmeal or rice beaten up with an egg or two and fried in hot lard is a nice breakfast dish.

## Eggs.

Of all substances found in the animal organism albumen is the one most directly concerned with the phenomena of growth and development. Its value as a food is beyond compare and not at all sufficiently appreciated. The white of the raw egg is the most available form in which we can find albumen and should be used whenever possible in the preparation of most foods for children. Albumen is one of the most easily digested substances and is rapidly taken up by the muscle cells. It is also a valuable food for adults.

### *Frying Eggs.*

When frying eggs cover the skillet or they will be tough. This also saves burning as when covered they cook white all over the top and look nicer.

### *Eggs With Cheese.*

Six eggs, one-half cupful of rich milk, three tablespoonfuls fine chopped cheese, one and one-half tablespoonful butter, one and one-half tablespoonful flour, three-quarter teaspoon salt, one-half teaspoon pepper, a dash of cayenne. Boil eggs for twenty minutes. Peel and remove a thin slice from each end. Cut half into crosswise, stand upright in pan containing a little hot water. Cover and put where they will keep warm until ready to serve. Mix butter and flour well to-

gether, stir this into the milk until smooth. Stir constantly over the fire until boiling, add rest of ingredients and continue stirring until cheese melts. Pour the sauce on hot platter and stand eggs in it and serve very hot.

#### *Plain Omelet.*

Break into a shallow bowl as many eggs as wanted; add one-quarter teaspoonful salt to every four eggs. Beat until light and foamy; add a tablespoonful milk to four eggs, melt tablespoonful butter in omelet pan, into this four eggs, set it where it will cook quickly but not burn. Break with a fork in several places 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 in stove for a minute and turn into hot plate.

#### *Soft Boiled Egg.*

Cover with boiling water and set on back of stove for six minutes. Takes twenty minutes for hard boiled egg.

#### *To Fry Eggs.*

Put about a tablespoon of lard and butter mixed, let heat to a medium steady heat. Break in only one egg at a time and cook with top on prevents from being tough and looks much nicer. If preferred cooked brown on both sides, have skillet a little hotter, turn and cook



thoroughly. Nice served with ham or bacon cooked in this way. If served this way cook meat first, keep warm on platter then put an egg on each slice of meat and dress with curled lettuce.

#### *Dressed Eggs.*

Cut hard boiled eggs in halves lengthwise and remove yolks, mash and season with vinegar, mustard, salt and pepper. Press in shape and fill cavities in whites. Serve in a bed of curled lettuce.

#### *Egg Cocktails.*

These are delicious appetite sharpeners. For each person a teaspoonful lemon juice, two drops tabasco sauce, one-half teaspoon grated horseradish, one teaspoonful tomato catsup, a little salt. Mix together; add one egg beaten to a foam.

#### *To Prepare Eggs For Delicate People.*

Put eggs in boiling water which you have just removed from fire or set on back of stove where just warm; cover tightly and wrap pan with a heavy cloth, let stand ten or twelve minutes. The eggs will be of a custard like consistency. Serve on warm but not too hot plate.

#### *Buttered or Rumbled Eggs.*

Break three eggs into a small stewpan; add a tablespoonful of milk and an ounce of fresh butter, a salt-spoonful of salt and a little pepper. Set the stewpan

over a moderate fire and stir the eggs with a spoon, being careful to keep every particle in motion until it is set. Have ready a crisp piece of toast, pour the eggs upon it and serve immediately. This mode of dressing eggs secures that the white and the yolk shall be perfectly mixed.

*Poached Eggs on Toast.*

Select a shallow pan, fill nearly full of boiling water, add to each pint of water one teaspoonful each of salt and vinegar and place where the water will simmer gently. Break an egg separately into a cup and slip gently from the cup into the water. Continue putting in eggs until you have the required number or there are enough in the pan. Dip the water over them with a spoon, and when the white is set and firm and a film has formed over the yolk, remove each carefully with a perforated cake turner. Carefully slide each egg on a piece of buttered toast, season with salt and pepper and serve at once. The vinegar or lemon juice is added to the water to aid in giving firmness to the egg. Poached eggs are difficult to handle when not cooked too hard, and to be good there must be no delay between the cooking and the serving.

*Curried Eggs.*

These are delicious appetizers for a light supper. Boil the eggs hard, chill them in cold water, and cut in lengthwise halves. Take out the yolks and mix with a little cream, salt, pepper and curry powder to taste.

blending all together in a soft paste. Stuff the whites with this, sprinkle tops with a thick coating of finely powdered toast crumbs, top each egg with a nut of butter, and bake for ten minutes.

*Tomatoes and Eggs.*

This makes a delicious luncheon dish. Cook six eggs until they are very hard boiled. Peel them and keep warm as possible. Make a sauce as follows: A tablespoon of butter, and a tablespoon of flour, mixed with one cup of tomatoes. Add to this one green pepper minced very fine, one tablespoon parsley chopped very fine and salt to taste. Have ready six slices of toast. Wheat bread is delicious for this toast if you have it—if not the white will answer. Toast the bread a golden brown, and butter. On each piece of toast put one hard boiled egg, and pour the sauce over it.

*Soft Eggs.*

To boil eggs so that the whites will not be hardened into a lathery, indigestible consistency, pour boiling water on them, and set the dish on the back of the stove for about ten minutes. You probably won't hit it just right every time if you prefer them soft boiled—they are really not boiled at all—but when you do they are vastly more palatable and easily digested than when cooked by the three-minute rule.

*To Tell Good Eggs.*

To tell good eggs put them in water—if the large ends turn up they are not fresh. This is an infallible rule to distinguish a good egg from a bad one.

*Poached Eggs.*

Break into pan of boiling salt water one egg at a time and lift out with a perforated dipper. Serve in hot dish with butter poured over, dash of salt and pepper.

*Scrambled Eggs.*

Break eggs in dish, salt and pepper, tablespoon butter, one of lard in skillet, pour in eggs, stir briskly until creamy. Serve immediately.

*Hard Boiled Eggs.*

Peel hard boiled eggs and sprinkle with salt and pepper. Make a cream sauce and drop eggs in hot and whole. Serve in individual plates with lemon crescents. A nice breakfast dish it to chop up eggs in small pieces, moisten with a rich white sauce and spread on buttered toast.

In making any dish where only whites of eggs are used, drop the yolks as you break them into a pan of boiling salt water, set on back of stove until cooked hard. They are nice to slice in soups or cut up over slaws or salads or if wanted for future use drop them in a vessel of cold water and put in a cool place or in refrigerator and they will keep fresh for a week or more by changing the water occasionally.

## Pies. Puddings.

Use in winter in making pastry, roll on a cold board and handle as little as possible. When crust is made it would improve it to let stand in refrigerator for three-quarter hour or in cold place in winter. A great improvement is to put about a teaspoonful of baking powder to each quart of flour and also brush the paste over every time it is rolled out with the white of egg and adding little bits of butter. This causes it to rise in flakes. If you can hold your hand in oven while you can count twenty, it is about the right temperature and should be kept at this temperature as long as pastry is in stove. This will bake it a light brown and keep it flaky looking. If you allow the heat to abate the inner crust will be clammy.

Pie crust will keep fresh for a week and the last be better than the first if you put in a closely covered dish and set in the chest in summer or cool place in winter and you can have your fresh pie often without much trouble.

It is well in most pies to bake the under crust first and have fillings as cool as possible else the bottom crust will be soggy.

### *Fine Puff Paste.*

Into one quart of sifted flour mix two teaspoonfuls



of baking powder and one teaspoon of salt, one teacup each of butter and lard very cold, rub lard into flour until smooth then put in just enough ice water, say one-half cupful containing the beaten white of an egg to mix a dry flake dough. Roll out into a thin sheet, spread with one-quarter of the butter, sprinkled over with little flour, then roll up like a scroll, double the ends towards the center, flatten and roll, then spread again with another one-quarter of butter. Repeat this until butter is used up. Put in earthen dish, cover with cloth, put in cool place or in ice box. Let it remain an hour or more before making out crust. Pies made with this paste go into flakes almost at touch.

This recipe was purchased at a fabulous price from a noted caterer and is without exception the finest ever used.

#### *Plain Pie Crust.*

Two and one-half cups of sifted flour, one cup butter and lard mixed very cold, pinch salt, one heaping teaspoon baking powder sifted with flour. Rub shortening thoroughly into flour. Mix together with one-half teacup of cold water or enough to form a dry, flaky dough; mix as little as possible and handle lightly just enough to make ingredients stick together. This will make two pies. To give paste a flaky appearance so much desired. After you have rolled out, spread over with butter then shake sifted flour over butter enough to cover well. Put this over your pie and fasten down edges as in other pies, take pie in left



hand and dipper of ice cold water in right, tip pie slantingly a little and pour over water enough to wash off flour, enough flour will stick into the bottom to fry into crust to give it a fine blistered flaky appearance.

*Cocoanut Pie.*

Grate one large cocoanut, and add one pint of milk, four eggs—beaten separately—one tablespoonful of rosewater, two tablespoonfuls of butter, sugar to the taste, two tablespoonfuls of corn starch, nutmeg to taste. Line the tins with pastry, pour in the mixture and bake at once.

*Date Pudding.*

One cupful of sour milk, two-thirds cupful of sugar and molasses mixed, one tablespoonful of melted butter, one pound of dates stoned and cut fine, two cupfuls of graham flour, one teaspoonful of soda, pinch of salt.

First stone the dates and cut in small pieces. Mix together the sour milk, sugar and molasses, melted butter, salt and soda (dissolved in a little warm water); then add the chopped dates, and lastly the two cupfuls of graham flour. Steam for two hours and then put in the oven for about fifteen minutes. This may be kept for days, and is better each time it is steamed. Serve with hard sauce, or just plain cream and sugar.

*Pineapple Pie.*

Inexpensive and real good; one cup of sugar, two

eggs; two tablespoonsful of corn starch, butter size of egg. Beat eggs, sugar and butter until light, stir all into the juice of one can of pineapples and boil about five minutes, stirring constantly, when cold add the pineapple cut into small pieces. This will make two pies. Bake crust first; put in pineapple mixture and cover with whipped cream.

#### *Rhubarb Pie.*

Peel and cut stalks of pie plant in one-half inch pieces and take one and one-half cups of this and one egg, one tablespoonful of flour, one cup of sugar, a very little butter and a grated nutmeg; mix these and beat well and then add to rhubarb. Bake between two crusts.

#### *Lemon Pie.*

Grate the outside (the yellow part) of rind of two lemons, one-half cups of white sugar, two heaping tablespoonsful of unsifted flour; stir this well together, then add yolks of three well-beaten eggs. Beat this thoroughly, then add juice of lemon, two teacups water and butter size of walnut. Cook this in double boiler until it thickens about the consistency of cold honey. Remove from fire and when cool pour into a deep pie tin lined with pastry and take the meringue made of three whites well-beaten with three small tablespoons white sugar, very superior.

*Caramel Pie.*

One cup brown sugar, one cup milk, three eggs, one tablespoonful flour, one tablespoonful butter, one-half teaspoon vanilla. Bake with one crust.

*Jelly Pie.*

Three eggs beaten separately, five tablespoonsful of jelly, one tablespoonful butter, five tablespoonsful cream; flavor with vanilla. Make meringue with whites of four eggs and four tablespoonsful sugar.

*Lemon Pie.*

Five eggs, one-half pound of sugar, one-quarter pound of butter, one tablespoon flour, one-half teacup of tepid water. Grate rind and juice of two lemons, cream, butter and sugar together; add beaten yolks and beaten whites of three eggs, then add lemon rind, juice, flour and water; use rest of whites for meringue.

*Cream Pie.*

Yolks of five eggs, one teacup butter, one pint sugar, one tablespoon flour, one pint rich cream. This will make two pies. Bake in paste. Make meringue of five whites.

*Apple Custard.*

Peel apples, slice and stew until soft, rub through colander; beat three eggs and one cup of sugar (brown and white mixed), three-quarter cups of butter for three

pies; flavor with any kind of spice preferred, nutmeg is nice. Bake under crust only which should be about one-half done when custard is put in.

#### *Custard Pie.*

Beat together until very light the yolks of four eggs to four tablespoonsful of sugar; flavor with nutmeg or vanilla; one teaspoon flour mixed smooth with a little milk, a pinch of salt and last one quart of very rich sweet milk. Bake until brown.

#### *Green Tomato Pie.*

Take medium-size tomatoes, slice thin enough to fill a rather deep pie plate, with under crust bake a little first; fill pan somewhat heaping; put in nearly one-half cup of butter and a small cup of sugar. If pan is deep sprinkle a small handful of flour over all. Pour in nearly one-half cup of vinegar before adding top crust. Bake moderately one-half hour. Serve rather hot; fine.

#### *Raisin Pie.*

One cup chopped raisins, seeded, juice and grated outside rind, one lemon, one tablespoonful flour, one cup cold water, one cup sugar, two tablespoonsful butter. Stir lightly together. Bake with upper and under crust.

#### *Christmas Plum Pudding.*

One pound of butter, one pound of suet freed from

string and chopped fine, one pound of sugar, two and half pounds of flour, two pounds of currants, picked over carefully after they are washed, two pounds of raisins seeded, chopped and dredged with flour, one-quarter of a pound of citron shredded fine, twelve eggs, whites and yolks beaten separately, one pint of milk, one cup of brandy, one ounce of cloves, one-half ounce of mace, two grated nutmegs. Cream, butter and sugar, beat in the yolks when you have whipped them smooth and light; next, put in the milk, then the flour, alternately with the beaten whites; then the brandy and spices; lastly, the fruit well dredged with flour. Mix all thoroughly, wring out your pudding cloth in hot water, flour well inside, pour in the mixture and boil five hours.

*Apple Dumplings.*

Eight apples, peeled and cored, one cup sugar. Roll out the paste thin, cut into eight squares of four inches, lay on each an apple with sugar in aperture made by removing core, wet four corners of paste, and bring them to top of apple and fasten; sift sugar over them; lay on baking-sheet and bake in hot oven twenty-five minutes. Serve with hard sauce.

*Custard Pudding.*

One and one-half pints of milk, four eggs, one cup sugar, two teaspoons extract vanilla, and pinch of salt. Beat eggs and sugar together; dilute with milk and extract; pour into buttered pudding-dish, set in oven



in dripping-pan two-thirds full of boiling water; bake until firm, about forty minutes, in moderate oven.

#### *Tapioca and Cocoanut Pudding.*

One cup tapioca soaked over night, one quart milk, yolks of four eggs, whites of two, one cup sugar, two tablespoons grated cocoanut; bake one-half hour. Make frosting of whites two eggs, three tablespoons sugar, two tablespoons grated cocoanut; spread over pudding when baked. Set in oven until a light brown.

#### *Hot Rice Pudding*

One-half cupful of rice, one quart of scalded milk, four tablespoonsful of sugar, one-half teaspoonful of salt, one egg, one-third teaspoonful of cinnamon, four tablespoonsful of butter. Wash the rice in cold water and put it in a double boiler with the hot milk. Cook quickly until tender; then add half the sugar, half the butter and the salt. Beat the egg until it is light and add it to the rice, cooking for one minute. Pour into the dish in which the pudding is to be sent to the table. Mix the rest of the sugar and the ground cinnamon and sprinkle over the top of the pudding. Cut the rest of the butter into tiny bits and drop them at regular intervals on the pudding. When the butter melts the sugar and cinnamon will form a rick-looking brown sauce. Serve hot.

#### *A Very Toothsome Pudding.*

One pint of bread crumbs, one quart of milk, one



teacup of white sugar, yolks of four eggs, grated rind of one lemon. Beat the eggs, sugar and lemon, then stir in the crumbs; bake until a nice brown. Beat to a stiff froth the whites of four eggs with four tablespoonfuls of sugar. Spread fruit jelly or jam over the pudding, cover with the frosting and set in the oven to brown slightly. Serve cold.

*Mince Pie, Plain.*

Two cups chopped beef, four cups sugar, one nutmeg, two cups boiled cider, two lemons, rind and juice, or a sour orange, four teaspoons salt, four teaspoons cinnamon, four cups of chopped fruit (raisins, citron, currants), one teaspoon cloves, one cup suet, finely chopped.

Mix and scald, pack down in jars and pour a little brandy on top. When used add six cups chopped apple and stoned raisins, *ad lib.*

*Prune Whip.*

Four whites of eggs, sixteen prunes, four tablespoonfuls of sugar, vanilla, pinch of salt. Stew the prunes without sugar until tender, drain and cut in small pieces. Beat the eggs to a stiff froth, with a pinch of salt added; add sugar, flavoring with one-fourth of a teaspoonful of vanilla. Fold in the prunes. Pour the mixture into a buttered baking-dish, place in a pan of hot water and bake in a moderate oven for ten minutes, then remove the covering to allow the pudding to brown slightly. Serve cold in glass cups with whipped cream. If chocolate flavor is desired one tablespoonful

of grated chocolate may be added to the pudding mixture.

*Transparent Pudding.*

Whites and yellows of eight eggs beaten separately. To the yellows add one and one-half pint of loaf sugar, one-half pound of butter, creamed into the yellows and sugar, and two tablespoonfuls of cinnamon added with the whites. Put the mixture in a tin pan, set it on the stove and stir until it becomes hot throughout. Make a very light pastry, put into pie-pans and cook a little before mixture is put on them. Then set the puddings in the stove until a light brown.

## Sauces For Puddings.

### *Mapleine.*

For all flavoring purposes there is nothing better nor more economical than "Crescent Mapleine." Every course from soups to frozen desserts may much improved by using a few drops of Mapleine, thereby adding a decidedly toothsome flavor to an otherwise ordinary menu, giving that delicate and delicious maple flavor that is really much superior to the real maple. It is made from roots and herbs and is both pure and wholesome, and I think surpasses by far any other flavoring now in use.

### *Butter Sauce.*

One teacup butter, one teacup sugar, one teaspoonful of flour. Mix all well together and pour enough water till right; constantly work until about like syrup; flavor to taste.

### *Sugar Sauce.*

Yolk one egg, three-quarter teacup sugar, one teaspoon flour, two tablespoons butter; stir all together and pour in boiling water until right consistency. Cook for three minutes and flavor to taste.

### *Dumpling Sauce.*

Boil one pint of water and teacupful of brown sugar together; thicken with one tablespoon of flour mixed

with cold water; when cooked add one tablespoonful of butter and a little salt. Flavor to taste.

#### *Egg Sauce.*

The whites of two eggs beaten stiff; one and a half cups of sugar; four tablespoonfuls of milk or cream. A pint of berries mashed and beaten in, make a delicious addition.

#### *Caramel Sauce.*

Put one cup of sugar in a small pan and stir on the fire until brown. Add a cupful of boiling water and simmer fifteen minutes. Set away to cool.

#### *Molasses Sauce.*

One cup of molasses, half a cup of water, a tablespoon of butter, a little cinnamon or nutmeg, one-fourth teaspoonful of salt, the juice of a lemon or a little vinegar. Boil together for twenty minutes. Nice for apple or rice pudding.

#### *Vanilla Sauce.*

Take one pint and a half of milk, stir in three beaten eggs, and pass through a strainer in a double boiler. Add three tablespoonfuls of sugar. Put on the fire and when the water in the lower pan begins to boil, stir and keep stirring until the mixture has reached the consistency of a thick cream. Remove from the fire, add a tablespoonful of vanilla, and serve warm or cold.

## Cakes.

Have all the ingredients ready before commencing to mix cake. Eggs beat up much lighter if put in ice box sometime before using and a very small pinch of soda often helps. Baking powder or cream of tartar should be sifted together several times before using. Care should be taken that no air enters the oven and a little jar often causes a cake to fall. The oven should be just right, not too hot nor too cold, much of the success depends on this. The stove door should not be opened for some time after cake has been put to rise. The oven can be tested by throwing in a little flour on bottom of oven; if it browns gradually it is about right, but if it burns it is too hot and if it remains white it is too cold. To ascertain when cake is done run a broomstraw through the middle; if it comes out smooth it will do to come out.

Never stir a cake after butter and sugar are creamed but beat it down from the bottom, up and over. This laps the air into the batter and produces the little air cells which cause the dough to rise and swell when it comes in contact with the heat while cooking. Always use a wooden spoon. For folding in whites a broad bladed pallett knife is best. Never beat at all after whites are folded in and get in oven as soon as possible

Always make cake a little higher on edge, as the middle usually rises higher anyway. Always dust pan over with flour after greasing. If possible have a heavy glass cup and reserve a little batter of cake and grease cup and put in batter and put in oven with cake and an occasional peep in oven through this cup will show what is happening to batter in big mold. This will be worth much to all cake bakers. When the edges begin to shrink away from pan the cake is almost done. One thing to remember distinctly is never to jar a cake while it is in the batter form and if you are compelled to open the door do so very gently. Remember a cupful of flour measures three or four tablespoonfuls more from the barrel than it does when sifted. If that amount were added to the most carefully prepared recipe the result would be a heavy tough cake. Always use two cups, one for wet and one for dry measure. Always have your whites well chilled before beating them. Use a wire whisk egg beater; a pinch of salt added to the whites will make them whip easily.

#### *Corn Starch in Sponge Cake.*

A friend said to me a few days since, "I used to have trouble with my sponge cake falling after it had risen nicely, now I no longer have that trouble, I simply stir in a tablespoonful of corn starch to the flour and when the cake comes up it stays up and is as light and feathery as one could wish." I have never tried this myself.



*President's Christmas Fruit Cake.*

Graced Christmas table of our last three Presidents, McKinley, Roosevelt and Taft, also for many Governors.

One pound of butter, one pound of sugar, one pound of flour, five pounds of seeded raisins, one and one-half pounds of shredded citron, one pound crystallized cherries, one pound of diced pineapples, one pound of bleached almonds, cut fine, one pound of shelled pecans, cut up. 12 eggs beaten separately, one glass grape jelly, one tablespoon melted chocolate, one tablespoon powdered cinnamon, one scant tablespoon grated nutmeg, one-half scant tablespoon allspice, one teaspoonful ground cloves, one scant teaspoonful rosewater, one glass grape juice; soak almonds over night in rosewater and fruit in grape juice. Cream, butter and sugar thoroughly together, add beaten yolks; then the spices, grape juice and chocolate; next add beaten whites, with a part of flour roll fruit in rest of flour, mixing it into cake in small quantities at a time; add nuts last. Bake or steam the cake from four to six hours. If steamed, dry out in oven for one hour. Bake in either large or small molds. This recipe can be divided and made one-half size of receipt.

*Florrye's Favorite Cake.*

Cream together until very light three-quarter teacup butter and two teacups white sugar; add to this one teaspoon lemon or vanilla flavoring, one teacup of

very cold water, sift two heaping teaspoons baking powder in three teacupfuls of flour, three times add this to mixture, then fold in very lightly the well-beaten whites of six eggs. Bake in two layers in well-papered and greased pans in a moderate oven. Ice with a cocoanut icing made as follows: Two cups of granulated sugar and little water and water also added from the cocoanut. Cook until it forms rather soft ball in water, then pour this into the well-beaten whites of two eggs, beating all the time and gradually pour in dish a little at a time; when it begins to stiffen put between layers and sprinkle the fresh grated cocoanut on top of this and spread the remainder of icing on top and sides of cake, putting on rest of cocoanut before icing hardens. This cake is an old standby and is never failing.

### *Jam Cake.*

Yolks of ten eggs left over from angel-food cake, two cups sugar, one cup butter, four cups flour, one cup buttermilk, small level teaspoonful soda, beaten well in milk, teaspoonful each of ground cloves, cinnamon and allspice, one teacupful jam. Mix in usual order and bake in moderate oven. Be careful in removing from pan; as it is light and soft and perfectly delicious, and by adding 5c worth of raisins, five cents worth of figs, chopped, makes a fine fruit cake, very like the finest black cake. A handful of hickorynut or walnut kernels adds to it also.

*Perfection Sponge Cake.*

Beat the whites of four eggs to a stiff froth; then beat into them one and one-half cupful of finely granulated sugar. Beat the yolks until thick and puffy then add one-half cup of sugar and beat for ten minutes; add to the yolks one-half juice and grated rind of one small lemon; now beat whites and yolks together until the mixture looks like a big yellow puff ball; one cup of flour which has been sifted three times. Fold in lightly but do not beat nor stir; turn this mixture into an ungreased angel cake mold, invert pan and let it stand on extended sides until perfectly cold. All sponge cakes should be treated this way. Dust a little flour in mold and bake twenty minutes.

*Cider Cake.*

Three-quarter cup of butter, one and one-half cups of light-brown or granulated sugar, three eggs, one cup cider, two and three-quarter cups of flour, three-quarter cup of currants, three-quarter cup of raisins chopped, one and one-half teaspoonfuls ground cinnamon, one teaspoonful soda, one-fourth teaspoon ground olives. Beat the butter to a cream; add sugar gradually until very light. Beat yolks until very thick light color, add to butter then pour in cider. Save out one-fourth cup of flour to dust raisins and currants. Sift the remaining part of flour into batter, after mixing spices and soda, turn in the floured fruit and mix well. Fold in the whites carefully after beating them very stiff. Bake immed-

ately in pans lined with two thicknesses of paper. Bake in moderate oven from one to one and one-half hours. Leave in pan until almost cold and remove with much care as it is very soft.

### *Angel's Food Cake.*

Whites of eleven eggs, small pinch of salt and one-half teaspoonful of cream of tartar added to eggs and then all beaten together until extremely light and then add one tumbler of sugar and one rather full tumbler of flour; beat eggs and sugar well together before folding in the flour which must be done as lightly as possible, after sifting flour several times, flavor with one-half teaspoonful pineapple extract. Bake in regular angel's food cake pan floured but not greased. Cook about thirty minutes. When done stand bottom side up on projecting pieces at sides to let air circulate underneath, and should you not have a mold of this kind, stand mold on a tribut, and wipe bottom and sides of mold with wet cloth. Let cool in mold before removing. Improves it to ice this cake with plain white icing flavored with extract pineapple. This cake can not be excelled.

### *Coffee Cake.*

Four eggs, one large cup sugar, one of molasses, one small cup butter, one large cup cold coffee, four small cups flour, one pound raisins, one cup currants, one nutmeg, one tablespoon allspice, one tablespoon cinnamon, one teaspoon cloves, a little citron if you choose,

three teaspoons Royal Baking Powder. This may be made without the eggs. Make as stiff as fruit cake.

*Custard Cake.*

One egg, one cup sugar, three-fourths cup milk, and one and one-half cups of flour, three teaspoons Royal Baking Powder, butter size of an egg; bake in layers. Custard—One and one-fourth cups milk, one egg, pinch of salt, sweeten to taste, make quite sweet, flavor highly with vanilla. Must be made first and cooled before putting between the cakes.

*Orange Cake.*

To make a delicious orange cake, rub thoroughly to a cream two cups of sugar and two-thirds of a cup of butter, adding three eggs separately. Squeeze the juice of two large oranges into a cup, adding enough water to fill it. Stir this into the mixture, together with three and a half cups of flour, two even teaspoonfuls of cream of tartar, one of soda and a little of the orange rind, grated. Bake in layer tins.

*Sunshine Cake.*

Whites of eleven eggs, yolks of six eggs, one and one-half cups of granulated sugar, one and one-half cups of flour. After it is sifted, one teaspoonful of cream of tartar, one teaspoonful vanilla. Beat the whites very stiff, then slowly add the sugar, then the beaten yolks, then the flour with cream tartar, last add vanilla. Bake in slow oven.



*Never-Failing Sponge Cake.*

Beat three eggs five minutes, add one and one-half cups sugar, beat five minutes more and stir in one cup flour sifted with one teaspoon baking powder; one cup boiling water. Then add one or more cups flour, sifted, and a teaspoon vanilla. Bake forty minutes.

*Hickory Nut Cake.*

One-half cup butter, three cups flour, two cups sugar, half cup milk, two cups nuts, four eggs, two teaspoonfuls Royal Baking Powder.

*Chocolate Marble Cake.*

Put one ounce chocolate and one tablespoon of butter in a cup and set this in a pan of boiling water. Beat to a cream half a cupful of butter and one cupful of sugar. Gradually beat in half a cupful of milk. Now add the whites of six eggs beaten to a stiff froth, one teaspoonful of vanilla and a cupful and a half of sifted flour, in which is mixed one teaspoonful of baking powder. Put about one-third of this mixture in another bowl and stir the melted butter and chocolate into it. Drop the white and brown mixture in spoonfuls into a well-buttered deep cake pan and bake in a moderate oven for about forty-five minutes; or the cake can be baked in a sheet and iced with a chocolate or white icing.

*Sponge Cake.*

Three eggs beaten quite stiff, one cup of sugar, four



tablespoonfuls of water, and one and one-fourth cups of flour, flavoring with vanilla.

*Keep Cakes Fresh.*

If a dish of cold water is kept in a cake-box it will keep the cake fresh and moist. The water should be renewed every twenty-four hours.

*Peach-Blossom Cake.*

One cup pulverized sugar, one-half cup butter, stirred together until like thick cream, two teaspoons Royal Baking Powder, one-half cup sweet milk; beat the whites of three eggs; add to a cup of flour, mixed with the baking powder; stir and add one-half teaspoon corn-starch. Flavor strongly with extract peach. Bake in two square spones tins in moderately quick oven, and when done sandwich with finely grated cocoanut and pink sugar. Frost with clear icing, and sprinkle this with pulverized pink sugar.

*Tutti-Frutti Cake.*

Eight eggs, two cups sugar, one-half cup of butter, one-half cup of milk, one tablespoonful of whisky, two and one-half cups of flour, one heaping teaspoon baking powder. Flavor to taste. Bake in layers. Filling.—Chop fine a few raisins, a tablespoonful of citron and a tablespoon of candied cherries and two tablespoonfuls of English walnuts. Then take the whites of three eggs, one cup of sugar, boil the sugar like you would for icing, beat the eggs to a stiff froth, put in the

chopped fruits and pour the boiled sugar over them. Beat hard till it is cooked; put between and on top.

This is a very elegant cake.

*Plain White Cake.*

Beat the whites of eight eggs to a stiff froth, cream well one cup of butter and two cups of sugar, stir in one cup of water, add eggs, stir in three and a half cups of flour to which two teaspoonfuls of baking powder has been added. Beat well. Bake in slow oven.

*Devil's Food Cake.*

Two cups of brown sugar, half a cup of butter creamed together, two eggs beaten light, four cups of flour, half a cup of sour milk, a teaspoon of soda, a spoonful of vanilla; now add half a cup of hot water and half a cup of Baker's grated chocolate and bake in layers; put together with caramel filling; use two cups of brown sugar, a cup of sweet milk (or sour milk is good) a tablespoon of butter, tablespoon of grated chocolate; cook till thick. This cake is delicious.

*Favorite Cake.*

Two cupfuls of granulated sugar, half a cupful of butter, one cupful of milk, the whites of five eggs and the yolks of two, three cupfuls of flour and three heaping teaspoonfuls of Royal Baking Powder. Make the frosting as follows: Two cupfuls of granulated sugar and the whites of two eggs, pour one-half cupful of water over the sugar and boil until it stands when poured from a

spoon; pour over the whites which have been beaten to a stiff froth; pour the sugar on slowly, beating until cool; mix with this one cupful of seeded raisins and one cupful of English walnuts, cut the raisins and English walnuts as small as possible; spread this between layers.

*Never-Failing Cake.*

Three tablespoonfuls of butter, one cup of sugar, one cup of milk, three eggs (whites and yolks beaten separately), two cups of flour, two even teaspoonfuls of baking powder, flavoring to taste. Cream sugar and butter well, and fold in the stiffened whites the last thing. Bake in a quick oven from fifteen to twenty minutes. This makes two nice layers.

*Peach Cake.*

Beat to a cream one-fourth cupful of butter and one cupful of sugar. Add two eggs well beaten, three fourths of a cupful of milk, and two cupfuls of flour sifted with three teaspoonfuls of baking powder. Bake in two layers. Make a soft custard of two cupfuls of milk, three teaspoonfuls of corn starch, two eggs, one-half cupful of sugar, and a pinch of salt. Cook ten minutes, flavor with vanilla and cool. Put one layer of this cake on a large plate, cover with sliced peaches, and half the custard. Add the other layer and more sliced peaches with the remainder of custard. Let get ice cold and serve as a dessert.

*Pound Cake, No. 1.*

Wash and dry one-half pound of butter. Beat until it is quite creamy, then add one-half pound of sugar. Beat it until it is like the lightest and whitest hard sauce, then add one egg, beat until it is quite incorporated, then add another and beat again, and so on until five eggs are used. Take great care that each egg is completely incorporated before the next is added; this requires from three to five minutes' beating between each egg, according as your strokes are vigorous or slow, and on sufficient beating the success of the cake depends.

When eggs, sugar and butter look like thick yellow cream, add gradually a small sherry-glass of wine or brandy and one-half wine glass of rosewater. Mix well together, then sift to the ingredients one-half pound of flour, well dried, and very slightly warmed, to which one-half saltspoon of salt has been added. Line a round cake pan with upright sides with buttered paper, neatly fitted, and pour the batter into it, and sift powdered sugar over the surface.

Bake this cake one hour and a half in a very slow oven. It should have a cardboard cover laid on the top for the first hour, which may then be removed and the cake allowed to brown slowly. In turning, be very careful not to shake or jar it.

*Light Fruit Cake.*

One-half cup butter, one cup sugar, one-half cup

milk, two cups flour, one and one-half teaspoons baking powder, whites four eggs, one-half cup seeded raisins, one-half cup sliced citron, one-third cup chopped blanched almonds, one-fourth teaspoon salt. Mix flour, baking powder, and salt. Dredge fruit with flour. Cream butter and sugar, add beaten whites, and beat hard; add flour and milk and beat again; stir in the prepared fruit. Line a loaf-pan with three thicknesses of paper, and bake cake one and one-half hours in moderate oven, covering with paper for first hour.

*Geranium Cake.*

One-half cup butter, one cup sugar, two-third cup water, one-fourth teaspoon salt, two cups flour, one teaspoon baking powder, whites four eggs. Mix flour, salt, and baking powder. Cream butter and sugar. Add alternately the water and flour, then whites of eggs, and whip hard for five minutes. Line loaf-pan with buttered paper, then with rose-geranium leaves. Bake in a moderate oven. The leaves can be pulled off with the paper.

*Silver Cake.*

Whites six eggs, one cup milk, two cups sugar, two-thirds cup butter, four cups flour, one-fourth teaspoon salt, two teaspoons baking powder, one teaspoon almond extract. Cream butter and sugar; add alternately the milk and flour mixed with salt and baking powder; then the extract and the stiffly whipped whites. Beat well, and bake in loaf pan in moderate oven.



*Ginger Sponge Cake.*

Two cups brown sugar, four eggs, one pint flour, two-thirds cup water, one and one-half teaspoons baking powder, one tablespoon extract ginger, one teaspoon extract lemon. Beat the eggs and sugar together for ten minutes; add the water, the flour sifted with the powder, and the extracts; mix into a smooth sponge, and bake in quick oven thirty minutes.

*Ginger Cake.*

Three-quarter cup butter, two cups sugar, four eggs, one and one-half teaspoons baking powder, one and one-half pints flour, one cup milk, one tablespoon extract ginger. Rub the butter and sugar to a light cream; add the eggs, two at a time, beating five minutes between; add the flour, sifted with the powder, the milk and extract; mix into a smooth batter; bake in a cake-tin in rather hot oven forty minutes.

*Delicate Spice Cake.*

Two-third cup melted butter, two-third cup sugar, two and one-half cups flour, one egg, two-third cup molasses, one cup milk, two scant teaspoons baking powder, one tablespoon vinegar, one tablespoon mixed ground spice, pinch salt. Beat egg, add milk. Add mixed flour, baking powder and salt, spice, sugar, melted butter and molasses, and vinegar. Bake in two shallow pans in hot oven.



*Cream Sponge Cake.*

Six eggs, their weight in powdered sugar, and one-half their weight in flour, one-half teaspoonful baking powder, pinch salt, grated rind one orange. Beat egg yolks and sugar till thick. Sift in the mixed flour, salt, and baking powder. Mix lightly, add orange rind and stiffly whipped whites. Cut them in lightly, and bake in two shallow pans in moderate oven. Put together with cream filling flavored with orange.

*Snow Cake.*

One pound arrowroot, one-fourth pound sugar, one cup butter, whites six eggs, one-half teaspoon baking powder, one teaspoon almond extract. Cream butter and sugar. Add whipped whites and one-third teaspoon salt, then the arrow-root mixed with baking powder. Beat well for ten minutes; add extract, and bake in loaf-pan lined with three thicknesses paper. Have oven moderate, bake one and one-half hours, and cover pan with paper for first hour.

*Feather Cake.*

Two cups sugar, one-half cup butter, two thirds cup milk, three cups flour, three eggs and three teaspoonfuls baking powder. Flavor with lemon or vanilla. This is a delicious tea cake.

*Dolly Madison's Cake.*

One pound flour, one pound sugar, one pound but-

ter, one pound raisins stoned and chopped, six eggs, a wine glass brandy, one nutmeg, a tablespoonful mace, one dessert spoonful soda dissolved in a wine glass of hot water. Beat the butter to a cream, rub the yolks of the eggs and the sugar together, add the butter, whip the whites of the eggs to a stiff froth, and add alternately with the flour, then the brandy and the nutmeg, and lastly the soda. Stir the whole mixture lightly and quickly and bake in a deep pan with the same heat required for pound cake.

*Grandmother Chase's Fruit-Cake.*

Work one pound of best butter until creamy, add gradually one pound of brown sugar and continue beating until mixture is creamy. Separate yolks from whites of twelve eggs and beat yolks until very light; add to first mixture, then add one pound of flour (excepting one-half cupful, which should be reserved to dredge fruit) mixed and sifted with one and one-half tablespoonfuls of cinnamon, one-half tablespoonful each of clove and mace, and one nutmeg grated. Seed and cut in pieces two pounds of raisins, add one pound of currants, stemmed and rolled in just as little flour as possible to separate them. Thinly slice and cut in pieces three-fourths of a pound of citron. Mix fruit with reserved flour and add to cake mixture with one cupful of best brandy and whites of twelve eggs beaten until stiff. Just before putting into pans add one teaspoonful of soda dissolved in one tablespoon-

ful of hot water. Bake in deep cake-pans, lined with buttered paper, in a slow oven three or four hours.

*Marble Cake.*

White part: One cup of sugar, one-half cup of butter, one-half cup of milk, the whites of three eggs, one teaspoonful cream of tartar, one-half teaspoonful of soda, and two cups of flour. For dark part: One cup of sugar, one-fourth cup of butter, one-fourth cup of milk, one-half of a nutmeg, one teaspoonful of cinnamon, one-half teaspoonful of cloves, one-half teaspoonful of soda, one teaspoonful cream of tartar, two cups of flour, and yolks of three eggs.

*Feather Cake.*

Cream thoroughly a tablespoonful of butter and a cup of sugar; add a gill of rich milk and a cup of flour which has been thoroughly sifted with a teaspoonful of baking powder; add vanilla and one egg, and beat hard. Bake in a good oven in a biscuit tin or in layer tins. It is very good with a marshmellow filling or with a filling of whipped cream.

*A Cup Fruit Cake.*

One cupful of washed butter; two cupfuls of powdered sugar, two and a half cupfuls of sifted flour, half a pound each of currants and seeded rasins, a quarter of a pound of shredded citron, a teaspoonful each of cinnamon and grated nutmeg, six eggs. Cream butter and sugar, add the beaten yolks of the eggs, next

the flour and the well-dredged fruit and citron, the spices and whip upward for one minute before adding the whites of the eggs whipped to a standing froth. Fold them in lightly and quickly.

#### *Snow Ball Cake.*

One cup white sugar, one-half cup of butter, one-half cup of sweet milk, two cups of flour, whites of three eggs, one-half teaspoon of soda, one of cream tartar sifted with flour; beat sugar and butter together then add eggs, then flour, then the milk and soda.

#### *Gold Cake.*

One-half cupful of butter, one and one-half cupful of sugar, one-half cupful of milk, two and one-half cupfuls of flour, five eggs (all the yolks and one white), two teaspoonfuls of Royal Baking Powder, two teaspoonfuls of vanilla. Beat the yolks and one white until very light; add them to the creamed butter and sugar, then put in the milk, the flour, into which the baking powder has been stirred, and lastly the vanilla. Bake forty-five minutes in a moderate oven.

#### *Fruit Cake.*

Cream together a cupful of sugar and half as much butter. Add two beaten eggs, a cupful of molasses and one-half a cupful of strong, cold coffee in which you have dissolved a scant teaspoonful of baking soda. Have ready three cupfuls of sifted flour, one cup of mixed raisins, figs and dates, chopped fine,

one cupful of cleaned dried currants, one-fourth pound of citron, cut very fine, and the same of blanched and shredded almonds and a teaspoonful of mixed spices—cinnamon, cloves, mace, nutmeg and ginger. When the batter is mixed, flavor with the strained juice of a lemon. Bake in a moderate oven one hour. Line the baking-pan with buttered paper. This cake will keep moist for some months, if kept in a tin box.

*Plain Cake.*

One egg, one cupful of sugar (scant measure), one-half cupful of sweet milk, piece of butter the size of an egg, one teaspoonful of cream of tartar, one-half teaspoon of soda, flour. Flavor with lemon. Good.

*White Cake.*

Two coffee cups of sugar, one coffee cup of butter, the whites of four eggs, one coffee cup of cold water, three and a half coffee cups of flour, with three teaspoons of Royal Baking Powder. Beat the butter until light, add sugar and stir well, then add whites of eggs (not beaten) and beat well all together; add the cold water, then flour and baking powder.

*Chinese Charm Cake.*

Three eggs, one cupful sugar, one and one-half cupfuls flour, one-fourth cupful butter, scant one-half cupful sweet milk, two teaspoonfuls baking powder. Beat the sugar and butter together, then add the milk; beat well, then break in one egg; beat all together, then add



another egg; beat well, then add the other egg; beat well, then stir in the flour and bake. This is a good cake and easily made.

*Cream Cake.*

Take a large cup of sugar, a piece of butter the size of half a hen's egg, beat well together, add a cup of cream, two beaten eggs, one teaspoon of soda, dissolved. Sift the flour, and mix with two teaspoonfuls of cream of tartar. Make it rather thin, and add a little extract of lemon just before turning it into the tin. Remove from the oven as soon as no dough will adhere to straw.

*Jelly Cake.*

Three eggs, half cup butter, one cup sugar, one cup milk, three cups flour, two teaspoons baking powder. Bake in thin layers and spread any kind of jelly between; currant is best.

*A Cooking Hint.*

Whenever you are baking cookies pin a piece of muslin over the bread board and stretch it tight. Flour the muslin well and you can roll the dough as soft and thin as you please. A piece of muslin around the rolling pin is still another improvement.

## Small Cakes.

### *Fine Cookies.*

Two eggs beaten very light with one cup of sugar, one cup of butter and lard mixed; creamed light with one cup sugar, making two cups of sugar, scant one-half teaspoon salt, one cup of light cream or rich sweet milk, three heaping spoons Royal Baking Powder sifted twice with flour, flavor highly with extract of cinnamon, mix all and pour into enough flour to make very soft dough, roll about one-fourth inch thick and bake rather quick and when about half done brush over top with egg diluted one-third water and dust heavily with sugar, bake light-brown. This cannot be excelled if you make dough soft enough.

### *Chocolate Cookies.*

One cup of butter, two cups of sugar, three cups of flour, four eggs, one cup of grated chocolate, one-half teaspoonful of soda and one teaspoonful of cream of tartar. Roll thin. This makes a great quantity. They are better with age.

### *Ginger Snaps.*

Scald a cupful of molasses and stir into it a table-spoon of soda. While it is still foaming and hot, pour it upon a well-beaten mixture of a cupful of sugar and egg and a tablespoonful of powdered ginger. Beat hard

for one minute and stir in a tablespoonful of vinegar, with flour for a soft dough. Roll out lightly and quickly into a sheet less than half an inch thick. Cut with a sharp knife into strips an inch wide and three inches long. We fancy that they taste better when made into this shape than when round. If you like you may add grated cocoanut to the dough.

#### *Gingerbread.*

Scant cupful of brown sugar, one-half cupful of butter, one-half cupful of sour milk, one-half cupful of molasses plus one-half teaspoonful of soda, one and one-half cupfuls of flour, two eggs, one-quarter pound preserved ginger cut in shreds.

The secret of having this cake a success is to have and keep a moderate oven while baking.

#### *Raised Doughnuts.*

Two cups of sugar, one cup each of milk, water, butter and yeast, and two eggs. Make the sponge about noon, let it rise until bedtime then add salt and nutmeg and make in dough like biscuit. Next morning roll out and cut small. Let it rise in a warm place until light, then turn carefully and let it stand until light on that side, then fry the same as any.

#### *Soft Cookies.*

One cup butter, one and one-half cups sugar, two eggs, three tablespoons milk, one teaspoon baking powder, just enough flour to roll out to a soft dough.

Sprinkle with sugar before rolling, cut in rounds, bake in quick oven.

*Cocoanut Cookies.*

One cup butter, two cups sugar, two eggs, one cup grated cocoanut, one teaspoon vanilla, two teaspoons baking powder, flour to roll out. Bake pale-brown.

*Crullers.*

One cup sugar, three tablespoons butter, one cup cream, three cups flour mixed with two teaspoons Royal Baking Powder, and one-half teaspoon salt; adding enough flour to make soft dough. Roll out, cut in two-inch squares, and slash with jaggging-iron. Fry, drain, and roll in sugar.

*Doughnuts.*

Three-quarter cup granulated sugar, yolks and whites two eggs, three tablespoons melted butter or lard, three cups flour, three heaping teaspoons Royal Baking Powder, one-half teaspoon grated nutmeg. Add beaten whites last, then add enough more flour to make a soft dough. Roll one-half inch thick, cut, and fry as directed.

*Margurites.*

Whites of two eggs well-beaten, add five heaping tablespoonfuls sugar to eggs and one pound mixed nuts uncracked, cook sugar until consistency of candy and beat into whites of eggs, then stir in nuts broken to medium size, spread on reception flakes. Bake in quick oven delicate brown.

## Icings.

### *Recipe for Icing.*

In a porcelain-lined pan, put four tablespoonfuls of cold water and as much cream of tartar as a common sized pea, add a measuring cupful of granulated sugar and boil until a few drops in cold water will remain together and yet be soft. Then pour slowly on the well-beaten white of one egg and stir until cold, frequently lifting a spoonful high above the dish, letting it run back. When it is cold and you find it too stiff, add a teaspoonful of boiling water and beat again. This frosting is fine and never hardens.

### *Soft Icing.*

Boil together a pound of sugar and a gill of water until the mixture spins a heavy thread; pour slowly while hot into the well-beaten whites of two eggs, beating all the while. Stand the bowl in a pan of cold water, and beat until thick. This may be used as an icing or as a filling. Sliced bananas may be mixed with it by putting a layer of filling on the top of the cake, then a layer of sliced bananas and another layer of filling, and then another cake. Or you may add to it two ounces of chocolate and a teaspoon of vanilla. Or you may add to it half a pint of mixed nuts, or half a cupful of finely chopped nuts.



*Chocolate Icing.*

Boil a cup of sugar and a half cup of water together until the syrup spins a thread. Beat the white of one egg very stiff and pour the syrup gradually upon it, beating all the while, and whip in two ounces of melted chocolate with a half teaspoonful of vanilla. When nearly cool spread on the cake.

*Caramel and Nut Cake Filling.*

Boil together one pint of brown sugar, a lump of butter the size of an egg, one cup of sweet milk and one-half cup of grated chocolate until thick; then beat until nearly cold. Add a teaspoonful of vanilla, and spread thickly upon each cake layer; then strew the mixture thoroughly with chopped English walnuts. Put together the layers quickly before the filling dries.

A little flour dredged over a cake before icing it will keep the icing from spreading and running off.

*Chocolate Filling.*

One cup sugar, two squares chocolate, grated, two tablespoons butter, three-fourths cup milk, two tablespoon corn starch in one-fourth cup milk, one teaspoon vanilla. Boll first four ingredients together for five minutes, add corn starch in milk and boil for three minutes more. Beat until cool and add vanilla.

*Five Minute Frosting.*

The white of one egg, one teaspoon lemon juice, one

scant cup powdered sugar, stirred together until the sugar is all wet; then beat with a fork for just five minutes. Spread on the cake while warm.

#### *Boiled Frosting.*

One cup sugar, one-third cup water, one-eighth teaspoon cream tartar, one egg white. Boil the water, sugar and cream tartar till it forms a soft ball in cold water; pour in a fine stream on the egg while beaten very stiff, beat as you pour; continue beating until stiff and smooth. Spread on a cold cake. Dip knife in warm water.

#### *Fruit Filling.*

One cup stoned raisins, one-half pound blanched almonds, one-half pound figs, one-half pound citron. All chopped fine; add enough frosting to make a soft paste.

#### *Lemon Filling.*

The grated rind and juice of one large lemon, one cup sugar, two eggs (or four yolks), one tablespoon butter; cook all together over boiling water until thick and use when cool.

#### *Almond Cream Filling.*

The whites of two eggs beaten stiff with two cups of sugar, one teaspoonful extract vanilla, one pint blanched almonds, chopped fine. Walnuts, pecans, hickory and butternuts are used in the same way.

*Marshmallow Icing.*

Use ordinary plain white icing and when ready to spread on cake melt one-fourth pound of marshmallows by pouring about three tablespoons of real hot water over them and set in a vessel of hot water until entirely dissolved. Pour this into icing and put between layers and on top and sides of cake. Ornament top with split marshmallows.

*Golden Glow Filling.*

Beat very light yolks of three eggs, one and one-half cups of sugar with one-half cups of water until it hairs. Pour slowly over yellows beating all the time until it gets thick enough to spread. Flavor with extract orange and a little of the yellow peel grated. Ice like other cakes.

*Plain White Icing.*

Two teacups granulated sugar, made real wet with water, let cook until it soft balls, but not hard enough to rattle; beat whites of two eggs to stiff froth, pour in syrup slowly, beating constantly until it begins to thicken, then put between and over cake. To make cocoanut icing, add fresh grated cocoanut by sprinkling between layers and on top and sides of cake while the icing is moist. It would also be well to add milk of cocoanut to sugar when cooking.

*Sea Foam Icing.*

One cup of white and one of brown sugar moistened with water, and when nearly done add two tablespoonsful of rich cream, let cook until it forms a soft ball in cold water; pour slowly in a small stream over well beaten whites of two eggs; beat until fluffy, then ice in usual way.

## Frozen Ices, Creams, Etc.

### *Garnishings For Ices.*

Garnishing adds very much to the attractiveness of a frozen dessert and the colors should harmonize with the ice used. If the ice is yellow or lemon color use white or some dainty corn colored flower to decorate the edge of dish. If pink use LaFrance or Bridesmaid roses, and if a round mould is used fill center with whipped cream or prettily blended colors in small fruits. Some prefer different kinds of sauces to serve with ices.

### *Plain Vanilla Cream.*

Take rich cream and sweeten and flavor to taste with vanilla and freeze.

### *Caramel Cream.*

Beat six eggs separately until light, then mix and add one-half cup white sugar. Brown one and three-fourths cup brown sugar a little, but do not scorch, then mix a little water, and cook until a rich brown color; add two quarts of very rich milk and a tablespoonful of gelatine that has been dissolved in little cold milk, and let it come to a boil, stirring all the while. By the time the milk is hot the sugar will be dissolved. Then add eggs and sugar and let boil about a minute. Cool and then freeze.



*Strawberry Cream.*

Rub a quart of ripe strawberries through a sieve, stir into one quart of rich cream, sweetened to taste, and freeze.

*Chocolate Cream.*

Make a custard of four yolks of eggs, one and one-half cups sugar, three and one-half cups rich milk, one-half cake chocolate. Break up chocolate and put on with milk in double boiler, and stir until chocolate is dissolved, then pour over eggs and sugar and cook two or three minutes; cool, add vanilla to taste, and one quart rich cream and freeze.

*Almond Cream.*

Use plain ice cream, add one pint chopped, blanched almonds, or any other nuts preferred when it is almost frozen; freeze a little longer and pack for use.

*Fruit Creams.*

Are only different kinds of fruits added to plain or French cream recipes—according to the person's taste who is making it. Add sugar according to the acidity of fruits, some fruits are to be cut up, some mashed, and some pressed through sieve. Some hard fruits need cooking and pressing through sieve. Nuts can also be added in connection with fruit

*Floating Island.*

Make a custard of one quart of sweet milk and yolks of four eggs beaten well with four heaping tablespoons of sugar. Cook until thick as cream, stirring constantly; flavor with vanilla, drop lady fingers, a few alternating with large spoonful of beaten whites. Garnish with bits of red jelly.

*Delicious Peaches.*

Take one pound of fresh or canned peaches, and one-half pound of sugar, cook soft enough to rub through sieve, soak one-half box gelatine one hour in enough water to cover it, then stir it into a teacupful of rich cream which should be boiling hot, and when well dissolved add it to the hot marmalade. When nearly cold, but before it becomes firm, beat the peaches smooth and stir in a pint of whipped cream. Dip mold in very cold water and while wet fill with mixture and set away to grow firm. Turn out and serve with whipped cream.

*Coffee Charlotte Russe.*

One-half cup of hot coffee, one-half cup of sugar, one cup of milk, yolks of two eggs, two heaping tablespoonful powdered gelatine, one cup of whipped cream, two tablespoonfuls of powdered sugar, one-fourth teaspoon of salt, nine lady fingers. Scald the milk with one-third cup of sugar, beat yolks of eggs and add powdered sugar, salt and hot milk; stir over the fire until it thickens, then add gelatine dissolved in coffee;

strain and stir over ice until it begins to thicken, then fold in whipped cream. Pour into a mold lined with lady fingers, turn out when set.

#### *Grape Ice.*

Boil one quart of water and one pint of sugar together for five minutes. When cold add one pint of grape juice, and freeze.

#### *Cream With Eggs Called French Cream.*

Six eggs beaten with sugar enough to make pretty sweet, one and one-half pints of rich milk, cook a few minutes, stirring until thick. When cold add one quart rich whipped cream and freeze, a cup of fresh grated cocoanut, added just before ready for use adds much to this cream, or flavor with any choice flavoring.

#### *Frozen Pudding.*

Make a custard of six eggs, one pint of cream, one pint milk sweetened and flavored to taste, freeze and when almost hard mix one-fourth pound raisins seeded, one-fourth pound each currants and citron, a few malaga grapes; in fact, a very little of any kind of fruit preferred, but only a few kinds at a time; any kind of nuts, chopped fine about one-third pound. Use before the fruit becomes too hard. Flour the fruit before adding to custard.

#### *Rhubarb Jelly and Banana Cream.*

Cut into small pieces six stalks of ripe rhubarb,

place in boiling water and cover closely, allowing it to remain until the water cools; then drain and add a large cupful of sugar; pressing the fruit through a coarse sieve, add to the pulp thus obtained sufficient boiling water in which has been dissolved half an ounce of gelatine to form one pint. For the cream, remove the skins from four bananas and mash to a paste with four ounces of sugar, adding when quite smooth a teaspoonful of lemon juice and two cupfuls of stiffly beaten cream.

#### *Water Ices.*

All water ices are made in this way, varying the proportion of sugar according to the acidity of the fruit used. Canned fruit syrups may be substituted for fresh fruit juice.

#### *Lemon or Orange Ice.*

Boil together twenty minutes two cups sugar with four cups water or until it syrups. Then add one teaspoonful Orange Extract. Let it get cold and then freeze.

#### *Strawberry, Raspberry, or Currant Ices.*

To one and one-half cups sugar add four cups water and boil twenty minutes, or until it syrups, then add two cups of the fruit chosen, let it get cool and then freeze. If you wish to use fruit juices instead of the fruit, mash the fruit, heat a little without adding any

water, and squeeze through a cheese-cloth bag. Strain again if the liquid does not look clear enough.

#### *Orangeade.*

Juice of four large oranges and one lemon, mixing in seven tablespoonfuls of sugar and a very little water. Let this stand fifteen minutes then strain and add one pint of water. Serve with chipped ice.

#### *Watermelon Sherbet.*

Take one pint each of sherry and granulated sugar, boil to a thick syrup. When cold mix with the red part of a watermelon chopped into small pieces. Be careful not to use any part near rind and take out all seeds. Freeze, but do not let it get too hard. Serve in glasses.

#### *Peppermint Drops.*

Stir until dissolved, one and one-half cup sugar and one-half cup boiling water. Then boil ten minutes, remove from fire and add one teaspoonful of Peppermint Extract. Beat until of the right consistency to drop from tip of spoon upon buttered paper.

#### *Apple Snow.*

Core, quarter, and steam three large, sour apples. Rub through sieve, cool; whip whites three eggs to very stiff froth with one-half cup powdered sugar, gradually add apple, and whip long time till white and stiff. Pile in dish, garnish with dots currant jelly.



*Snow Eggs.*

To whites of five eggs add pinch salt, and whip to very stiff froth; gradually add one tablespoon powdered sugar and few drops flavoring. Scald one quart of milk in large pan. Shape whites in tablespoon, drop a few at a time in hot milk. Turn until cooked. Lift out with skimmer, lay on glass dish. When all are cooked make custard with egg yolks, milk, and three table-  
spoons sugar, and serve with whites of eggs.

*Charlotte Russe.*

Mix one pint rich cream, one-half cup powdered sugar, one teaspoon vanilla. Have very cold and whip to stiff froth, turning under cream when it first rises. Line dish with sponge cake or ladyfingers, fill with whipped cream.

*Chocolate Blanc-mange.*

Quart milk, one-half box gelatine soaked in one cup water, four tablespoons grated chocolate rubbed smooth in a little milk, three eggs, extract vanilla to taste. Heat milk until boiling, then add other ingredients; boil five minutes. Pour into mold. Serve cold with sugar and cream, or custard.

*Ambrosia.*

A delicious desert is made of one cocoanut, six oranges, two cups of granulated sugar. Peel the oranges and slice them crosswise, very thin. Grate cocoanut, lay

in deep dish, a layer of the oranges and sprinkle thickly with the cocoanut, and then sprinkle with sugar. Repeat this process until the fruits and sugar are used, then pour over all the liquid of the cocoanut; let set three hours and serve.

### *Whipped Cream.*

Whipped cream frozen is dainty. To three pints of perfectly sweet, fresh, and thick cream allow one pint of powdered sugar, the whites of two eggs, and a tablespoonful of vanilla. Whip the cream and mix the other ingredients gradually; then freeze.—*Chicago Journal.*

### *How to Whip Cream.*

Have cream ice cold, and while whipping stand the bowl in a pan of ice-water. Skim off the froth as it rises and continue till all the cream is whipped.

### *Lemon Sherbet.*

Eight or nine good juicy lemons, bruise well and squeeze in lemon squeezer. Put on enough sugar to sweeten with a little water and cook to a thick syrup, then let cool, dissolve one tablespoonful gelatine in cold water and add to lemon juice. Add syrup and enough cold water to make a real strong lemonade, and freeze. To make pineapple sherbet add to this one can of grated pineapple.

*Orange Sherbet.*

Made about the same way except substitute oranges for lemons. Apricot sherbet made by lemon recipe: add one can of apricots pressed through colander, and pour in syrup. If very sour use more sugar.

*Strawberry Sherbet.*

Two cups strawberry juice, one cup orange juice, two cups water, one and one-half cups sugar, cook water and sugar into a syrup; let cool then add fruit juice and freeze.

## Beverages.

### *Delicious Coffee.*

Before grinding your coffee put on in pan and let heat thoroughly and brown a little, add a little bit of butter, enough to grease the grains, grind while hot. Have ready either white or yelk (or washed shell w answer) with enough cold water to wet coffee well; beat coffee in this for a minute, then put in perfectly clean coffee pot and pour over one cup of cold water. Set in midway on stove where it can draw slowly but not get too hot, then draw forward, add boiling water and boil only a minute or two; pour out a teacup full and pour back in pot then pour a tablespoonful cold water through spout, wipe pot on outside with a cold, wet cloth, wiping downward strokes. Put a tablespoon riel cream in cup with quantity sugar desired; pour in coffee, stirring all the time and you'll have a cup of coffee fit for the queen.

### *Ground Tea.*

A French chemist asserts that if tea be ground like coffee, immediately before hot water is poured upon it, it will yield nearly double the amount of its exhilarating qualities.

### *Clean Coffee Pot.*

If the inside of your tea or coffee pot is black, fill it

with water and put in a piece of hard soap. Set it on the stove and let it boil half an hour or one hour. It will be as bright as new.

*Iced Coffee.*

Pour one quart of boiling water on one cupful of coffee. Stir and let stand in a cool place for fifteen minutes, or boil five minutes. Strain. Have also a quart of well heated milk, not boiled, and pour the coffee and milk mixture into a freezer. Sweeten with powdered sugar. Cover the freezer, place in a tub of ice and rock salt, reaching a little higher than the coffee comes. Turn the handle of the freezer in different directions for five minutes, and serve in coffee glasses with powdered sugar, passed separately.

*Tea.*

Water for tea should be freshly heated and just boiling. Teas are of differing strengths, but a safe rule is one teaspoon dry tea to one-half pint boiling water. Scald tea-pot; put in dry tea and cover for one minute. Add boiling water, cover closely. Let stand three to six minutes, strain off into second hot pot. A wadded cozy will keep tea hot for a long time off the fire.

*Cocoa.*

The usual rule is one teaspoon cocoa to each cup. Mix dry cocoa with little cold water, add scalded milk or boiling water, and boil one minute.

*Chocolate.*

One square unsweetened chocolate, one tablespoon sugar, two tablespoons hot water. Grate chocolate, boil all together till smooth, add gradually one pint scalded milk, cook in double boiler five minutes. Some like to add one teaspoon vanilla. It can be made stronger by using more chocolate.

*Fruit Drinks.—Grape Juice.*

Stem three gallons grapes, add three pints of water, let come to boiling point and strain through cloth, then boil about five minutes. After sweetening to taste pour in bottles and seal.

*Blackberry or Strawberry Shrub.*

Cover twelve pounds of fruit with one-half gallon of cold water in which has been thoroughly dissolved five ounces of tartaric acid. Let this stand in open-mouth jar with covering of cheese cloth for forty-eight hours, and for each pint of clear juice put one generous pint of granulated sugar, stir until dissolved, let stand six hours, strain and bottle and tightly cork. Pour one pint of this over a small pitcher of crushed ice and weaken with water according to strength liked. Nothing is more refreshing on a hot day served with small cakes.

*Fine Grape Wine.*

Pick grapes off stems and wash, mash in a tub with mallet not hard enough to break seed. Let stand over



night and press juice into other vessels. Let stand until a good scum forms on top, breaking in cracks with a white foam. Skim this all off, then strain and add two pounds of sugar to one gallon of juice. Put in jug or keg and leave stopper in very loosely and let stand three weeks, then tighten stopper and let remain for three or four months. Drain off bottle and seal; keep in cool, dark place.

*Blackberry Wine.*

Crush berries thoroughly and add to each gallon of berries one-half gallon rainwater, let stand twenty-four hours then strain; to each gallon juice add two pounds sugar. Put in keg and let stand until it ceases to hiss. Then cork and let stand several months, then strain into demijohns and let stand six or eight months.

*Other Wines.*

All other wines are made in about same way and same proportions of fruit and sugar.

*Blackberry Cordial.*

To every quart of juice add one-half pound of sugar, boil and skim. When cold add one quart of whiskey to every gallon juice and sugar. Add spices of all kinds to taste, while boiling, and strain.

*Eggnog.*

Beat yolks of six eggs very light, pour over whis-

key to taste; also sweeten to taste, then add whipped cream until the right consistency.

*Brandy Peaches.*

Twelve pounds white plum peaches thoroughly washed and fuzz rubbed off with cloth, add six pounds of sugar; let this stand four hours, then simmer slowly until fruit is not too tender. Put in a few whole allspice, boil with fruit. When cold place in large-mouth glass jars and fill with best brandy.

*Rhubarb Wine.*

Cut in rather small pieces, put in enough water to cover, scald but not boil, mash well and strain through sieve and then through cloth; add to each gallon of juice three pounds of sugar and one quart of boiling water. Put in stone jar and cover with thin cloth. Skim once a day until it ceases to ferment. Strain again and bottle and seal. This is a very appetizing wine.

*Substitute for Cream in Coffee.*

Beat the whites of an egg to a stiff froth and put in a small lump of butter, mix well; put in cup and pour hot coffee in gradually to prevent curdling, stirring as you pour in. This is an excellent substitute for cream.

## Preserves and Jellies.

Always cook sugar into a syrup almost thick enough for candy, before adding fruit. This prevents fruit from cooking to pieces while syrup is boiling down.

### *Cherry Jelly Without Cherries.*

Use firm, tart apples cut up and cooked till well done. Strain twice, use two measures of sugar to three of juice. Take a few green cherry leaves, wash thoroughly, tie in white cloth, bruise and drop in syrup when the jelly will drop from spoon into a glass of cold water without melting it is done. Remove leaves, pour into molds and set away to cool. Cut white paper to fit down on top of jelly; dip first in whiskey and fit down in glasses over top of jelly. Put on tops securely, keep in dark, cool closet. The leaves impart a delightful flavor which cannot be told from real cherries.

### *Rhubarb Jelly.*

Cut stalks in small pieces, put in just enough water to keep from burning and stew until soft; squeeze through a jelly bag, measure the juice, and return to kettle. When it has boiled fifteen minutes add one lemon sliced to every two quarts of juice, boil five minutes or longer then remove lemon and add one cup of sugar to one cup of juice; let it boil up briskly for a

few minutes. Remove all scum and strain again into jelly glasses. This makes a pretty and delicately flavored jelly.

*Tomato Jelly.—A Nice Jelly for Meats.*

Dissolve one-half box of Knox gelatine in cup of cold water, cooked tomatoes, either canned or fresh, and strain, heat again and stir in the cup of gelatine until the latter is all dissolved; add a little sugar, spices, pepper, salt to taste and mold in small individual molds or pour in rather deep pan and cut in small squares. Either serve on plates with fowls for course dinner or use as salad as follows: Cover individual plates with lettuce leaf, put jelly in center, then chop celery, lettuce, and a few nuts together and moisten mayonnaise and lay all around jelly. Serve cold.

*Strawberry Preserves.*

One pound granulated sugar to each pound of fruit, sprinkle one-half of sugar on berries and let stand for an hour or two to draw enough juice to moisten sugar. When ready to begin drain juice thus drawn in kettle, and pour in rest of sugar. Let begin to cook slowly at first until well dissolved. After it has simmered slowly for one-half hour put in one-fourth berries and cook just for ten minutes, then lift them out carefully with a perforated ladle; spread on a dish and set in sun. Proceed thus with each one-fourth until all have been cooked and spread on separate dishes in sunshine. When cool begin again at first dish, this time allowing each

dishful to remain in syrup fifteen minutes; cool as before, go over the third time as before, cooking each dish fifteen minutes and spread in separate dishes and cool in sun. Now, let syrup cook until thick enough, and carefully put all the berries in it; allow them just to begin to simmer and then put into glass jars steaming hot as you would fruit you were canning; seal or screw up tight. Put away in cool, dark place. Preserves made this way are delicious; retain their flavor permanently, and will keep for years. Other berries and small fruits can be made in same way.

*Green Grape Jam.*

Stem grapes and simmer in preserving kettle with small teacup of cold water until soft; rub first through colander then through sieve; to every pint of juice add three-fourths pound of granulated sugar; boil pulp and sugar for fifteen minutes, stirring constantly to prevent scorching. Seal boiling hot in scalding hot Mason jars.

*Apple Snow.*

Three large, tart apples, three whites of eggs, half cup powdered sugar, half cup jelly. Stew or steam the apples, cored and quartered but not pared, and then rub them through a hair sieve. Beat the whites of the eggs stiff, add the sugar, beat again; add the apples and beat till like snow. Pile light in a glass dish; garnish with jelly or holly leaves; serve with boiled custard.

*A Delicious Butter.*

This "butter" which every one appreciates is made of apples, plums and rhubarb. Take as many plums of any variety as you wish; wash, stone and put in the preserving kettle to stew. Select a third more apples than you have plums, core and remove bruised spots. Wash and cut rhubarb, any quantity desired, and put it and the apples together to cook. After plums and apples are thoroughly cooked rub through a colander; then put together in one kettle. Add sugar to sweeten and cook slowly in the oven or on the back of the stove as you would apple-butter. Stir often with a wooden paddle. When nearly done, add cinnamon to flavor and cook a little longer. This is delicious.—Mrs. J. N. M.

*Young Housekeeper.*

The young housekeeper venturing on her first preserving may like to know that: Six boxes of strawberries will yield five pint jars of jam; five boxes of currants will yield nine glasses of jelly; six pounds of peaches will yield eight pint jars of preserves; seven pounds of peaches will yield fifteen glasses of marmalade; one peck of quinces will yield twenty-one glasses of jelly; four pounds of plums will yield five pint jars of preserves; four quarts of crab apples, measured after cutting small, will yield ten glasses of jelly.—Mrs. V. M. C.

*Apple Fritters.*

Pare, core, and cut two medium-sized sour apples



in eighths in thin slices. Mix and sift one and one-third cupfuls of flour, two teaspoonfuls of baking powder and one-fourth of a teaspoonful of salt. Add gradually two-thirds of a cupful of milk and one egg well beaten. Stir the prepared apples into the batter, and drop the mixture by spoonfuls and fry in deep fat. Drain on brown paper, and sprinkle with powdered sugar.

*Banana Fritters.*

Mix and sift one cupful of bread flour, two teaspoonfuls of baking powder, one tablespoonful of powdered sugar and one-fourth of a teaspoonful of salt. Beat one egg until light, and add one-fourth of a cupful of milk. Combine the mixtures, and add three bananas forced through a sieve and one tablespoonful of lemon juice. Drop by spoonfuls, fry in deep fat, and drain on brown paper.

*How to Bake Peaches.*

Peaches may be baked like apples with excellent results. Peel the fruit, put into a baking dish with sugar, bits of butter and a cupful of water. Bake until the peaches are tender. A few chopped nuts sprinkled over the top of the fruit is an improvement. They should be served cold.

*Apple Float.*

Mash a quart cooked or coddled apples smooth through a sieve; sweeten with six tablespoonfuls sugar, and flavor with nutmeg. Then add the apples, a spoon--

ful at a time, to the whites of four eggs, well beaten. Put a pint of cream, seasoned with sugar and nutmeg, at the bottom of your dish and put the apples on top.

### *Spiced Peaches.*

Peel the peaches and weigh them, then put in a jar and to every pound of fruit put one cup of sugar and one of vinegar and a bag of spice, mace and cinnamon. Let them stay over night and pour the juice into the preserving kettle and let it come to a boil; pour over the fruit. Do this for nine successive mornings and you will have something delicious.

### *Creamed Apples.*

Pare your fruit and either scald or bake it until sufficiently soft to pulp it through a colander; sweeten to taste, fill your glasses three parts full with it, then plentifully sprinkle in some powdered cinnamon, put a good layer of rich whipped cream on the top and sift white sugar over it.

### *Fruit for Dessert.*

Beat well the white of an egg with a little water; dip the fruit in, and roll it immediately in some fine crushed sugar; place it on a dish and leave it five or six hours, then serve. A more sightly and exquisite dessert than a plate of currants thus dressed, cannot be had. The use of "baked bananas" in the place of apple-sauce is both new and delicious. Few use the bananas

cooked. They are more easily digested than the raw bananas and much more palatable.

*To Bake Bananas.*

Remove skins and scrape long fibers from the outside; cut in halves, lengthwise, and put in a granite pan. Pour over the bananas a mixture of two table-spoons of melted butter, one-third cup of sugar and the juice from half a lemon. Bake in a modern oven about thirty minutes. Turn once during baking. The bananas should be basted frequently with the sugar-and-butter mixture, which forms a thick syrup and browns slightly where the bananas are done.

*Iced Fruits.*

Take fine bunches of ripe currants on the stalk, dip them in gumarabic water, or the whites of eggs well beaten; lay them on a sieve, sift white sugar over and let them dry. They are very nice for dessert or the tea table. Bunches of grapes, cherries or plums may be done in the same way.

*Peach Marmalade.*

Pare and cut up the peaches in small pieces, and to a pound of fruit add a pound of sugar. When the sugar is dissolved set it over the fire, and let it boil till it is a smooth paste. Stir it all the time it is boiling. Put it in the jars while warm and paste them over the next day.

*Blackberry Cobbler.*

(This is a southern dish, sometimes called "family pie.") Line a pudding dish with pastry and fill it with ripe, luscious blackberries. Sprinkle liberally with sugar and cover with a top crust which has been rolled thin, doubled together and gashed with a knife. Open it and spread over the berries and press the edges down with a fork. Bake slowly for half an hour. Serve with cream or with butter and sugar. In the winter use canned berries.

*Tapioca Cherries.*

Wash one cupful of pearl tapioca through several waters, cover with cold water, and soak over night. In the morning put over the fire in a double boiler with one pint of boiling water and simmer slowly until the tapioca is perfectly clear. Pit one and one-half pound of sour cherries, stir with the boiling tapioca and sweeten to taste. Take from the fire, turn into the dish from which it is to be served, and set away to cool. Serve cold with cream. This recipe makes enough for eight persons.

*Cherry Jelly, With Whipped Cream.*

Dissolve four teaspoonfuls of granulated gelatine in one cupful of water. Take one quart of ripe cherries, stem and stone them, saving the juice that comes from the fruit, and adding it to the soaked gelatine with one cupful of sugar. Stir them over the fire until the sugar

and gelatine are dissolved. Turn the pitted cherries into an earthen mold, and turn the liquid jelly over them. Set in a cold place to harden. Serve with whipped cream.

*Gooseberry Jam.*

To six pounds of ripe gooseberries allow four pounds of granulated sugar. Top and tail the berries and boil, stirring often, for an hour. If there seems to be too much juice, dip out and use for jelly. When the berries have boiled for an hour add sugar and cook for an hour longer. Put the boiling hot jam into glasses and seal.

*Preserved Peaches.*

Peel the peaches and, after removing the pits, weigh the fruit. To each pound of this allow a pound of sugar. Put the fruit into the kettle in layers, covering each layer with sugar. Simmer gently for a half hour after the boil begins, then remove the peaches and spread them on a platter. Boil the syrup until thick, skimming often. Pack the peaches into jars, fill these to overflowing with the boiling syrup and seal.

*Tomato Preserves.*

Peel the tomatoes and to each pound add a pound of sugar and let stand over night. Take the tomatoes out of the sugar and boil the syrup, removing the scum. Put in the tomatoes and boil gently twenty minutes; remove the fruit again and boil until the syrup thickens.

On cooling put the fruit into jars and pour the syrup over. The round yellow variety of tomato should be used and as soon as ripe.

#### *Pears.*

Pare, cut in halves and throw into cold water. Take one pound of sugar and a little over a cup of water for every three pounds of the fruit. When the syrup boils put in a layer of fruit and cook until tender. Have jars ready in a pan of boiling hot water (be careful to plunge them in so the water strikes outside and inside at the same time); fill the jars to the top with fruit, then pour on boiling syrup to the brim and screw the tops very tight. Set away in a cool, dark place.

#### *Brandied Peaches.*

Put the peaches in boiling water for a few minutes, when the skin will peel off easily. Make a syrup of half a pound of sugar and half a teacup of water for each pound of peaches. Skim as the scum rises in boiling, then put in the peaches and boil them gently until tender—no longer. Take them out carefully and fill your cans or jars. Remove the syrup from the fire, and add to it half a pint of best brandy to every pound of peaches.

#### *Crab-Apple Jelly.*

Wash the fruit clean, put into a kettle, cover with water and boil until thoroughly cooled. Then pour into a sieve and let it drain. Do not press it through. For



each pint of this liquor allow one pound of sugar. Boil from twenty minutes to half an hour. Jellies can be made from quinces, peaches and Porter apples in the same way.

*Preserved Grapes.*

A delicious preserve can be made of California grapes. Cut each grape open with a knife and extract the seeds; add sugar to the fruit, pound for pound; cook slowly for half an hour or longer until the syrup and pulp of the grape are perfectly clear and transparent.

## Candy.

### *Mexican Caramels.*

Put one cupful of granulated sugar in iron skillet, stir over a slow fire until melted, taking care not to brown; when syrupy add a cup of very rich cream and stir until all is dissolved; add another cup of granulated sugar and one of brown sugar, butter size of walnut, boil all until it forms a soft ball in cold water; take from fire, add a cupful of chopped nut meats, beat until beginning to cream; pour on buttered dish and mark in squares. This is delicious.

### *Chocolate Caramels.*

One cup molasses, one-half cup sugar, one-fourth pound of chocolate grated, one-half cup of milk, large tablespoonful of butter, stir constantly until it hardens in cold water. Pour in buttered pans and mark in squares while cooling.

### *Marquins Candy.*

Granulated sugar one pound, milk one pint, blanched almonds chopped, one-half pound, butter one-fourth of pound; English walnut meats one-fourth-pound, almond extract one teaspoonful. Boil butter, sugar and milk until the mixture balls in cold water, then remove from fire; add extracts and nuts, beat until a little sugary and pour in buttered pans.

*Alexandria Drops.*

Brown sugar two pounds, butter one-fourth of pound, water one cupful, vinegar one tablespoonful, chopped pecans one cupful, cook sugar, butter, water until it hardens in cold water; add nuts, pour on buttered slab until cool enough to handle. Pull until quite creamy, cut in pieces with scissors one-half inch thick.

*Crystallized Violets.*

Prepare a rich thick syrup of white sugar and boil until it candies, wash and set aside some perfect specimens of sweet-smelling violets and when syrup is ready dip flowers into it singly until all are thoroughly coated allowing each coat to dry before dipping in the violet a second time. The syrup should not be too hot else flowers will wither. Set flowers on a sifter to dry, and when by being repeatedly dipped and they are sufficiently coated roll each flower in confectioners' sugar before the last coating has a chance to become dry. Set aside and when thoroughly dry they are ready for use and will keep a long time.

*Butter Taffy.*

Boil three cups brown sugar, one-half cup molasses, one-fourth cup each hot water and vinegar. When it crisps in cold water, add two tablespoons butter, one teaspoon vanilla, cook three minutes, cool on buttered pans.

*Candied Popcorn.*

Put into an iron kettle one tablespoon butter, three tablespoons water, one teacup white pulverized sugar. Boil until ready to candy, then throw in three quarts nicely popped corn. Stir briskly until candy is evenly distributed over corn. Take kettle from fire, stir until it is cooled a little and you have each grain separate and crystallized with sugar, taking care that corn does not burn. Nuts of any kind may be prepared in same way.

*Cocoanut Cream Candy.*

One cocoanut, one and one-half pound granulated sugar. Put sugar and milk of cocoanut together, heat slowly until sugar is melted; then boil five minutes; add cocoanut (finely grated), boil ten minutes longer, stir constantly to keep from burning. Pour on buttered plates, cut in squares. Will take about two days to harden. Use prepared cocoanut when other cannot be had.

*Hickory Nut Candy.*

One cup hickory nuts (meats), two cups sugar, one-half cup water. Boil sugar and water, without stirring, until thick enough to spin a thread, flavor with extract lemon or vanilla. Set off into cold water; stir quickly until white; then stir in nuts; turn into flat tin; when cold cut into small squares.

*Ice Cream Candy.*

Three cups sugar, crushed or cut loaf, a little less

than one-half cup vinegar, one and one-half cups cold water, piece of butter size of a walnut, flavor with extract vanilla. Boil until it hardens, then pull until white.

*Velvet Molasses Candy.*

Put one and one-half pounds sugar, one-half pint of molasses, one-half pint water, one-fourth cup vinegar, in agate kettle. Heat; when boiling add one-half teaspoon cream tartar, boil till it crisps in cold water. Stir; when almost done add one-fourth pound butter, one-fourth teaspoon soda. Cool in buttered pan and pull.

*Peanut Brittle.*

Shell and chop roasted nuts to measure one pint. Put two pounds granulated sugar in clean frying-pan. Stir over slow fire. It will lump, then gradually melt. When pale coffee color and clear add nuts and pour quickly on buttered tin sheet. Roll thin as possible. When cold break up.

*Fudge.*

Cook three cups sugar, one cup milk and one tablespoon butter. When sugar is melted add four or five tablespoons cocoa. Stir and boil fifteen minutes. Take from fire, add one teaspoon vanilla, stir till creamy, pour on buttered plates, cut in squares.

*Cream Candy.*

Three pints sugar, one pint boiling water. Stir

until dissolved, then cook without stirring until it spins a thread, then add very slowly one-half pint cream (do not stir it). Cook to hard ball, pour on marble slab, flavor when cool enough to pull.

#### *Butter-Scotch Candy.*

To one teacup of water put two tablespoons of vinegar; stir into this one pound of dark-brown sugar and boil ten minutes; then add four level tablespoons of butter and let cook until it threads. Pour very thin on buttered tins.

#### *Fondant.*

Two cups granulated sugar, one cup cold water, boil slowly until when dropped in cold water will form soft ball, let set in steeper until cool enough to put steeper on your hand, then beat fast. Flavor and color as you desire.

#### *Sea Foam Fudge.*

Two cups of brown sugar, one-half cup of boiling water, boil together until strings from spoon, then pour it over the whites of two eggs beaten to a froth, then beat in one cup nut kernels; drop on buttered plates.

#### *Nut Fudge.*

Three cups of brown sugar, one cup of sweet milk, two tablespoons of butter; boil about twenty minutes, stir continually while boiling.



*Chocolate Fudge.*

Two cups of white sugar, one cup of brown sugar, one tablespoon of butter, one-half cup of Baker's cocoa, one cup of milk or cream. Cook until thick, beat, flavor with vanilla.

*Divintiy Candy.*

Five pints granulated sugar, two and one-half pints cream, two pints rock candy syrup. Mix and let it boil until it forms a soft ball when dropped in cold water; add one pound blanched and chopped almonds, one-half pound candied cherries, one-half pound candied pineapple, cut in small pieces. Beat until cool and pour on cloth wrung out of hot water and roll up.

*Peppermint Creams.*

Boil together without stirring two cups of granulated sugar and one-half cup of water. When thick enough to spin a thread, remove from fire and set pan in cold water and beat mixture rapidly until it becomes white and creamy; flavor with peppermint and squeeze through a pastry tube into quarter-of-dollar-size drops on waxed papers.

*Apple Taffy.*

Boil together a pound of granulated sugar and a

small teacupful of water until a little dropped into cold water is brittle. Do not stir while boiling. When done set the saucepan of syrup into an outer vessel of boiling water, add a tablespoon of lemon juice and dip the apples in quickly, turning them over until thoroughly coated with the syrup. Lay on waxed paper to dry. To prepare the apples simply wipe each clean with a damp cloth and run a fine skewer through it. Choose small, firm apples for this purpose.

#### *Candied Figs.*

Wash the figs and plunge them into hot water. Set them over the fire and boil for a few minutes. Take them out with a fork and drain in colander, laying a plate over them and upon the plate a flatiron or other heavy weight to squeeze out all the moisture. While they are draining, make a rich syrup of a quart of granulated sugar and a pint of water. Use sugar and water in these proportions, grading the quantity by the number of figs you wish to put up. This is enough for forty or fifty figs. When every drop of water has been drained from the figs, put them into the boiling syrup and cook steadily until the syrup has almost boiled away. Add then a heaping cupful of sugar. Cook the figs in this long enough to make sure it is dissolved; drain again; spread the figs upon broad graniteware platters or pans and dry in the sunshine. Turn them many times while they are drying.

Use an aluminum kettle in this work, and toward

the close of the boiling down put a piece of tin or of asbestos under the kettle to prevent scorching. We think things which require protracted boiling are less likely to burn in an aluminum kettle than in other ware.

*Fig Candy.*

One cupful of sugar, one-half cupful of water, one-fourth teaspoonful cream of tartar. Do not stir while boiling. Boil to amber color, or until it strings. Stir in the cream of tartar just before taking from fire. Open figs and lay in buttered tins, and pour candy over them.

## Housekeeper's Kitchen Conveniences.

My sister, refrain from spending the little change you have been saving for fun-spending such as matinees, soda, treats, etc., and insted hie your to the nearest kitchen shop and supply yourself with household tools, so dear to the house wife's heart and I can safely say in the end for the amount expended you'll get more genuine satisfaction than you would in many times the amount spent foolishly.

### *Aluminum*

Is the proper thing for kitchen utensils and to correspond with these if one does not feel able to replace the iron sink for a porcelain one, it should be treated to several coats of aluminum paint which will never tarnish. The sink must be perfectly clean and free from rust and grease and thoroughly dry before painting, also treat the water pipes in same way. It certainly will transform their appearance. Unscrew the water pipes from the back ground of wood and slip a sheet of zinc behind them large enough to cover the woodwork. This will be held in place by the pipes when screwed back but the sink should also have a few un-conspicuous tacks around the edge over the wood surrounding the sink and also over the wooden extension at end of sink should be covered with the zinc. This covered wooden extension inclines downward toward

sink. The wire dish drainer may be placed upon this. Then the hot running water poured over dishes as they may dry easily and water run quickly into sink and leave no trace of prolonged dampness as it does on the grooved wooden shelf. The combination of the gray zinc and silvertone aluminum is exceedingly pleasing. The whole kitchen is made more cheery by this shining sink and dish-washing is not so irksome as when one is obliged to contemplate black iron and dingy wood-work.

### *Stopped Up Sink.*

Sink stoppage is usually caused by grease, sometimes by coffee grounds, and in ninety-nine cases out of a hundred by carelessness. See that your plates are scraped free from grease and scraps before they go into the dishpan. Insist that coffee grounds shall find their way into the garbage can rather than the sink. Keep a small, stiff scrubbing brush, an iron sinkscraper (with a rubber edge) near at hand, and enforce their use after dishwashing time.

If these few simple rules are obeyed, if none of the greasy water in which vegetables have been cooked, gravies, or other greasy liquids are poured into the sink (and it is not the place for them), if the pipes are scalded daily, with clean water and plenty of common washing soda, you run very little risk of stoppage.

A plumber once said to me: "If women would use more soda in their sink pipes, there would be less

work for us. Some of them use lye, which cuts the grease, but ruins the pipes. Soda is far better."

*The Kitchen Beautiful.*

Although it sometimes proves dangerous to trifle with the cook, especially if she be of the New York variety, young housekeepers like a word or two in the arrangement of the kitchen, says a writer in the New York Press. One interior decorator has just fitted up a kitchen in a country cottage with a color scheme of blue and copper. The paint is blue and the cooking utensils are of copper. The chairs are fitted with square blue cushions, and when the cooking is over for the day the table is laid with an art linen cloth of the same shade. There are even blue candles in copper holders, and the dresser shelves are laid with blue floral paper.

"Aluminum kitchen ware looks most attractive," says this same decorator, "against rough wall paper of old rose. I have just furnished a flat kitchen in that style. The floor is laid with polished linoleum in a shade of rose, and casement curtains in the window repeat the same color scheme." Even the humble duster of the kitchen beautiful is taking on new airs. It is now of crash, patterned with bright borders to match the color of the kitchen or butler's pantry.

*"Wear Ever" Aluminum.*

In speaking of aluminum I feel it my duty for the benefit of my patrons to recommend the "Wear Ever"



brand. I have never used any other and believe it has a right to lay claim to the name chosen "Wear Ever." It, I am sure, has many more novel styles of utensils and is much more durable as well as brighter and more attractive in every way than other brands and I would suggest by all means when investing in aluminum, whenever possible, to get the "Wear Ever" brand.

*Gasoline.*

After cleaning an article that requires to be cleaned in gasoline, the gasoline that is left over can be used again, no matter how black and dirty it may look, by pouring it in Mason glass jar or bottle and let stand a few hours all the dirt will settle to the bottom and gasoline be perfectly clear.

*Dishcloths.*

The best dish cloths are made of knitted cotton. They will wash again and again and still look like new.

*Ammonia.*

Always have a bottle of household ammonia in kitchen and soak towels in suds with a tablespoonful of ammonia added while putting away dishes, then wring out and rinse and hang in sunshine to dry.

*Coal Oil as Cleanser.*

Coal oil will clean a porcelain or zinc sink immediately and if an iron one is saturated with it and left over night will free it entirely from rust and grease and leave

it nice and clean. Always keep a stack of newspapers in kitchen; make dishwashing much easier to wipe out greasy dishes with them before putting in water, and papers are useful in so many ways in kitchen.

#### *New Ironware*

Should not be used for cooking until it is first boiled in water with potato peelings added. This is best means of getting them in proper shape. Someone could do a bride a great favor by letting her know about this.

#### *Remove Jar Tops.*

Dip a woolen cloth in very hot water and wrap around the outside of cap. This will cause it to expand.

#### *Kitchen Carpet.*

A carpet badly faded and scarcely fit for use may be utalized in following manner: Clean thoroughly from dust, tack on floor wrong side up and paint it. The first coat should be quite thick and it is better to use the yellow ochre for first coating. After this coat is real dry apply the next two which can be any shade desired. However, let each coat dry before putting on another. A carpet treated in this way will out wear linoleum.

#### *Spool for Pegs.*

Drive a nail through an empty spool and you will

have a good peg on which to hang in the kitchen and pantry, kitchen porches and cellar. The spool will not tear nor rust as a nail does.

*Bags for Biscuit Board and Roll Pins.*

Make of heavy unbleached muslin to open at one end with draw strings to hang up. Will keep them from flies, dust and dirt.

*Lamp Wick*

Will burn evenly if you cut a V in center after it is trimmed for use.

*Watering House Plants.*

Use a whisk broom when sprinkling plants in house.

A slate with pencil attached and hung in kitchen is convenient to put down things as you think of them.

*Clean Lamp Chimneys.*

A few drops of alcohol rubbed on inside of lamp chimneys will remove all traces of greasy smoke when water is of no avail, and to make them less fragile (also glassware of any kind), place them in pan of cold salt water and let them heat very gradually until they reach the boiling point then continue boiling a few minutes; set off fire and leave articles in water until quite cold. Dishes that have become brown and burned from baking can be easily cleaned after standing a while in borax water.

*Glassware—Cut Glass.*

A little bluing in which glassware is washed adds much to its brilliancy.

*Kitchen Table.*

Always put your kitchen table in front of window. It is much more cheerful than a bare wall. Tie a dust bag over your broom and rub over your porch every morning and it will require a great deal less mopping with water.

*Bags Over Pitchers.*

Paper bags are fine for slipping over pitchers containing food.

*Mark the Brushes and Brooms.*

If you have a pyrography outfit, it is best to have every broom and scrubbing brush marked with the name and object for which it is designed, so that there will be no danger of your Persian rug being swept with a greasy kitchen broom.

*Kerosene as a Cleansing Medium.*

For cleaning cut glass, mirrors, windows, etc., kerosene is a fine medium. A little rag dipped in the oil and this rubbed over the surface of window, then wiped off with clean cloth and polished with tissue paper or chamois, gives a luster not excelled by any cleaning preparation. It leaves no odor on glassware and it

does leave a wonderful brilliance. It will clean the dirtiest paint spots in a moment; galvanized ironware which is so difficult is readily cleaned with the coal oil.

*The Household Indicator.*

One of the handy things in the kitchen is the household indicator. This is a sort of a tally board on which are listed all the articles used in the kitchen from bacon up to matches and flour. There are small pegs fitted to the small holes opposite each item on the list and all one has to do when out of a needed article is to place a peg and then when the butcher or grocer boy calls there is no excuse for forgotten supplies. Try this by all means.

*Tinware.*

If new tinware be rubbed over with fresh lard and thoroughly heated in the oven before it is used, it will never rust afterwards, no matter how much it is put in water. For stained tinware borax produces the best results. If a teapot or coffee pot is discolored on the inside, boil it in a strong solution of borax for a short time, and all its brightness will return.

While you are cooking have a dishpan of soapy water where it will keep warm, and in it wash every cup, pan or spoon as soon as it has been used. After the meal is over the kitchen dishwashing will be a small task.

ZINC.

That zinc may be brightened by an application of

lime and water, mixed to the consistency of cream.

*Poison for Flies.*

A good poison for flies may be made by boiling quassia chips in water into a very strong decoction, and then sweetening the liquid with treacle or sugar. This fly poison may be used with safety, as it is not injurious to human beings.

*The Government Whitewash.*

The way this recipe came to be called "government recipe" is explained as follows: Some time ago an autograph letter under date of December, 1871, from U. S. Grant, then President of the United States, was published, giving the formula of this whitewash to a friend of his in California, and added that he had whitewashed the White House all over with it. We quote from this letter:

"Half a bushel of unslacked lime, slake with warm water, cover it during the process to keep in the steam; strain the liquid through a fine sieve or strainer; add a peck of salt previously well dissolved in warm water, three pounds of ground rice boiled to a thin paste and stir in boiling hot, half pound of powdered Spanish whiting and a pound of glue which has been previously dissolved over a slow fire, and add five gallons hot water to the mixture, stir well and let it stand for a few days, covered up from the dirt. It should be put on hot. One pint of the mixture will cover a square



yard, properly applied. Small brushes are best. There is nothing than can compare with it for outside or inside work, and it retains its brilliancy for many years. Coloring matter may be put in and made of any shade, Spanish brown, yellow ochre or common clay."

### *Tin Cans.*

Do not throw away tin cans that have closely-fitting covers. They may be painted and used for rice, meal, hominy and all dry groceries, and make your pantry shelves very attractive. Remove the labels, wash the tins in strong soap suds and dry them thoroughly. For twenty-five cents you can procure of any painter a pot of dark gray paint ready for use. Apply it with a broad, soft brush, so it is even and smooth. When it becomes dry, then, with a small camel's hair brush and a little bright red paint, mark the name of what the box is to contain. The name is readily seen, and these boxes will save time as well as please the eye.

### *Stove.*

Rub your stove off daily with newspapers; it will keep it in fine polish and it will not be so hard on one's hands.

### *Rust.*

To remove rust from iron utensils.—Rust may be removed by first rubbing oil well into the article, and in forty-eight hours cover it with finely powdered lime, rub it well, and the rust will disappear. Or, the pre-

vention of iron from rust may be accomplished thus: Add to a quart of water half a pound of quick lime, let this stand until the surface is perfectly clear; pour off the clear liquid, and stir up with a quantity of olive oil, until it becomes a thick cream. Rub any articles which are to be put by with this mixture and then wrap up in paper. If the nature of the articles will not admit of their being wrapped up in paper, they will remain free from rust by covering them more thickly with the mixture.

#### *Water Purified.*

Water can be purified in a cistern by dropping in a large piece of common charcoal.

Tepid water is produced by combining two-thirds cold and one-half boiling water.

#### *An Asbestos Mat Under the Bread-Pan.*

Will help the bread rise on a cold night. The ordinary asbestos stove-mat may be heated for this purpose, placed between newspapers to retain the heat, and then slipped upder the bread-pan.

#### *Fill Your Tea Kettle Through a Funnel*

Placed in the spout of the kettle and held under the cold-water faucet at the sink. By doing this you may avoid many a bad burn caused by the escaping steam when the lid of the kettle is removed. Have a little funnel over your sink, where it will be easy to use.

*The Best Way to Keep Clothespins.*

Is to have a box made with a lid and attach it to the side of a clothespost. The clothespins are always ready for use and are kept cleaner than in a basket.

*Mend the Wringer.*

When the rollers of the wringer begin to break, get five cents worth of bicycle tape and wind it around them. Do this carefully and snugly, and then wind a piece of white cotton cloth around the tape. They will last twice as long as if treated in the usual way.

*Cellar.*

Warm water put in the cellar on cold nights to prevent freezing, should be in closed vessels, which warms up the air, making it dryer without evaporating moisture into it.

*Sing.*

Sisters, when you have a big lot of dishes to wash or a big ironing to do, just sing some good song and let your mind dwell on it, and your work will be done before you know it. At least that is my experience.

## Home Furnishings.

### *Cleaning House.*

Some time before you propose starting your cleaning you should go carefully over the house and note down exactly what has to be done in the way of calimining and repapering. Next examine all your chairs, especially those with stuffed seats, observing which require repairs; also inspect the casters on all heavy furniture, such as piano, wardrobes, beds, etc., for if any should happen to be broken or twisted very serious damage will be done to your carpets and oilcloth when you have to move the furniture to and fro at cleaning time. Then your tables and other flat topped furniture should receive attention. If scratched, dented, discolored with hot dishes or worm eaten make a note of the damages. When your list is completed begin at once to repair, scoring off as each is completed.

### *Cleaning Feather Beds.*

Should you wish to wash the ticks, don't empty the feathers in a barrel and let them fly about the room. Take a short sheet, double it and sew it up to within a few inches of one side; rip the tick the same length, sew the openings together, and empty the feathers into the sheet. Carefully baste both openings, and when

the tick is washed and dried, return the feathers in the same manner. Feathers can be nicely cleansed by washing as you would clothes, wringing dry and putting in sacks in the sun or by the fire where they will dry quick.

### *Draperies.*

To clean draperies, I use sawdust and ammonia. Put the sawdust into a tub and pour in enough household ammonia to soak it to the bottom. Beat the draperies or rugs free of dust. Put them into the sawdust and, with a small whisk broom, rub the mixture well into the article to be cleaned. The dirt will disappear at once. Hang out of doors to dry and air.

To clean lace, get a large paper bag and put the laces into it. Pour in a quart or more of Indian meal, and shake the bag up and down—not hard, but steadily—for some minutes. Do this several days, and four or five times a day. I cleaned a hand-made hat in that way and it came out as white as snow.

### *Caring for Oilcloth.*

The careful housewife avoids the use of either soap or ammonia in the water with which her oilcloth is cleaned. She knows that their use will injure the material and render the colors dull and lifeless. She also avoids a brush unless she owns a very soft one, and relies upon clear, clean water and soft flannel cloths for her cleaning work.

When the oilcloth has been washed clean, she rubs



it dry with a fresh dry flannel cloth and then polishes the entire surface with a rag upon which there is a very little linseed oil,, or some skimmed milk. The milk does very satisfactory work, but should be avoided in summer time, as it will bring flies.

Some housekeepers think that oilcloth keeps its freshness and gives far better service if treated to a coat of varnish when it is first put down. ..

#### *Oilcloth.*

An oilcloth may be cleaned and made to last as long again if treated in the following manner: Cut into pieces half an ounce of beeswax, put in a saucer, cover entirely with turpentine, and place in the oven until melted. After washing the oilcloth thoroughly with a flannel, rub the whole surface lightly with a bit of flannel dipped in the melted wax and turpentine. Then rub with a dry cloth. A polish is produced and the surface is lightly coated with the wax. When the floor requires to be cleaned the wax is washed off, together with the dust or dirt that may have gathered, while the oilcloth is preserved.

#### *Furniture Polish.*

An excellent furniture polish is made of ten cents worth of beeswax, placed into a tin cup and melted in a hot oven. Into this pour two ounces of turpentine, and let it stand to cool. Apply it briskly to the furniture with a woolen rag, and give it a finishing



rub with an old silk handkerchief. This polish is almost equal to a coat of varnish.

### *The Proper Sized Broom.*

A heavy broom should be chosen for thorough sweeping in preference to a light one for the weight adds to the process. To test a new broom press the edge against the floor. If the straws bristle out and bend the broom is a poor one and should be rejected. They should remain in a firm, solid mass.

### *Rug.*

If you want a nice rug that will wear well and yet not cost a fortune have one made of a long wool sheepskin. A great many of the rugs sold in the market for bearskin are nothing in the world but long wool sheepskin. Get some farmer who has sheep to cure the skin for you, then color it yourself with the wool dyes that are sold ready prepared.

When oiled walnut furniture begins to grow dingy it can be made to look as fresh as new by reoiling. Linseed, or even olive oil, may be used, but pure, good kerosene oil is much the best. Rub it well in with a soft woolen rag, and polish with clean, dry flannel.

### *Discolorations on Basin.*

The stains and discolorations made in marble basins from the dripping of faucets can be removed with pulverized chalk. Dip an old nail or tooth brush in water,

then in the chalk, and in an instants rubbing will do the work.

Ink spots on marble may be removed with a paste made by dissolving an ounce of oxalic acid and half an ounce of butter of antimony in a pint of rain water and adding sufficient flour to form a thin paste. Apply to the stains with a brush, allow it to remain three or four days and then wash it off. Make a second application, if necessary.

#### *Mirror.*

A mirrow sunk into a closet door is one of the most satisfactory decorations on record, for what woman has not pined for a full-length mirror? It is also one of the most expensive ways of decorating, but then expensive things are apt to be dear to the femanine heart.

#### *Sweeping Stair.*

Use a paint brush when sweeping the stairs instead of the ordinary dust brush. Use a soft brush of medium size. It will remove the dust from the corners and between the banisters very easily.

#### *Keeping Fire at Night.*

In banking the fire at night it is a good idea to wet the sifted ashes on top, but also to add to the water a liberal supply of common or even rock salt. The latter ingredient not only keeps the under fire alive, but in raking off in the morning the salt makes it sparkle anew and give out as much heat as a new supply of

coal. And, as I have learned that chestnut or even pea coal is the best size to use, from cellar to roof, I am beginning to salt-water all my coal before using it. A watering pot and a bag of salt are simple weapons with which any housekeeper can fight the coal barons.—Exchange.

*Carpet.*

A carpet with small figures not only wears better than one with large, but makes a small room seem larger than it is.

*Hot Water For Brooms.*

Brooms dipped for a few minutes in boiling suds once a week will last much longer than they otherwise would, as this toughens the strands.

*Mildew and Brass.*

To remove mildew, make a very weak solution of chloride of lime—a heaped-up teaspoonful to one quart of water. Rinse the cloth in clear water as soon as the spots are out.

A bath of yellow ammonia, followed by a scrubbing with an ordinary kitchen brush, will make the most venerable relic look like new brass. Rinse in clear warm water and wipe thoroughly dry.

*Ants, Bugs and Weevil.*

Get rid of water bugs and ants, weevils and roaches by washing shelves and floors with borax. A lady who

lived in an apartment house remarked: "I live in an apartment where there are 26 families, and I have not had a bug of any kind for years." I also clean my carpets every Friday with borax, and never find a moth. I sprinkle borax in my packing boxes when I put away woolens and feather pillows, using it liberally, and the moths never touch them. Turpentine is good for washing woodwork and floors in closets and wardrobes. Moths will not live in a place that has been washed with turpentine.

*An Economy Tip.*

It is well to have your sheets and tablecloths folded widthways occasionally instead of lengthways, as this prevents the fold from always coming in the same place and thus causing that place to wear out first.

*Butter.*

When butter is put into the ice chest or refrigerator cover it tight and it will not absorb odors from the other contents.

*Hats.*

To iron a silk hat hold the hat in the left hand and pass a warm iron quickly around, following the lay of the nap.

*To Freshen the House.*

A few drops of oil of lavender in a silver or ornamental dish of some kind one-half full of very hot water and set in the dining room just before dinner

is served gives a delightful freshness to the atmosphere of the apartment. It is also nice to have a small vessel in parlor or dressing rooms when arranging the house for a festivity.

### *To Protect a Nice Comfort*

From the hands and coming in contact with the face, tear a strip of any kind of lightweight washable white goods about one-third yard in width, as long as comfort is wide; dotted Swiss ruffled is very pretty. Baste about three inches on wrong side and turn over and baste the other side with a ruffle. This looks clean and dainty and can be taken off and laundered and you can't imagine how it saves your nice comforts.

### *Mattresses.*

Always make a cover for your mattresses for protection from dirt and dust. It is very nice made of some cheap cotton cloth and can be washed. A fad now is to make this covering of pretty bright flowered chintz. Should you use this use same for pillows.

### *Windows and Bureau Drawers*

That move with difficulty rub their edges with hard soap.

### *To Clean Straw Matting*

Never use soap and water on matting but instead, tie bran in a cheese cloth bag. Dip bag in warm water,



rub the carpet briskly with it and rinse with a cloth wrung out of warm salt water.

#### *Pretty Porch Pillows.*

Made of silkoline cretone or something similar with bright colored flowers sprinkled over a light background. They should be made plain with no ruffles and covered with a pretty white slip made of sheer curtain goods to go over the figured pillows. The effect is lovely. You may trim outside slip with ruffles or any desirable way.

#### *Hiding a Trunk.*

When a trunk is unsightly in a girl's room a good way to make a nice dressing table and dispose of trunk and have both occupy same space. Make a shelf as large as top of a dressing table, fastened to wall just high enough to admit trunk underneath it with lid raised. Hang pretty curtains around shelf and a mirror over it, after spreading on top a pretty dresser scarf you will have a very attractive table and as well a hidden trunk.

#### *A Notebook for Suggestions*

kept in the shopping-bag will be found useful when friends tells you of a new shop, a new recipe or a new book. Having something at hand in which to write down the suggestion will save it from being lost entirely.



*A Bag for the Children's Gloves*

Made over an embroidery-hoop and kept hanging at a convenient height in a hall closet, will solve the problem of many mothers who have to leave everything else to help find the children's gloves before they start for school. Such a bag is always open, and the children will soon get in the habit of dropping their gloves and mittens into it.

*A Cover for a Hot Water Bottle*

of felt or cloth, with a flap fastened by a button and loop, will be a boon to any woman who drives in the country in winter. Fill the bottle with hot water before starting out, and slip it into the case; then hold it on the knees under the rug, where the hands may be warmed alternately.

*Moths.*

If woolens and furs are wrapped closely in thick brown paper and all the folds of the paper pasted together the moth can find no entrance. Garments should be sunned and beaten before they are put away. Insect powder, tobacco, camphor, cayenne pepper, are used to keep moths away. Half a dozen common tallow candles wrapped up on inside carpets will keep moths away, as they do not like the smell of tallow.

*Trunks.*

Whatever you economize in don't let it be the price

of your trunk. One journey will be the wrecking of a cheap trunk, and two will cause its utter undoing. This is one of the cases where the best is, in the end the least extravagant.

#### *Gas Mantles.*

Before using new gas mantles, soak them in vinegar and hang them up to dry. When quite dry put them on the burners. In this a way a brilliant white light is obtained, and the burners will last twice as long as usual, even in draughty places.

#### *Ink From Woodwork.*

Turpentine will remove ink from white wood-work. To soften the hard, dry putty in the windows, wet it with muriatic acid.

#### *Ice on Windows.*

Alcohol will keep ice from forming on windows.

## Hints For The Home.

### *Coloring Artificial Flowers.*

For coloring old flowers oil paint and gasoline works to a charm to color any shade desired. For a delicate pink use a very little red paint. Stir paint into a dish of gasoline until right shade. Dip in flowers quickly, shake and put on paper to dry. To color a straw hat use more paint and less gasoline and put on with brushes. Old flowers of good material can be treated this way season after season. Don't waste time with water colors. Laces can also be colored in same way.

### *To Keep Silver Bright in China Closet.*

I find after cleaning silver well, it will stay clean for months by putting on each shelf a lump of camphor.

### *Oiling Sewing Machine.*

Before beginning your spring sewing oil your machine thoroughly with gasoline. Let stand over night and you will have a clean machine. Then oil well with good machine oil before attempting to run the machine.

### *Alum in Rinse Water*

Will restore almost any faded colors if put in rinsing water after goods are washed.

*Old Tea and Coffee Stains.*

Wet stains with cold water, cover with glycerine and let stand for several hours, then wash with cold water and hard soap. Repeat if necessary.

*To Extinguish Fire in Chimney.*

Throw on handful of salt or flour of sulphur or keep all doors and windows closed tightly and hold a wet blanket before fire opening to exclude air. In escaping from a fire crawl with your face as near the floor as possible. Children should always be taught young how to put out sparks when they happen to reach any part of their clothing.

*To Wash Oilcloths.*

Oilcloths should always be washed with soft rag and warm water. Never use soap. After washing rub over with a little sweet milk, one-third water brightens it up like new.

*Straw Matting.*

Clean with coarse cloth dipped in salt water then wipe dry. Salt prevents matting from turning yellow.

*To Take Out Wine Stains.*

Hold the articles that are stained in milk that is boiling over the fire. The stains will disappear.

*A Good Cement.*

The white of an egg well beaten with small quantity

of quick lime and enough very old cheese to make consistency of soft butter.

*To Clean Kid Gloves.*

Put on gloves and wash in gasoline as if you were washing your hands in water. Clean them like new. Be careful not to clean in house where there is fire.

*Yolks of Egg.*

Left-over yolks of eggs will keep fresh for several days if dropped into a glass of cold water and put in cool place. Another good way if you are using a good many whites is to as you break them drop the yolks in boiling salt water without breaking them and use in salad or for any kind of dressings.

*To Wash Brushes.*

Never use hot water as it softens the bristles. Wash with a strong solution of soda and rinse in cold water and dry in shade. Never wet the back of brush.

*Keep Lamp Chimneys From Smoking.*

Soak well in vinegar and dry before using.

*Nice Garnish.*

Cut olives, in rounds is a nice garnish, the bright red and olive green being very effectual.

*Rust*

May be removed from nickel by immersing the article in coal oil for a few days. The rust will become so

much loosened it can be easily rubbed off. Where it is very deep seated use emery paper.

### *Moth.*

Closets that have become infested with moth should be well rubbed with a strong tobacco tea and repeatedly sprinkled with spirits of champhor.

### *To Break Glass*

Any size wanted file a notch on edge with file size wanted, then heat a small rod of iron red hot. Apply the hot iron to the notch and surface of the glass in any direction you please; a break will follow directions or iron.

### *Another Way to Destroy Ants.*

Drop some quick lime in the mouth of their nests and water it with boiling water. A sponge saturated with creosote will keep them from sideboards, pantries, etc. To keep them from climbing trees saturate a rag with creosote and tie around bottom of trunk of tree or paint a ring of tar around trunk.

### *For Bed Bugs.*

Spirits of naphthia rubbed into every part of bedstead with paint brush. Also go with same carefully over mattress. Ten cents worth will suffice for several beds. Carbolic acid well put in crevices of bed with brush is also good.



*Strainers.*

When your strainers have become clogged a lump of salt moistened and vigorously applied will prove effectual.

*To Clean Cut Glass.*

Wash the glass thoroughly in cold soap suds with a brush to which has been added a small amount of ammonia and cover with sawdust; as soon as sawdust is dry brush very carefully with rather soft brush, reaching all crevices. It will shine like diamond.

*Working Gown.*

After a long experience I find for a work morning dress nothing equals white and black shephard's plaid in prints for summer and flannelette for winter. Both wash well and do not fade, always look dainty and is becoming to all.

*To Repair Curtains.*

When pressing and a hole comes in curtain take piece of an old curtain a little larger than the hole and dip the edges in cold starch, then place over hole and iron over it.

*Keep Fruit Jars from Cracking.*

Place in the empty can a spoon that is long enough to reach from the bottom to the top of the can, pour in your boiling fruit, remove the spoon and seal. The

can will not break. Please do not ask me to explain the philosophy of it, as I dislike very much to plead ignorance, so I hope that you will ask some of the knowing ones in your vicinity and let me know the explanation.

#### *Make Paste Stick.*

When preparing paste to hang paper on white-washed wall, to every gallon of paste add one pint of vinegar, and there will be no trouble about the paper coming off. It will also save the labor of washing the walls with vinegar.

#### *Where Ice Cannot be Had*

Butter may be kept cool in this way: Put it on a dish which has been placed in a shallow vessel of cold water, and cover with an inverted new earthen flower-pot. The pot should rest in the water. Cared for in this way butter, if put in the cellar or any other cool place, will keep hard even in hot weather.

#### *How to Tell When Lard is Hot Enough.*

To know when lard is just right for frying cakes, pass a match through the grease, and if it lights it, it is just right; if it does not, let it heat a little longer, and try again.

#### *A Closet Convenience.*

One of the most convenient articles one can have in a wardrobe or closet is a wide, padded cushion fast-

ened securely to the wall, to which dress-skirts and other articles can be pinned. Mine is often fifteen inches wide, three inches thick, and just long enough to fit in back of closet. I keep a row of very long pins sticking along upper edge, then use these to fasten folded dress and skirtbands in position. Arranged in this way, they retain their shape. The cushion suggests so many practical uses I wonder how I ever did without it.

Grass stains on white goods can usually be removed in the following way: Wet the fabric, rub in some soft soap and as much baking soda as will adhere; let stand half an hour; wash out in the usual manner and stain will generally be gone.

#### *Using a Whisk-Broom to Clean Dishes.*

Is better than scraping them with a knife. Right after clearing the table the broom will be found useful for this purpose, especially if it is dampened occasionally. When the dishes are put in the dishpan there will be but little grease left on them.

#### *About Lemons.*

Lemons may be kept fresh a long time by placing under an earthenware crock.

A few drops of lemon juice put into boiling rice will keep the kernels distinct and make them very white.

The juice of half a lemon in a glass of unsweetened

water taken before breakfast, will ward off a bilious spell.

Wash the hands and finger tips in lemon to remove all sorts of stains.

A gargle of water and lemon juice will cure a sore throat.

A slice of lemon dipped in salt will scour brass utensils. Rinse well.

Castor oil taken in lemon juice is palatable.

A few drops in fruit juice that does not want to jelly will bring about the desired results.

A lemon in a dish of apples or other fruit will impart a delightful bouquet to the fruit.

After a shampoo rinse the hair in water that has some lemon juice in it. It will cut any grease that remains and render the scalp extra white.

Lemon juice and sugar will clear the voice. Singers often eat an apple just before singing, as this helps also to make the voice have a clear and bell-like tone.

Equal quantities of glycerine, lemon juice and rose-water make a soothing lotion for a sensitive skin. It is equally as good for the hands.

To remove egg stains from spoons, rub with common salt.

Buttermilk used as a wash or made into paste with talcum powder will remove redness of the skin. It should be washed off with very hot water. A splendid complexion maker is lemon juice. Taken internally, alone or with hot water, it is beneficial, and the lemon, rind and all, rubbed upon the skin. It is good for

freckles and makes these little blemishes gradually fade away.

*Advice From an Economist.*

If you wish to save money keep an exact account of both income and outgo. You may be surprised to discover how much money is spent in trifles if you carefully put down every cent at the end of the day. Charge accounts in shops are a great convenience if one can afford them, but most people spend less when they pay for a purchase at the time than when they buy what they see and have the bill sent at the end of the month. A careful system of accounts will, however, help you to be frugal.

To remove creases from silk spread on a clean ironing cloth, lay a damp cloth over the crease place a soft paper over this and press with a warm iron.

After removing all dust, wipe screen doors with kerosene and they will look new, as long as the odor remains mosquitoes and moth millers will give them a wide berth.

If the dining room has become filled with cooking odors a few drops of the oil of lavender placed in a cup of boiling water will readily remove all traces of the cooking.

Should your linoleum become worn and dull look- ing scrub it and give it a coat of boiling linseed oil. After this thoroughly soaks in give one or two coats of the best varnish. The linoleum will then look like new.



*Handy Holders.*

To make cloths for handling bread and meat pans when baking: Take old bed ticking, double to four thicknesses about eighteen inches square, turn in edges, stitch around outside, also several times through center; use these and avoid burning your hands.

*To Drive Away Large Black Ants.*

Get five cents worth of tartar emetic. Mix up half the quantity with sugar and water to a thin syrup. Put it in a little dish wherever they are troublesome. It will not only drive them away for that season, but they will not come back. We have tried it and the second season has brought no ants.

*To Keep Ice.*

In looking over the little helps department I find that no one has mentioned the following, and I hope it may help others: To keep ice a long time, take six or eight newspapers, place them in the ice box, have the ice put on top, then wrap ice much as one would a shoe box or package; then if the ice box is not full, stuff well with crumpled paper around edges. The ice will last twice as long and do the same work.

*To Clean Brass.*

A simple and most satisfactory method of cleaning brass bedsteads, curtain-poles, andirons, etc., is to dampen a cloth with ammonia, rub it briskly over a piece of



pumice soap, and then over the brass. This mixture acts like magic. Have tried it on articles thought to be beyond redemption, so black had they become, which, with the least effort, were restored to their original beauty. It is necessary only to dampen the cloth with ammonia and with a little pumice soap rub on the brass, and the work is accomplished.

#### *A Nice Perfume.*

Get a cotton batting to fit size trunk bottom and make silkoline cover and sprinkle 10 cents worth violet sache powder in cotton and your clothing will always have a dainty odor.

#### *To Wash a Heavy Comfort and Rugs.*

Make a strong soap jelly with Fels-Naptha by shaving off as much as needed, and pour on enough water to dissolve and heat until dissolved., then spread comfort or rug on the porch floor and with a small stiff brush apply the jelly to both sides of article and let soak in this for about one-half hour. Then hang on clothes line and turn on horse with full force, turning on all ends and sides until it is thoroughly clean, and let it drain, turning every way, so the water will not settle in one end. This will not only get it beautifully clean but make the cotton light and fluffy as new, when otherwise it would be matted and sodded together and entirely unfit for use often washing the old way. I have thoroughly tried this and consider this recipe alone worth the price of the book.

*A Good Home-Made Carpet and Rug Beater.*

Cut about three feet from an old worn-out garden hose and slip one end over about two feet of broom handle and tie securely; cut the other end of the hose in narrow strips, allowing them to hang loose from where tied to handle. This is an excellent beater and does not tear rugs like sticks.

*To Wash Feather Pillows.*

Choose a bright windy day; fill the tub with hot suds and plunge the pillows (with feathers) in them. Put them through several waters, shaking them about briskly, then hang on the line in the open air. When perfectly dry shake well. They will be light, fresh and sweet. After they have been washed in this way, they ought to be hung out in the warm, fresh air every day for a week, but they must never be put directly in the hot sun, as the heat draws the oil out of the feathers and gives them an unpleasant odor.

*Care of Water-Bottles.*

We all know how hard it is to keep a water-bottle clean inside. I have found that by putting a small handful of salt into the bottle and adding vinegar enough to moisten thoroughly, that after a vigorous shaking the bottle will become nice and clear, when it should be washed in a good warm suds, brushing the outside of the bottle and drying with a clean towel.

*To Remove Blood Stains.*

Perhaps few people know that glycerine is a great aid in removing blood stains. Two teaspoonfuls in a quart of cold water will greatly facilitate the work of rubbing.

*To Prolong The Life of Silk Skirts.*

When a silk petticoat has been worn two or three times it should be pressed with a hot iron to prevent the silk splitting. New creases will form each time it is pressed in different places and the silk will wear much longer.

*For Cleaning Wall Paper.*

One quart of flour, one tablespoonful of pulverized alum; mix together and stir in cold water until a little thicker than pancake dough. Cook until it becomes so thick you can't stir it any more, then mix in cracker crumbs until the dough doesn't stick to your fingers. Rub the paper lightly with this dough and it will make it look like new.

*In House-Cleaning Time.*

An easy way to carry carpets and bedding out doors is to roll them up and put a trunk strap around the roll, slip the strap through the buckle and slide it down tight. I roll all the bedding up together and carry it very easy. A mattress is handled the same way and one does not drag them on the ground.

*Care of Carpet Sweeper.*

Twice each week I remove the dust from my carpet sweeper, then with a cloth wet in kerosene I thoroughly wipe the brush. This not only cleans the brush excellently, but enough oil clings to it to make it extra efficient in picking up dust from the floor, though not enough to injure the most delicate rug.

*To Mark a Key.*

When there are two or more keys on the key ring of approximate size and appearance draw a file over the stem of the one most in use. This makes a nick which easily distinguishes it from the others. A little dent is better than a string or other mark, the key being easily recognized by it (in slipping it through one's fingers) in the dark.

*How To Sweeten Butter.*

If one has butter that is not entirely sweet, add to it a little more salt and a pinch of soda and bring to a boil on the stove. When cold, remove the cake, wipe it dry, and it will be found perfectly sweet for cooking.

*Sending a Bill By Mail.*

If a bill must be sent through the mail unregistered, fold it neatly around a rather long visiting card, and it will escape, it is said, the most careful search of a postal thief.

*To Prevent Flies From Injuring Picture Frames.*

Boil three or four onions in one pint of water, and brush your frames over with the liquid. No fly will touch them, and it will not injure the frames.

*Things To Remember.*

That delicate stomachs that cannot digest ham, much less fresh pork, can assimilate thin slices of breakfast bacon.

That, while creamed coffee is rank poison to some dyspeptics, nearly everybody is the better for a small cup of black coffee, taken after the heaviest meal of the day.

That this same black coffee, drunk as hot as one can swallow it, is a prime remedy for nausea, from whatever cause.

That matches should never be left in closed houses in paper boxes, since mice are passionately fond of the tips, and often play the incendiary unintentionally.

That bananas, peeled, dipped in egg, then rolled in cracker-dust and baked in the oven, are more palatable and far more wholesome than when they are fried in the usual way.

That the same may be said of croquettes.

That if, in putting away papers and books which are not to be used for some months, you will put camphor balls or gum camphor among them, the mice will not touch them.

That silver may be protected from tarnish in like manner.

That almost any scorch may be removed from cloths (linen or cotton) by simply washing and boiling in the usual way, and hanging in the hot sun while wet.

That, when the fat takes fire on the stove, it is better to sacrifice a kitchen rug by throwing it upon the flame than to try to put it out by throwing water on it. The burning grease will float farther, and blaze more fiercely from the water.

All traces of mud can easily be removed from black clothes by rubbing the spots with a raw potato cut in half.

#### *Fitting Shoes.*

People should never go in the early morning to get boots and shoes fitted. In the latter part of the day the feet are at their maximum size. Activity and standing tend to enlarge the feet. If people would remember this rule there would not be so many complaints of shoes when worn being tight, which when fitted seemed so comfortable.

#### *Shoe Polish.*

Most people throw away boot polish when it gets hard through the lid being left off. Don't do this, but save the polish and place it on top of the stove, where it can gradually soften.

#### *Potato As A Pen Wiper.*

Keep a raw potato on your writing desk, and when



the pen needs cleansing, stick it several times in succession into the potato; you will find that it works like a charm.

*A Good, Handy Paste.*

Take a cold boiled potato, cut in two and rub on back of scraps for scrap book—will stick good and is always ready.

*Clean Paint Brush.*

To clean a dry, hard paint brush; pound it with a hammer until the bristles are broken apart, then use a comb to separate the bristles. The above will save any paint brush.

*Old Silk Leaves No Lint.*

Old, soft silk cloths make the best dust rags for the parlor, as they leave no lint on polished furniture.

*Furniture Disinfectant.*

If any article of household furniture requires disinfecting occasionally, it is a carpet; especially if it has been used a considerable time. The following is a method recommended by a lady housekeeper, both as a disinfectant and a preventive of moths: Add three tablespoonfuls of turpentine to three quarts of water. Saturate a large sponge with this mixture, squeeze it about two-thirds dry, and go over the carpet carefully. As often as the sponge becomes dirty cleanse it and take in a fresh supply of water.

*Lamp Hints.*

To increase the light given by a small lamp, place a mirror directly back of it, so that your lamp casts its reflection in the mirror. You can easily see just how much additional light you get from the mirror, by putting a paper between the lamp and the mirror, and suddenly withdrawing it, noticing how much lighter the room is.

*A Furnace Hint.*

When, as often happens, a register refuses to send out a stream of hot air, if a lighted lamp or candle is placed on the register for ten or fifteen minutes the trouble will be remedied. The hot air from the lamp starts a draft that draws the cold air from the pipe.

*Vegetable Down Pillows.*

Thistle and dandelion down mixed with slender strips of fine tissue paper makes an excellent filling for sofa pillows.

*Fasten Rugs To Floor.*

If you find it hard to keep rugs or carpets smooth on the floor sew a loop on the corners of the carpet and drive a small tack into the floor at each corner. Place the loops over the tacks and in this way the rugs can be kept in place without ruining the floor.

*To Iron Skirt Opening.*

To iron the opening in a wash skirt neatly, fold a

cloth four or six times to make a pad. Slip the pad under the hooks or buttons and iron. This does not flatten the hooks and makes neat, smooth-looking opening.

*To Remove Dampness.*

Place in the cellar a large open box or pan containing fresh lime. This dries and purifies the air. Lime should be changed as it becomes air-slaked.

*Tallow Removes Ink.*

Place the ink spot in hot melted tallow, let cool and wash the articles in the usual way. For colored goods or such as will not wash well, drop the tallow on the spot, let it harden and then remove it. If a shadow remains, put a piece of blotting paper on the spot and press with a hot iron. This takes all the ink out.

*Particles in the Eye.*

If a speck or a splinter gets into the eye, simply lift the eye lid and blow your nose, when the particles will be forced out.

*Sweeten Onion Breath.*

The disagreeable odor left after eating onions may be prevented by drinking half a cup of hot water in which a pinch of soda has been dissolved or by swallowing a mouthful of vinegar.

*Curing a Kicking Cow.*

Pass a rope around the cow's body just in front of the bag and tie it, medium tight. This is very simple, but it does the business.

## Babies.

The first thing is to see if the child is breathing properly and the heart beating all right, and if it fails to do this it must be stimulated artificially. First wipe the mouth and throat clean with a soft, clean cloth over the finger dipped in warm water. This is to remove the mucous which might obstruct the air passages. Sprinkle its face with cold water and slap it gently on back, limbs and arms. If this should fail to arouse it dip feet in cold then in hot water to shake it just for an instant in the cold and then in hot water for one or two minutes about 110 degrees Fahr.; then rub briskly with flannel until perfectly dry. Be careful not to let the child get chilly. Babies need a great deal of warmth at first. Some noted physicians will not have the baby washed for several hours after birth but to remove a little slimy substance with which they are usually covered; have it well greased with sweet oil and gently rubbed off with an old soft cloth. For a very weak child this is all the bath required at first, except in all cases to wash the eyes thoroughly in a weak solution of boric acid. When room is ready to give baby its bath it should be given in warm places and test water with the elbow to which the water should feel just pleasantly warm. The child may be left in until skin begins to flush. Take him out in a warm

blanket. Dry him thoroughly and put him to bed, Ten chances to one he will be all right. From this time on the baby should have a bath every morning and given a good dusting with Mennen's talcum as this is known to be the purest made and it is not safe to use a powder you are not familiar with on the tender skin of infants. Fresh, dry cotton should be put on the cord every day until it falls off which it will do in about a week; boric acid is a good dressing. Cotton diapers are best and should never be used after once wet until they are washed and always be very particular to have all the soap well rinsed out and never use bluing in diapers. At first the bowels should move two or three times daily. The meconium and water passes during the first twenty-four hours. If the latter fails to occur apply a hot strip over the kidneys. The child's breast will sometimes be swollen and full of milk for a few days after birth. This may make the baby a little feverish but will usually gradually disappear without treatment. However, it is well to bathe the breasts in a little weak camphor water and grease them with vaseline. A child a month old should sleep twenty hours out of twenty-four without being rocked or carried about. Habits will be easily acquired at this age. You can teach the baby even at this age never to soil a diaper by holding him out over his little chamber at regular times early in the morning just after nursing and if he should not take to it at first use a piece of castile soap about three inches long trimmed about the size of a slate pencil for about



two and one-half inches and leave larger at one end for handle. Use this for a while and you will in two or three times have no further trouble. This will save untold trouble and never fails. I have seen it tried in many cases.

Mother's milk as a rule is to be preferred to all others, but failing in this, the nearest approach is cow's milk. Milk from a single cow is no longer recommended, as the average from a well-cared for herd is more uniform in quality. Sugar of milk is best for sweetening and boiled water should be about one part to two parts milk. Let the infant nurse directly from sterilized bottle, using a clean, black rubber nipple of which it is best to always have two on hand, alternately daily, keeping the other in weak solution of soda water when not in use, and always keep bottles not in use full of clean water and rinse again just before using. After use rinse first then wash in hot soap suds. A child is often rendered restless by thirst and will be quieted by a little clear, cold water which should be given at least twice a day. After eight or ten months the daily meal should not exceed six in number. An allowance of bread and milk or beef tea may be given but it should not come to depend on solid food until all the teeth are cut.

Keep the little one in the open air as much as possible suitably clothed. If the gums are very painful and swollen it may be necessary to have them lanced.



*Colic.*

The wind colic of infants seldom requires medical treatment. It is probably due to unsuitable food or in care of nursing infant to the consideration of the mother. Do not give soothing syrups. Rubbing and the application of hot flannels to the abdomen will usually relieve it. A little hot water flavored with peppermint or anise may be given and if this fails try two or three drops of gin in hot water. These remarks are taken from a noted work of Clara Wheeler Shaw.

Babies should not be disturbed in the least while nursing and should nurse quietly for at least twenty minutes. If you will wait and nurse him at regular intervals he will do this.

*Mennen's Talcum.*

There is nothing so essential to baby's toilet as talcum powder and nothing that should be selected with more scrupulous care, for an inferior powder used on the very sensitive skin of an infant often proves extremely injurious—but the old true and tried "Mennen's" is always safe, sure and effectual and can safely be relied upon in every instance. It is not only healing, cooling and soothing, but it will really prevent those annoying, itching, burning eruptions if its use is persisted in. In fact, no mother should ever be without a box of "Mennen's Talcum" in the house. I must also mention that it is equally good for older people as it beautifies and preserves the skin, no matter what

the exposcure of the wind and sun may be; a generous application of this powder before and after exposure will prevent sunburn, prickly heat and in fact, all summer annoyances. There is nothing so cooling as a liberal dusting over the entire body after the bath and it also removes any sticky sensation and gives that velvety touch so much desired by everyone.

*Uncooked Eggs as Food.*

An Austrian physician has called attention to the value of uncooked eggs as food for growing children.

Of all the substances found in the animal organism, albumen seems to me the one most directly concerned with the phenomena of growth and development. Its value as a food is correspondingly great, and is not sufficiently appreciated.

In the artificial feeding of children this should be borne in mind. The white of the raw egg is the most available form in which we can find albumen, and it should be used in the preparation of most of the foods for children.

Free albumen is one of the most easily digested substances, and is rapidly made use of by the muscle cells.

It is a valuable food for adults as well as for infants.

*Croup.*

A very wet towel with very cold water wrapped around the neck and chest will cure the worst case of croup in five minutes. This is much better than drugs,

as it does not debilitate. Hot water is sometimes recommended, but cold water is much quicker and effective; it breaks up the congestion at once.

*Stammering.*

Make the child take a deep breath before every word or syllable. If a child is taught to breathe properly stammering may often be overcome.

*Candy.*

One or two small pieces of peppermint or molasses candy or a gumdrop may be allowed after a meal, several times a week, without doing the average child any harm. It is when children are given rich or impure candies in quantities that bad results are almost sure to follow. Children should not be allowed to spend their pocket-money on candy; what little they have should be carefully selected for them by their parents and given to them in the proper amounts and at the right time.

*Hiccoughs.*

If the baby has the hiccoughs, moisten a little sugar with a drop of vinegar and feed it.

*Regular Habits.*

Yes, it is better to begin now than later. Place him on his chair every morning after feeding at exactly the same time, and if he does not understand why you do this, use a soap stick or a little cone of oiled paper to start him.

*Bowels.*

Watch the baby's movements carefully, and at the first sign of anything unusual—in increased number, color or consistency—give a teaspoonful of castor oil; stop all milk, and give barley-water or rice-water instead, for a day, at least, until the movements look natural again; then when you resume the milk give one ounce of barley-water before each nursing, and nurse at first for only five minutes, gradually working back to the usual method. The same plan should be followed in regard to the food if the baby is suddenly taken with vomiting. While the baby is not taking the breast milk this will have to be drawn off with a breast-pump.

As you cannot get out of the city for the summer you must try to give your baby the best and freshest air you can get in town. Leave the housework until later in the day, and take the baby out very early in the morning—from six until eight or nine is a good time—then spend the hottest part of the day in the house, where he need have very little on and enjoy his frequent sponge baths. In the late afternoon, from five until seven, is another good time to take the baby out, but after the dew begins to fall it is best to be in the house. If you are within reach of recreation piers, can take a day on the water or a long, cool trolley-ride into the suburbs, by all means take advantage of these things; they will do much to keep your baby well during the summer. Remember that your arms are very heating

to a baby, and keep him out of them all you can during the warm weather.

Another point to bear in mind is the early removal of soiled clothing. Do not leave soiled napkins nor underwear about even for a minute. Have a covered pail with a little water and mild disinfectant in it, and just as soon as you remove a soiled diaper from the baby put it at once into this pail and cover it until you have time to wash it properly; be sure not to place it on the floor or on a chair where flies may light on it and carry the germs of disease to the next person on whom they alight. These may seem small points, but they mean a great deal to the baby in warm weather.

#### *Croup.*

Croup can be cured in one minute, and the remedy is simply alum and sugar. Take a knife or grater, and shave off in small particles about a teaspoonful of alum, mix it with twice its quantity of sugar to make it palatable, and administer it as quickly as possible. Almost instantaneous relief will follow.

#### *Summer Diarrhoea In Bottle-Fed Babies.*

First of all stop all milk at once, as this acts like a poison while the child is suffering from diarrhoea. Give one or two teaspoonfuls of castor-oil to remove any irritating matter that may be present in the intestines. Give plenty of pure, cool water that has been first boiled. The child may take this from a bottle, spoon, glass or medicine-dropper. For food give the albumin-



water mentioned on this page if the baby vomits much, or else give barley, wheat or rice water, if the child can keep these down. To make these waters or gruels take one teaspoonful of the flour, mix it into a smooth paste with a little cool water; then add in to one pint of boiling water which has a pinch of salt in it, and boil for twenty minutes, adding enough water at the end of that time to make up the pint (for some will have boiled away); strain and give to the child in his nursing-bottle, feeding the proper number of ounces for a baby of his age every two or three hours. As the child grows a little better the gruels may be made stronger. The next step is to add a very little milk to the gruels. Usually one ounce of milk to a pint of gruel may be taken, then, little by little, add more milk until the baby is again back on his original formula. When milk is added to the gruel it is best to add also some limewater—about one ounce of the lime water for each twenty ounces of the food. You should always call a doctor to see the baby as soon as possible, but you should stop the milk and give the castor-oil at once, without waiting until he can arrive.

#### *Giving Medicine.*

The most nauseous physic may be given to children without trouble by previously letting them suck a peppermint lozenge, a piece of alum or a bit of orange peel. Many people make the mistake of giving a sweet afterwards to take away the disagreeable taste; it is far better to destroy it in the first instance.



*Exercise Pen.*

An exercise pen would be just the thing for a baby. This is rather expensive, however, so if you do not care to purchase one get a large drygoods box deep enough so that baby's head just comes above the sides when he stands up. If the boards are rough have them planed off so no splinters will get in the little hands and knees; then give baby a toy or two, put a pad in the bottom of the box and let him amuse himself on the piazza while you are at work. He will get plenty of exercise and fresh air in this way, and you will not have to watch him constantly.

*Feeding Baby Teething.*

Give such a baby pure boiled water, and do not try to force food until he shows some inclination for it.

*Thirst In Infants.*

Thirst in the infant is nearly always mistaken for hunger. Give your crying child a little cool (preferably boiled) water, using cup or spoon, or try tiny pieces of ice tied in a scrap of lawn and see if it does not prove the very thing needed. Six or seven times every day the babies should be offered drink; it regulates the bowels, cleanses the mouth and stomach, and prevents in a measure overfeeding

*Whooping Cough.*

Whooping cough is a very common and infectious

disease. Children of all ages may contract it, but young babies are especially liable to have it if exposed. From the very beginning of the first stage whooping cough may be given to others, and while there is the least whoop it is very contagious. Generally it is best to keep a child with whooping cough away from other children for two months. It is very rarely carried by a third person or by means of clothing. After exposure one may expect a child to come down with whooping cough at any time from seven to sixteen days.

No distinct cure for whooping cough has been found, and as a rule drugs do more harm by upsetting the stomach than good in relieving the cough. The chief thing to be considered is to keep the child as well nourished as possible and give him plenty of pure, fresh air. If possible it is well to take him away for a complete change of air; this will sometimes considerably lessen the duration of the disease. At any rate, the child should spend as much time as possible in the open air every day and sleep in a well-ventilated room at night.

The question of giving the child sufficient nourishment is often a serious one, because so much food will be vomited. It may be necessary to feed the child a little more frequently than when he is well. After a paroxysm of coughing, when the mucous has been expelled, and perhaps any food that has been in the stomach at that time, a glass of milk or some broth with perhaps a little zwieback—if the child is old enough to take it—may be given and will many times remain

down, because another paroxysm is not likely to occur right away. Food which is easily digested and which contains the most nourishment should be chosen. Infants may be given peptonized milk in place of the usual formula, as this will be digested more rapidly. If the child seems to be losing strength it may be necessary to give some form of predigested beef besides the regular meals.

*Pacifiers.*

Physicians and nurses who treat babies agree that pacifiers are the cause of many ills. The constant suction on the nipple produces enlargement of the tonsils and promotes the growth of adenoids; catarrh soon follows, then a chain of evils, chief among which is deafness. It is very easy for catarrh to extend from the nose and throat into the little tube that connects these organs with the ear, and the catarrhal deafness that may then occur is one of the most frequent forms and also the most hopeless to treat. If unclean objects are put into the mouth there is also great danger of germs finding their way through this little tube into the ear, and an abscess, with possible destruction of the drum, is likely to follow.

Numerous other diseases may be caused by the pacifier; sprue or thrush is often directly traced to its use. Constant suction overworks the little glands in the mouth that produce saliva, and all this liquid that is intended to be mixed with the food and help digest it is wasted on the pacifier, so that when it is needed for

the food there is little left; indigestion and chronic dyspepsia follows.

I am sure if mothers realized the dangers of allowing their babies to form "the pacifier habit" the manufacturers would soon cease to produce these articles, as there would be absolutely no call for them in the shops. It lies in the hands of mothers to put a stop to this evil.

#### *Stockings.*

Unless you want your baby to have poor digestion and colic you should cover up the little legs with long woolen stockings pinned to the diaper.

#### *Constipation.*

Try to regulate the bowels by means of food rather than medicine. Bran gems, prune jelly and graham mush are all good laxatives, and might be enough without anything else.

#### *Vomiting in Warm Weather.*

Try albumen-water given in small quantities and very cold. To make it take the white of one fresh egg, half a pint of cold water and a pinch of salt; place in a bottle and shake all well together; strain if any specks are seen. At first try only one teaspoonful of this at a time, and if the child retains it then gradually give more.

*The Diet of the Nursing Mother.*

Cabbage and tomatoes are not generally well digested by a nursing mother, and hence have some bad effects on the baby, but, as a rule, other vegetables and melons do no harm. A baby should be about six months old before prune juice is given.

## Home Doctor.

### *Advice on Poisons.*

In all cases of poisoning is to empty the stomach as freely and speedily as possible. For this purpose you may use a tablespoonful mustard and salt in a tumbler of warm water or any other emetic you have on hand. Spices taken in large doses. Acids when swallowed burn the throat and produce violent effects on the stomach. When you suspect that any of these have been swallowed, give a cupful of sweet oil, melted butter or lard, or you may give common soap in solution and afterward give an active emetic of ground mustard, salt and water. If you suspect nitric or oxalic acid as the poison, give lump magnesia or chalk and water.

Alkalies are counteracted by swallowing common vinegar, any kind of oil of grease converts and alkalie into a soap which is harmless to the patient. Hence in these cases you can give oils, butter, lard, etc. Arsenic.—Give any of the oils, fats or magnesia in very large quantities. Opium and other narcotics.—If you suspect overdoses of opium, morphine, laudanum, paragoric or other narcotic, give a quick emetic at once; mustard and warm water or pulverized alum or any other powerful emetic should be given at once. If the



patient should become drowsy keep him in motion; give very strong coffee; dash cold water upon the face and shoulders and use cold applications up and down the spine.

### *Gravel.*

One pint of water, two ounces bicarbonate of soda. Take two tablespoonfuls in the early forenoon and the same amount toward night. Drink very freely of water during the day. Inflammation of the kidneys has been successfully treated with large doses of lime-water. Persons troubled with kidney difficulties should abstain from sugar, starchy food and sweet vegetables.

### *Sore Throat.*

Simple remedies are best. Alum and honey dissolved in sage tea and used hot as a gargle is splendid for sore throat. Also applications of cloths wrung out of very hot water and applied to the neck, changing often, is good to remove inflammation. During the evening is best for applying this remedy and should be kept up for an hour or more.

### *Asthma.*

Powdered licorice root, powdered elecompane root, powdered anise seed, each one drachm, powdered ipecac ten grains, powdered lobelien ten grains; add sufficient amount of tar to form into pills of ordinary size. Take three or four pills on going to bed at night. An excellent remedy for asthma or shortness of breath.

*Cinders from the Eye.*

Put one or two grains of flaxseed which can be placed in the eye without pain or injury. As they dissolve a glutinous substance is formed which envelops any foreign body that may be under the lid and the whole is easily washed out.

*Sunstroke.*

Wrap a wet cloth bandage over the head, wet another cloth folded small square, cover it thickly with salt and bind it on the back of the neck. Rub dry salt briskly behind the ears. Put mustard-plasters to calves of legs and soles of feet. This is an effectual remedy.

*Drowning.*

As soon as body is recovered it should be stripped of all clothing, rapidly dried, placed in a bed previously warmed, the head, neck and shoulders raised, a little friction with the dry hands used to the extremities and heated flannels kept applied to the rest of the body. To restore breathing place the person flat on the face, press gently on the back then turn the body on its side, then turn again on the face, press again on the back and turn again on the side. This should be done about sixteen times a minute.

*Vinegar for Rheumatism.*

A case cured in my own immediate family by taking one-third glass pure apple vinegar half hour before

each meal was cured sound and well. A very severe case where the patient had scarcely been able to walk for nine months. Cure was completed in thirty days and discarded crutches in ten days.

#### *Milk Leg.*

I have known milk leg of many years standing to be cured by using dry beech leaves; white beech is best. Get those that hang on the trees after the leaves fall. Boil them and use the water to bathe the sore then bind on the boiled leaves. Change them often at first.

#### *Bed Sores.*

There will be no danger of bed sores if you will bathe the tender skin with alcohol every day. But if they have already developed put the whites of an egg in a cup, cover with alcohol, apply several times a day. The alcohol stimulates and hardens the skin. The whites of eggs forms a coating which excludes the air. Calomel is also good to dust on to dry up sore and in bad cases a pinch of burnt alum added to egg and alcohol helps, as it draws out inflammation and being a stringent helps also to dry it up. Boracic acid is also good to dust on after bathing with alcohol.

#### *Strawberries for Teeth.*

Strawberries are fine as a dentrifice. Take two or three real fresh, ripe strawberries, crush them and rub your teeth with them five or six minutes a day. The

improvements begin at once and in a short time they will be white and lustrous as pearls.

### *Whooping Cough.*

Mix equal parts linseed oil, black molasses with sprinkle of sulphur. A teaspoonful every coughing spell.

### *Disinfectant*

Which will sweeten the whole place may be made for ten cents. One pound of copperas, eight ounces crude carbolic acid dissolved in one gallon of water. Use frequently.

### *Rheumatism.*

This information said a well-know physician to me will prove an invaluable boon to people suffering from rheumatism in any form. Twenty-five cents worth of oil of wintergreen; put ten drops on a lump of sugar, place in the mouth and let it dissolve slowly then swallow it. This should be repeated every two hours until every vestage of the malady has disappeared. In the meantime take a few doses of Rochelle salts. This said the physisian, if taken as I have prescribed, will save suffering humanity many dollars.

### *Hiccoughs.*

A lump of sugar moistened with vinegar. In ten cases tried as an experiment, stopped hiccoughs in nine.

*Insect Bites.*

The juice of raw onions applied to stings and bites will destroy the poison.

*Pneumonia.*

This remedy I am told has been known to cure the worst cases of pneumonia. Apply sweet oil to the chest, then cover quickly with powdered lovelia, then cover this with several thicknesses of very hot flannel.

*Poison.*

Put common pins in all bottle corks marked poison. Stick them through bottom of cork allowing the points to protrude beyond the corks. You will then never pick up such a bottle in the dark.

*Water in Sick Room.*

Always keep an open basin or bucket of water in sleeping room and sick room. It will absorb all impurities of the atmosphere. The water should be removed every twelve hours; when it will be found the offensiveness of atmosphere has been entirely removed.

*Nose Bleeding.*

A lump of ice held against the nostril or against back of neck or a bunch of cold keys dropped down the back will often stop nose bleeding.

*Nose Bleeding.*

Snuff powdered alum through nostrils.

*Plaster.*

A mustard plaster mixed with white of an egg will not blister.

*Spine Curvature.*

Curvature of the spine in children often result from sleeping on pillows that are too high.

*Flux.*

Fill a tumbler one-half full of apple vinegar, put a teaspoonful each of Crab Orchard and Epsom salts and a tablespoonful of table salt. Take a tablespoonful every hour until six does have been taken and then every two hours and you'll be well before you know it.

*Sick Room.*

Essence of cinnamon when exposed in sickroom will kill bacilli which are floating around.

*Bee Sting.*

Ammonia and peppermint mixed equal quantities is fine for bee sting.

*Stop Spread of Diseases.*

Carry through your rooms every few hours a shovel of live coals which has been sprinkled well with sulphur.

*Croup Treated by Sulphur.*

M. Lagauterie gives in croup teaspoonful doeses,



every hour, of a mixture of sulphur and water (a teaspoonful to a glass of water) with effects which he describes as wonderful. The cure, in seven severe cases, was accomplished in two days, the only symptom remaining being a slight cough. An observation of the effect of sulphur on the cidium of vines, led to its use in croup.

#### *Cholera Cure.*

An excellent recipe, and, if taken in the first stages, an infallible one, is a mixture of powdered ipecac root and carbonate of ammonia. Was successfully used in the midst of an epidemic of cholera in 1849.

#### *To Cure Salt Rheum.*

I will say that I have known salt rheum to be cured by using a batter made of corn meal and vinegar, spread on the disease parts and renewed twice a day. When it becomes dry it can be wet up with vinegar.

#### *Cut it Out.*

The Scientific-American gives this recipe, which the whole world ought to know: "At the first indication of diphtheria in the throat of a child make the room close, then take a tin cup and pour into a quantity of tar and turpentine, equal parts. Then hold the cup over a fire, so as to fill the room with fumes. The little patient on inhaling the fumes will cough up and spit out all the membranous matted, and diphtheria pass out. The fumes of the tar and turpentine loose the matter in

the throat and thus afford the relief that has baffled the skill of physicians.”

*To Prevent Felons.*

The following directions, carefully observed, will prevent those cuticular and osseous abominations known as felons. As soon as the disease is felt, put directly over the spot a fly blister, about the size of your thumb nail, and let it remain for six hours, at the expiration of which time, directly under the surface of the blister, may be seen the felon, which can instantly be taken out with the point of a needle or lancet.

*Consumption.*

Let even the despairing use strong mullein tea freely, sweetened with brown sugar. In a week they will feel better; in a few months they will be well.

*Styptic for Bleeding Wounds.*

If puff-balls are not convenient apply dry flour of any kind bound on with bandage. In absence of baking-soda (carbonate) flour is excellent for burns or scalds.

*For Dysentery.*

Take leaves and roots of blackberry-plant. Boil to a deep color. One gill before each meal-time and on going to bed.

*Cancer.*

Use tea made of red clover tops. Boil until strong.

Use, as a drink, a quart a day; and use the same kind of tea, made stronger, for a wash twice a day.

*Remedy for Bite of Mad Dogs.*

A saxon forester named Gastell, now of the venerable age of 82, unwilling to take to the grave with him a secret of so much importance, has made public in the Leipsic Journal the means which he has used for fifty years, and wherewith he affirms he has rescued many human beings and cattle from the fearful death of hydrophobia. Take immediately warm vinegar or tepid water, wash the wound clean therewith, and then dry it; then pour upon the wound a few drops of hydrochloric acid, because mineral acids destroy the poison of the saliva, by which means the latter is neutralized.

*Catarrh.*

Get an ounce of menthol crystals and put a pinch of them in any small vessel, tin cup will answer, and pour over them six tablespoonfuls of hot water. Inhale the vapor which arises through the mouth and then close mouth and nostrils, holding the nose tightly between thumb and finger and blow as if to force the vapor out of the mouth and nose, but keep them closed. This action will drive the vapor into all the air passages and afford relief.

*Pulsations.*

Normally, the number of pulsations per minute differs at different periods of life; at birth, it is about

135; at the age of seven, from 80 to 85; in adults, 70 to 75; in old age, 50 to 65. In females, the pulse is quicker than in males.

#### *Astringent Lotion.*

Rose water, six ounces; elderflower water, two ounces; simple tincture of benzoin, one-half ounce; tannic acid, ten grains.

For the girls who always have clammy cold hands, this wash is said to be good.

#### *For Damp Hands.*

Cologne, four ounces; tincture of belladonna, one-half ounce.

A tea of white oak bark applied to perspiring spots is said to be a famous skin specialist to be effective in stopping the undue perspiration.

#### *Bunion Remedy.*

Use pulverized saltpetre and sweet oil; obtain at the druggist's five or six cents' worth of saltpetre; put into a bottle with sufficient olive oil to nearly dissolve it; shake up well, and rub the inflamed joints at night and morning, and more frequently if painful. This is a well-tried remedy.

#### *Health Resorts for the Tuberculous.*

According to many physicians there is less danger

of contracting pulmonary tuberculosis in a well-regulated health resort than elsewhere. The climatic conditions of such resorts are good. Then, too, there is a greater average degree of sanitary knowledge and precaution among all frequenters of such modern resorts than elsewhere. The open-air life, through ventilation, wise diet and careful attention to sputum all aid in rendering these localities comparatively safe for visitors.

#### *Microbes on Trailing Skirts.*

It was recently stated that a bit of cloth cut from the bottom of a long skirt harbored 16,500,000 microbes. In this army were many tubercle bacilli. In Prague, as stated by the same authority, a prohibition against long skirts is being enforced, since it is believed that by these garments germs are disseminated.

#### *How to Take Castor Oil.*

An emulsion can easily be made by pouring into a bottle, first, very hot milk, then the castor oil—two-thirds milk, one-third oil. Shake the bottle until an emulsion results. In this form the oil is easily taken in nearly all cases.

#### *Sore Nipples.*

White of an egg mixed with a little brandy is the best application for sore nipples. Apply often and wear nipple shields while baby is nursing.



*Caked Breast.*

Finest thing in the world after first bathing the breast for some time in very strong tea as hot as can possibly be borne. Make a dough of warm flour and warm, strong apple vinegar and lard, about as for biscuit, and roll about one-half inch thick a piece large enough to entirely cover the breast. Put on as warm as can be borne. Change to fresh one when it begins to get dry. This never fails to soften cake so milk can be pumped out.

*Puffs Under Eyes.*

Puffy places under the eyes are generally due to some kidney trouble. Water should be taken very freely. Drink a glass of water about half hour before each meal and one about two hours after and the puffy places will not only vanish but the complexion will be cleared and the general health much improved.

*Bad Odors.*

Fumigate with coffee, vinegar. Should there be a bad odor in house or sick room from cooking vegetables or otherwise, take a shovel full of live coals and carry through the house with windows down and doors closed, sprinkle over these coals ground coffee or vinegar, and to make a sweet odor sprinkle coals with cloves and spices or a little sachet powder or toilet water.

*Nap Each Day.*

Everyone should take a rest in the afternoon, but



the woman who does not relax herself does not rest no matter how long she lies. To relax properly, lay at full length on back, the head level with body, the arms extended slightly from the body and feet separated about six inches. The clothing should be all loosened. Do some abdominal and chest breathing. Then beginning with the head relax all the muscles of the whole body—this is to release the tension on them so that if feet and hands were lifted they would fall to bed like logs of wood, then make an effort to relax mind as much as possible.

#### *Tea.*

Rheumatics should never drink tea. I have known persons who were slaves to tea-drinking to be entirely relieved by giving it up. However, there is nothing better to take inflammation from boils, sore eyes or in fact, whenever there is swelling or inflammation. than bathing the parts in very strong, hot tea.

#### *Scott's Emulsion.*

I would feel that I had done my patrons a great injustice to close this department without saying a word for the old reliable household remedy "Scott's Emulsion. It is not only a positive cure for coughs colds and all pulmonary troubles, but as a tonic for run-down constitutions and flesh builder, it has no equal and I believe if taken in time and persisted in its regular use it will stop the ravage of consumption. It is well to take in connection for pulmonary affec-

tions a strong cup of mullen tea taken either cold or hot, a teacupful several times a day. I hope that others may be benefited by my experience in the use of "Scott's Emulsion" and when affected with the above-mentioned troubles give it a thorough trial.

## Laundry Hints.

### *Flat Irons.*

Flat iron rubbed on salt and then on a rag several thicknesses moistened with coal oil will become quite smooth.

### *For Feet When Ironing.*

When ironing, if worker stand on several thicknesses of old quilt or blanket tacked together or padded rug, the feet do not become tired.

### *Fruit Stains.*

Fruit stains can be removed by first washing articles in coal oil then rinse in usual way.

### *Dress Skirts*

When washed, do not wring, but hang them dripping wet on the line by belt. The weight at the bottom keeps skirt from shrinking and also keeps it an even length.

### *Sprinkling.*

Always sprinkle your clothes with small whisk-broom and in real hot water. They will iron more easily and have a much smoother finish.

*Ironing Board.*

To keep ironing board clean make a bag of heavy cotton or drilling with draw string run in top and hang up when not in use.

*Time Saver.*

One can save labor and time by hanging flat things such as sheets and towels straight on line. Put four corners exactly even and give two or three flaps up and down. Take down with care when dry and fold carefully and pack away one on top of another; blankets and counterpanes can be served the same way. A good way is to smooth each fold nicely with the hands. After laying a day or two you would think they had been ironed. One, too, can save much ironing to form the habit of wearing plain or knitted underwear instead of much trimmed garments, also save time and expense by making children's clothes plainer and they are really in much better taste and very much more becoming than the much befrilled garments.

*Bleach Clothes.*

To bleach badly-washed clothes and will also remove most all kinds of stains mildew, etc: Dissolve one pound of soda and five cents worth of chloride of lime into about one gallon of rain or cistern water. Then strain through a cloth. After washing clothes in one good suds, dip them up and down several times in this hot solution, then rinse thoroughly in two waters and

your clothes will be beautifully white if carefully rinsed.

*To Wash With Machine.*

The one called "Up-to-date," according to my opinion is the best for family purposes. At least after using it several years I am still delighted with it. Take one bar of Fels Naphtha soap, shave into a small pan and pour over hot water and let dissolve, add a handful of soda to this and when cold it will form a jelly. Put your clothes into soak the night before into warm rain or cistern water, soap well with this jelly, especially all soiled places, roll up and put in water each piece separately. Next morning wring out lightly and put in real hot water made soapy with Fels Naphtha soap, turn each machine for about three minutes and rinse blue and hang out your clothes. Will be much nicer than hand washed.

*Starch.*

Mix starch with enough cold water to about consistency of cream, add a shaving of hard, white soap, a teaspoonful of coal oil or lard, this will prevent it from sticking to irons and give a nice gloss. Stir this mixture into a vessel of boiling water, stirring constantly for about three minutes, strain and it is ready for use.

*To Laundry Corsets.*

Much more satisfactory to wash than dry clean.

Spread it on board or wooden table one-half at a time and fasten securely with thumb tacks. Then soap well with Fels Naptha soap, then scrub with small scrub-brush in hot water. Scrub each section in turn up and down, rinse in lukewarm water in which add a little bluing. Dry as quickly as possible.

*Try Washing Flannels Like This Rule.*

Make good suds of white soap in warm water (not boiling) and wash the flannel underwear in this water apart from everything else. Do not rub soap on the garments, or they will be hard and stiff. Wash well through two waters prepared the same way; then rinse in warm water to which a little bluing has been added. After rinsing thoroughly wring them out well, shake them, and spread on the clothesline. While they are drying shake, stretch and turn them from time to time. They should dry slowly. Flannels washed in this way will keep soft and shrink but little.

*To Keep Comforts Clean*

One woman makes her sheets about eight inches longer than those generally used, having a two-inch hem on one edge; then she works three small buttonholes in the hem, one in the center, and the other two about fourteen inches from the center, on each side. On the comforter she sews three small buttons about eight inches from the top and the same distance apart as the buttonholes in the sheets. When the bed is made up every morning the upper sheet is turned over and but-



toned to the comforter, so that the sheet is always next to the face of the sleeper.

*Washing Blankets and Woolens.*

To wash blankets and woolens: Take one-half of a bar of Fels-Naptha soap; shave it very fine. Pour over it a pint of boiling water, and put upon the fire and stir until it becomes a thick paste. Into this put one tablespoon of borax and two tablespoonfuls of ammonia. Have ready a tub of tepid water softened with a tablespoonful of borax. Stir into this the soap mixture then put in the articles you wish cleaned. Let them soak an hour, occasionally turning them over; then run through a wringer. After this rinse through clear, tepid water being careful never to rub with the hands. Run through the wringer again, and hang in the sun to dry. When nearly dry, iron.

Blankets washed by this recipe are as soft as when new. Shawls, flannel dresses, in fact all woolen goods, it will wash beautifully.

*To Starch Dark-Colored Lawns.*

Some people have trouble starching dark lawns because the starch will show. To avoid this, use gum-arabic. To starch a dress, take one heaping teaspoonful of gum-arabic. Dissolve in a little warm water, then add enough water to wet the dress. This makes it crisp and it can be ironed in the same way as other starched goods.

A teaspoonful of turpentine put in boiler when

boiling white clothes, will keep them snow white and remove the dingy look about neck-bands, wrist-bands, etc.

Add a little pulverized borax to starch while cooking; it will give a gloss and prevent it from sticking to irons.

When washing white flannels, have the water you rinse them in very blue and they will not become yellow. Add borax to water you wash and rinse them in, using rather warm water for both, and your flannels will always be white and soft.

In washing knit or crocheted articles, squeeze instead of wringing, and dry by laying on a clean towel, turning often, and they will be as nice as when new and will retain their shape. Do not hang on line.

### *Laundering Embroidery.*

Mercerized cotton, especially the white, wash better than embroidery silks. No matter how good a silk you buy it will not stand having soap rubbed upon it. Hot water is equally injurious. So is ironing with a too hot iron.

Make a thick suds of warm water and pure soap and rinse the pieces to be washed. Squeeze through the hands and do not rub on a board.

Rinse in clear water of the same temperature as the first. Squeeze out as much as possible of the moisture with the hands and do not rub on a board. Pull into shape and roll in a thick towel to absorb the excess water. Then take a smooth piece of damp muslin and

place it over the back of the embroidery and do the ironing through that.

#### *When Pressing Dark Garments*

Cover the ironing-board for the time with some dark lining material. Otherwise, sometimes after the garment has been dampened and pressed on the usual white cover white blotches are seen, owing to the starch on the cover. The dark cover also keeps the usual white one clean.

#### *Starch.*

To improve starch, add a tablespoonful of epsom salts, and dissolve in the usual way by boiling. Articles starched with this will be stiffer, and rendered, to a certain extent, fireproof.

#### *Flannelette.*

After flannelette articles have been washed, they should be rinsed in water in which one ounce of alum or sal ammoniac has been dissolved. This little precaution will make them non-inflammable, and may be the means of saving many little lives.

#### *To Remove Grease.*

To remove grease from garments dissolve a teaspoonful of salt in four tablespoonfuls of alcohol, shake well and apply with a sponge.

*Scorch.*

Scorch stains on white cloth, which are the work of a careless ironer, may be removed, it is said, by soaking the cloth in lukewarm water, squeezing lemon juice on it, and sprinkling a little salt over it, and laying it in the hot sun to bleach.

*Turpentine.*

A little turpentine added as they boil will whiten and sweeten clothes without injuring the most delicate fabric. For garments very much soiled use a spoonfull of kerosene.

## Sewing Room Hints.

### *Even Your Own Skirt Edge.*

Finish the skirt at the top, put it on just as you would wear it. Rub chalk on the edge of a dining table and, standing against the table, turn around so the chalk mark will encircle the skirt. Take off the skirt and measure from the chalk mark an equal distance all around to the hem. The chalk mark being well below the hips, the difference in length will be above that.

### *Improving a Cheap Waist.*

I have found that the most economical and satisfactory way of obtaining a hand-embroidered shirtwaist is to purchase a ready-made waist with machine embroidered design and work over the embroidery by hand, thus saving stamping, padding and making the waist. A blouse embroidered in this way will deceive the most expert needlewoman.

### *Strong Buttonholes.*

To make buttonholes strong in children's clothes, work over ordinary soft wrapping corn, hold it on the inside as near edge as possible and it will not show when buttonhole is done.

### *Oil Shrinks Machine Belt.*

When sewing machine band becomes too loose, do

not cut but put a few drops of castor oil on and revolve rapidly a few seconds.

#### *Economy of Labor.*

From garments that have been laid aside, cut the strip containing the buttonholes, leaving enough of the material to turn under. Use this strip as a "fly" to new garments, thereby saving both time and labor. My little girl has quite long hair, and as buttonholes are a bug-bear to me, and I had to cover the buttons to protect her hair, I devised this method of reserving my patience, and at the same time making the same amount of labor do double duty.

#### *Lengthening Washable Skirts.*

If wash dresses are made before they are shrunk it is often necessary to let out the hem after being washed. If, however, a tuck is run in by hand on the under side of the hem, the tuck can very quickly be taken out and there is not another hem to be put in as would be the case if the hem had to be ripped.

#### *Some Sewing Hints.*

Use cotton tape for binding plackets of small children's drawers—one piece for each placket. They never tear if this is done.

Keep a stiletto on your machine—it turns under the edges of hems and fells like magic; besides being useful in many other ways.

Sew in sleeves of thin waists in a French seam,



stitching twice the last time. This is not so heavy as binding.

*For Gaping Skirts.*

Here is a simple but excellent remedy for gaping skirt vents, an untidy condition which is so hard to avoid after skirt has become stretched from sitting in it. Before sewing on hook, place a piece of tape or ribbon at least as wide as the hook, underneath it. Sew securely, and then stretch tape over to next seam and tack flat, being careful to have tape just the same length as the space of skirt between the seam and back opening. When the skirt is closed, it will stay closed and neat.

The Parisian method of cleaning black silk is to brush and wipe it thoroughly, lay it on a flat table, with side up which is intended to show and sponge with hot coffee, strained through muslin. Allow it to become partially dry, then iron.

*For Sewing Harsh Goods.*

It is very hard to sew harsh goods, as calico. Needles break very easily. This difficulty may be overcome by rubbing the hem or seam with a dry piece of soap, when the needle will penetrate easily. This plan is good for both machine and hand work.

*Removing Shine From Serge, Etc.*

I have always been troubled with my skirts, especially serge skirts, becoming slick and shiny looking, be-

fore they were near worn out. To remedy this, place the skirt on a board and rub the shiny places with sand-paper, not too hard, but just enough to rough up the nap. After pressing, the skirt will look as good as new.

#### *Renewing Petticoats.*

In either making or buying a petticoat, have it two inches longer than required length. Put in a one inch tuck, up above hem, in skirt which takes up the two inches. When the bottom ruffle or the hem of skirt wears, let down the tuck, cut off ruffle or hem, and hem up, and you have a nice, clean skirt again, as the bottom always wears first.

#### *Hemming Napkins.*

In hemming napkins, a small, even hem can be obtained by running the edge of napkin to me hemmed through the smallest hemmer of the machine, without being threaded. Press the hem back and overcast, placing stitches close. This is more rapid than the old way and saves pricking the finger.

#### *Clean Old Cloak.*

It is not always necessary to send light cloth coats or cloaks to the cleaners whenever they appear a little soiled by smoke and dust. A successful method of removing surface dirt consists in rubbing the material with equal parts of oatmeal and whitening applied with a piece of flannel. The coat should be well shaken, and

the same application repeated once or twice, until the cloth looks perfectly clean. After shaking it once more, it should be pressed on the wrong side with a warm iron.

### *Lace.*

There are two well-known recipes for cleaning white silk lace. One is to wind it around a piece of wood like a piece of broom handle, or glass bottle, and to soak it all night in warm castile soapsuds and milk; rinse in warm water, soak in soap and warm water; rinse again without rubbing, bleach in the sun and dry. The second method recommends that the lace be spread out upon white paper, covered with calcined magnesia; another sheet of paper placed upon it, and laid away for three days between the pages of a large book; then shake off the powder, and the lace will be clean and white.

### *To be Ready for Next Christmas.*

Take a little notebook, attach it by a string to your desk or some other place where you will see it through the year, and in the book allow a page for each of those to whom you give Christmas presents. Try to get some gifts or to make some every month. When you have done this, cross off in the book the names of those for whom you have provided. When the holiday season comes again if you have followed this plan you will find that you have more satisfactory gifts, and felt less worry in getting them ready, and incidentally have saved some expense.

*Negligeé Shirts.*

There is entirely too much good material in discarded negligee shirts to throw them into the rag bag. A good way is to cut off the fringed edges of cuffs and turn under edges and stitch around and cut off worn collar and replace with band to be worn with separate collar. It may also cut into a one-piece dress for a little tot and it will make a child a nice sack apron with sleeves. Cut front of apron out of back of shirt and back out of front. Use top part of sleeves for apron sleeves. It is wise when selecting shirts to get good material with small figure and to get more than one alike. Would furnish material for a nice school dress for larger girl.

*Insertion.*

A delicate insertion which is beginning to show signs of wear can be made to last twice as long by a lining of thin brussels net. If any part of lace is much worn, darn it down to lining net.

*To Restore Rusty Black Lace.*

Half cup rain water, one teaspoonful borax, one teaspoonful alcohol; squeeze the lace through this four times, then rinse in a cup of hot water in which a black kid glove has been boiled; pull out the edges of the lace till almost dry; then press for two days between the leaves of a heavy book.

*To Prolong the Life of a Taffeta Petticoat*

Line it with a thin muslin. The lining should be cut the same as the outside breadths and sewed up with them. It is remarkable how much longer such a skirt will last than one made up in the usual way, unlined.

*Renovate Skirt.*

An old black skirt may be successfully cleaned as follows: First of all, brush and shake it well to get rid of the dust, then brush carefully all over with a good hard clothes brush dipped in malt vinegar, using plenty of the vinegar. The skirt should then be hung out in the air for an hour to dry, and then pressed on the wrong side over a damp cloth. The ordinary serge or cloth skirt will be found to look like new after this treatment.

*Black Silk.*

That "shininess" may be removed from old black silk by sponging the fabric well with good cider vinegar.

*Cleaning Hat.*

Get out your last season's straw hat and try freshening and cleaning it at home with lemon. Remove the band and lay the hat on a flat surface to keep the brim in shape. Cut a lemon in two crosswise and rub the



straw with it. Wipe the hat with a soft, clean cloth, and if the dirt and stains have not all been removed, repeat the operation with a fresh piece of lemon. Allow the hat to dry thoroughly before it is worn in the sun.

### *"Button Strip" for Shirtwaists*

Will be found practical and economical. Work a set of buttonholes—usually four—on the under hem, and a corresponding set on the top plait of your shirtwaist; then sew the buttons on a strip of cloth the length of the waist front, buttoning it to the under hem. When your shirtwaist is ready for the wash remove the button strip. One set of buttons will do duty for several waists. The buttons will retain their new look, and will not be ironed off at the laundry.

### *Make Over Stockings.*

If the feet of women's stockings or fair-sized children's stockings become worn, they can be cut off and made over for baby. Take one of baby's stockings as a pattern and cut by it. Then run a seam up the back on the machine and you have a nice pair of stockings for baby.

### *To Keep Patterns Neat.*

The cardboard tube 15 inches long and about two inches in diameter in which you receive your magazine



may be cut in half and in each of these a pattern may be rolled and kept. The tubes may be marked on the outside with a blue pencil and slipped into a drawer for convenience.

*To Hold Patterns on Goods.*

Lay paper patterns on the goods and press them with a warm iron. This makes them stay in place while cutting out without pinning.

*Make Gloves Wear Longer.*

Place a little cotton in the finger tips. Some people turn the tips wrong side out and place a piece of court-plaster over the end.

*Baby Bibs.*

Dress shields make good bibs for baby to wear under the dainty whites ones. Cut in two and bind at the top. One shield makes two bibs.

*Prevent Skirts From Sagging.*

When making a circular skirt, finish all but the lower edge and hang up for a few days. After that length of time it can be safely turned up, as it will have stretched as much as possible.

*Firm Button Holes.*

When making button holes in goods that ravel, be careful to make the button hole the right size. Then have hot wax ready and dip a hot knife into it, and run at once through the hole. Not one thread will ravel and the button holes will be nice and firm. Take your stitches after the wax is cold.

Or, after you cut the button holes, sew around them near the edge with the sewing machine. They will never come out.

*To Lengthen Child's Dress.*

Open the shoulder seam and insert a strip of material like that used for the waist. This gives the needed space in the arm hole and around the neck. It is easier and more quickly done than ripping tucks or facing the hems. It is cheaper than to buy trimming and it leaves any trimming that may be on the waist or skirt untouched, and yet the waist is lengthened, leaving the gathers of the skirt in their proper places.

*Strengthen Corsets.*

Sew two or three thicknesses of muslin to corset where the belt or skirt supporter pins on. This will keep the corset from tearing and can be changed when worn out.

*Old Gloves.*

Durable covers for sofa pillows or chair cushions for old ladies are being made of the wrists of old gloves; only strong pieces should be worked in. Clean thoroughly with gasoline then have pattern of stiff cardboard and cut each piece with care and exactness. The best design is hexagon. A pleasing effect can be worked out of all light shades in center and dark outside or simply hit-and-miss pattern. Join pieces on wrong side by overcasting, using strong waxed thread and a regular glove needle. Line back of cushion with a bright sateen or silk lining.

*Apron.*

Make a good apron of oil cloth and note saving of dirty aprons.

## Home Remedies.

### *Stomach Trouble.*

Stomach trouble in any form can be cured in almost every case if this remedy is persisted in. For dyspepsia, indigestion, fermentation, etc. If you are weak in mornings, have brought to your bed one hour before breakfast one pint of hot water just as hot as you can possibly sip it, with one-fourth teaspoonful each salt and soda and a generous sprinkle of red pepper. Have a small glass especially for the purpose set beside your plate and first thing when setting down to each meal pour about two tablespoons of milk into the glass and stir in one-fourth teaspoonful of cayenne pepper and drink before taking any food. This arouses the secretions of the stomach. Then eat a light breakfast of very brown toast and soft boiled egg and whatever cereal agrees with you, but Quaker Rolled Oats suited my case exactly and they always form the best and most essential part of my breakfast and I believe from my own experience that almost any stomach can assimilate Quaker Oats and there is nothing more nourishing. Again one hour before dinner drink one pint of hot water prepared in same way as for breakfast. If your digestion is too weak for most foods nothing can take the place of raw oysters made very hot with red pepper. I lived on them myself six weeks after a three months' strictly milk diet, and gained in health

and strength every day. Take hot water before supper and at bed time prepared same as above. This will surely relieve you and length of time for taking must be governed by seriousness of trouble.

*For Inactive Liver.*

Broken doses of salts often proves effectual. Make up a tumbler of water with one and one-half tablespoonfuls of Crab Orchard salts and let it stand long enough to dissolve.

Every two hours take a tablespoonful of mixture. Keep this up for ten days and rest ten days and begin again and so on until relieved. There is a brine made from the salts sold at Crab Orchard Springs which is much superior to the salts and I would advise the use of this when possible, which you can secure by writing to the present owner, Mr. J. B. Willis, and for stomach trouble there is no better remedy on the market. In fact, to spend a few weeks at this famous old resort and drink this brine in connection with the waters fresh from the springs will cure stomach trouble in its most aggravated form.

*To Remove Moles and Warts.*

Crack a snail and dip finger in slime and apply three nights in succession and mole and warts will disappear.

*Goiter.*

Said to remove goiter on neck. Rub juice out of grape-fruit, apply until it disappears.

*Chapped Hands.*

Instead of washing hands in soap use oat meal and dry the hands with oatmeal after each washing instead of using towel.

*Cover Corns.*

Take common yellow laundry soap and dampen until soft enough to form a paste and apply to corn night and morning in form of poultice. It will sure come off with a few applications.

*Bad Breath.*

The very best thing for this is concentrated solution of chloride of soda from six to ten drops in wineglassful of fresh water. Take last thing after you have made your toilet and on going to bed and if the mouth is well rinsed with a teaspoonful of chloride in tumbler of water the bad odor of the teeth will be removed.

*Lyon Brand Wine.*

While I am strictly temperate myself, I realize that there are a great many run-down and anemic constitutions that require the appetizing and stimulating effect of a reliable brand of wine which, however, should be selected with the utmost care, else the effect would be quite the opposite from the one desired. I would advise in every instance possible to secure a California wine called the Lyon Brand. It is not only the purest and most wholesome wine in use, but



is sold under a guarantee of being well aged and made from the freshest and purest California fruits. For medicinal as well as all other purposes for which wine is used it has no equal; having that rich, mellow flavor so much sought and so difficult to find. It can be obtained of H. Grossman, Fountain Square, Cincinnati, Ohio, who also handles a very superior brand of ripe olives and olive oil. I dare say after once using H. Grossman's goods you'll never want any other.

#### *Hiccoughs*

May be relieved by taking nine swallows of water without taking a breath, or eating a piece of ice or by taking a pinch of snuff.

#### *Heart Burn.*

An agreeable drink for heart burn. Juice of lemon sweetened to taste, a level teaspoonful of soda, put in three-fourth tumbler of water and stir in lemon and sugar. Drink while effervescing.

#### *Leg Cramps.*

Bend the foot strongly toward the shin bone and nothing is better than to stand up and dampen the hand with saliva and rub vigorously under the knee.

#### *Mouth Sores.*

Touch the little spots that come inside the mouth with a little burnt alum.

*Fever Blister.*

After mopping with a piece of raw cotton dipped in sweet spirits of niter they will disappear like magic.

*Neuralgia.*

Fold a large towel several times and wring out of very hot water to which has been added one heaping tablespoon of Epsom salts to each quart of water. Apply to affected part; repeat heating as it cools by returning to fire. This will often relieve both toothache and neuralgia when other measures fail.

*Don't Catch Cold.*

Whenever you begin to feel symptoms of taking cold, chilling, shivering, sneezing, etc., you may be sure the blood is going from the surface and internal congestion has begun which so often causes serious results. Begin right then to take most vigorous exercise. Walking, sweeping, jumping, running, wood-chopping, and anything that will get up a brisk circulation. Drink in connection a pint of hottest water possible, made strong with red pepper and as a rule your cold is ended hardly before it began. Try this by all means. It never fails if begun in time.

*Hot Milk.*

Is the finest stimulant known when one is tried, nervous and cold nothing helps so much as a pint of very hot milk siped as hot as can be borne at bed time.

*Cold Feet.*

Rub the feet and limbs every morning with damp salt and rinse with cold water. Dry with a towel that has been wrung out of strong brine and dried which will be rough with salt. Rub vigorously with this rough towel the entire limbs and feet until in a perfect glow. This will cure cold feet entirely.

Anxiety acts as a poison and produces the same effect as other poisons. Worry raises the blood pressure and is very injurious to health and good looks.

*Sick Headache*

Is often relieved by taking a tablespoonful of lemon juice in one-half glass of very hot water about one-half hour before meals and at bed time.

*Hoarseness.*

Beat the white of an egg until stiff; add juice of one lemon and a tablespoonful of honey or sugar. This mixture affords much relief in hoarseness.

*To Prevent a Sneeze.*

My mother taught me this way to shut off a sneeze, and I have been spared embarrassment and mortification by remembering it. When you feel an inclination to sneeze lay the forefinger across the upper lip, close under the nose, and press down hard.

*Cramps.*

For stomach cramps, ginger ale or a teaspoonful of

the tincture of ginger in a half-glass of water in which half a teaspoonful of soda has been dissolved.

*Stye on the Eyelid.*

Put a teaspoonful of black tea in a small bag; pour on it enough boiling water to moisten it; put it on the eye pretty warm. Keep it on all night, and in the morning the stye will most likely be gone; if not, a second application is sure to remove it.

*Poison Oak.*

A standing antidote for poison by poison oak, ivy, etc., is to take a handful of quicklime, dissolve in water, let it stand half an hour, then paint the parts with it. Three or four applications, it is said, will cure the most aggravated cases.

*Sick Stomach.*

When a person is "sick at the stomach," ice taken into the mouth in small pieces and allowed to melt before swallowing will, in many instances, relieve the discomfort.

*Diarrhoea.*

Boil one-half pint fresh milk, after cool stir in one tablespoonful of flour; drink cold. A simple but fine remedy.

*Sand Bag.*

One of the most convenient articles for sick room

is a sand bag. Get nice, clean sand and dry it on stove in a pan, make a bag about eight inches square of flannel, fill it with dry sand; sew opening carefully together, cover this with bed ticking or heavy linen to prevent sand from sifting out and also enable you to heat bag quickly by placing it over or on top of stove. After using this you will never want a water-bottle or hot iron again.

*Earache.*

Roast an onion, put a few drops of laudanum and sweet oil upon it while warm, press the juice into the ear while warm and stop it with wool; bind the warm onion to the ear.

*Congestive Chills.*

Give from ten to fifteen drops of spirits of turpentine in a wineglass of toddy; make a liniment of equal quantities of turpentine and camphor, with this rub the spine, chest and extremities well, but not enough to blister; rub until reaction takes place; a cloth saturated with the mixture should be placed on the chest.

*Chronic Diarrhoea.*

Drink tea made of orange peel sweetened with loaf sugar, and use as a common drink 24 to 36 hours.

*Neuralgia.*

If you have a case of neuralgia gradually coming on, remaining at its height for a time, and gradually

leaving, take a dose of stannum and you will certainly relieve yourself in a short time, and the neuralgia will not return.

*Remedy for Chilblains.*

One egg, well-beaten; diluted acetic acid, eight ounces; spirits of camphor, one ounce; oil of turpentine, half an ounce; tincture of arnica, one drachm. Soak the affected parts in hot water and dry them, shake the lotion well, rub it in well, and allow to dry before the fire.

*To Cure a Felon on the Hand.*

Take sassafras bark—the inside bark—dry, and grate it fine, and wet in a teacup of cold water for a poultice. Apply to the felon and wet once in five minutes in cold water. This, followed up, will draw it to a head in twenty-four hours, without any pain and without injury to the hand. Use the bark of the root.

*Diphtheria.*

Sulphur will kill any fungus growth such as the poison of diphtheria makes in the throat.

One teaspoonful of flour of sulphur, mixed with a little water and used as a gargle, or still better, blown into the throat in the dry state, through a quill or a bit of writing paper rolled in a small tube form. Dip the end of the quill in the powdered brimstone until it holds perhaps half a teaspoonful; placing the sulphur end in the child's mouth, taking the other end



in yours, give a quick, short blow of your breath, and the sulphur is applied.

A physician in one of our large cities who has never lost a case of diphtheria, takes nothing else as a remedy on his rounds but the quill and the sulphur.

*Salve.*

The following is a fine salve for burns and cuts or sores of long standing: Take equal parts of melted beeswax, mutton suet, pulverized rosin, burnt alum, honey, venice of turpentine, sweet oil; cook over a slow fire all together, stir until it commences to thicken then strain through a cloth and pour in earthen pots.

*Mint Julip for Nausea.*

Put a few sprigs of fresh mint in the bottom of a tumbler, if convenient add a teaspoonful of cracked ice in another tumbler, dissolve a tablespoonful loaf sugar in enough water to fill the tumbler half full, add a wineglass of good brandy; stir in well and pour over the mint, give this in small quantities; put a mustard plaster on the stomach.

*Plaster for Chest Affection.*

Dissolve together mutton suet and beeswax the size of a hen's egg, a tablespoon each of sweet oil, laudanum, turpentine, spirits of hartshorn, one ounce gum camphor, melt all together but the hartshorn, add that after the other things are melted; spread on a cloth.

*A Good Remedy.*

Blistered feet from long walking: Rub the feet, at going to bed, with spirits mixed with tallow, dropped from a lighted candle into the palm of the hand.

*Hydrophobia.*

The cure of that terrible disease known as hydrophobia is a very simple one—one within the reach of all; that the poor man as well as the rich, may easily obtain. It is of itself a powerful vegetable poison. But it possesses those counteracting properties necessary to annul the poison that exists in the disease, hydrophobia. This remedy you know as the herb lobelia—nothing more. Tie the leaves wet with warm water, applied to the wound if there be any, and give of the tea, made very strong, till the patient experiences a thorough change, and the muscular system has come under influence of the remedy. Medical men inform us that it will not produce vomiting when the disease hydrophobia is upon the system, but it will act as a powerful agent in neutralizing the poison, which is of an opposite character to itself, and will, they tell us, in nine cases out of ten, prove thoroughly effectual given before the second spasm seizes the patient. After that it is not so sure. But before that, it is always, they tell us, a sure remedy. Now treasure this little bit of knowledge, every one of you, for you do not know how soon you may have need of it.

*A Cure for Inflammatory Rheumatism.*

I have found cold applications the most effectual. Indian meal and cold water poultice, kept wet and cool, will stop its progress and break it up quicker than any other application. And now for a remedy to drive it from the system, with all its kindred—neuralgia, sciatica and lumbago—for they all are kindred and will succumb to the same treatment. When poke berries are ripe, gather enough to fill a pint bottle. They must not be bruised. Fill the bottle with good fourth proof whisky. Let it stand where it will keep warm forty-eight hours, when it is ready for use. Dose, a teaspoonful three times a day.

*Cure for Hydrophobia.*

A German forest-keeper, sixty-two years of age, not wishing to carry to the grave with him an important secret, has published in the Leipzig Journal a recipe he has used for forty years, and which, he says, has saved several men and a great number of animals from a horrible death from hydrophobia. The bite must be bathed as soon as possible with warm vinegar and water, and when this has dried, a few drops of muriatic acid poured upon the wound will destroy the poison of the saliva, and relieve the patient from all present or future danger.

*A Cure for Erysipelas.*

Common salt, copperas, blue stone, of each a piece

about the size of a pea. Place in a half-pint bottle, pour in enough strong cider vinegar to fill the bottle; shake well and let stand until dissolved. Apply on cloth carefully, as it will stain. Will cure salt rheum, felons, etc.

### *The Cure of Ears.*

Never put anything into the ear for the relief of toothache.

Never wear cotton in the ears if they are discharging pus.

Never attempt to apply a poultice to the inside of the canal of the ear.

Never use anything but a syringe and warm water for cleaning the ears from pus.

Never strike or box a child's ears; this has been known to rupture the drum and cause incurable deafness.

Never wet the hair if you have any tendency to deafness; wear an oil-silk cap when bathing, and refrain from bathing.

Never scratch the ears with anything but the finger tips if they itch. Do not use the head of a pin, hair-pins, pencil tips, or anything of that nature.

Never let the feet become cold and damp, or sit

with the back towards a window, as these things tend to aggravate any existing hardness of hearing.

Never put milk, fat or any oily substance into the ear for the relief of pain, for they soon become rancid and tend to incite inflammation. Simple warm water will answer the purpose better than anything else.

Never be alarmed if a living insect enters the ear. Pouring warm water into the canal will drown it, when it will generally come to the surface, and can be easily removed by the fingers. A few puffs of smoke blown into the ear will stupefy the insect.

Never meddle with the ear if a foreign body, such as a bead, button or seed, enters it; leave it absolutely alone, but have a physician attend to it. More damage has been done by injudicious attempts at the extraction of a foreign body than could ever come from its presence in the ear.—*Health and Home.*

Nervous spasms are usually relieved by a little salt taken into the mouth and allowed to dissolve.

Chlorate of potash dissolved in water is a standard remedy for sore throat, particularly if the throat feels raw.

Hemorrhages of the lungs or stomach promptly checked by small doses of salt. The patient should be kept as quiet as possible.



Sleeplessness caused by too much blood in the head may be overcome by applying a cloth wet with cold water on the back of the neck.

#### *Medicated Blackberry Cordial.*

A correspondent of the Christian Advocate has sent to that paper the following recipe of medicated blackberry cordial, which she says was obtained from a celebrated physician in the lower part of the State, and has been used with great success: Two quarts blackberry juice, one pound loaf sugar, half ounce nutmeg, half ounce cinnamon, half ounce cloves, quarter ounce allspice and one pint brandy. Pulverize the spices and add to the juice, and boil for a short time. When cold add the brandy. Keep in a cool place. Dose, from a teaspoonful to wine glass, according to age.

#### *The Value of Olive Oil*

As a medicine is not sufficiently appreciated. I know from experience what it does for rheumatism; a teaspoonful three times a day before meals will prevent its return. The oil dissolves the calcareous matter and eliminates it from the system. It will arouse a torpid liver, therefore improve the complexion. It will increase flesh, and is even beneficial when applied externally. The "olive-oil cure" is especially soothing to the nerves, and, in fact, seems to be an "all-round" cure.



*For an Obstinate Cough.*

Liquid pitch (tar) twenty drops; sweet spirits of nitre, one drachm; simple syrup, two ounces. Mix. When the cough is troublesome, take a teaspoonful night and morning.

*Gravel.*

Alcohol, one quart; bruise juniper berries, three ounces. Let stand, after thorough shaking, one hour; then bruise peeled onions and fill the bottle; let stand for a week; strain and take a tablespoonful three times per day, in same quantity of water. Eat of raw and boiled onions, asparagus and spinach plentifully.

*Inflammation of the Bowels.*

Perfect rest in bed; light nourishing diet; no warm drinks; bowels at first moved with dose of castor oil. If pains, put over them hot flax-seed poultices, and take off when cold; rub then with warm flannel gently downward. Patient can drink of "Fever Drink."

*Hysterics.*

This complaint has its origin in many causes, and the cause should be discovered before treatment. If, however, this proceeds from temper, a pitcher of cold water dashed in the face with no sympathy expressed, brings the patient rapidly to his senses. If this trouble arise from other causes or functional derangements, it is best to procure a physician. When hysterics are pro-

duced by giving way to immoderate grief, let the patient have change of scene, cheerful company, kind treatment, and nothing to excite the nerves be indulged in.

#### *Inflammation of the Brain.*

In this disease the hot foot bath and moving of the bowels should be the first thing to be done; room dark, kept quiet and well-aired. The head of the patient should be kept cool with very cold water, in which tincture of arnica, aconite or belladonna has been introduced, say a tablespoonful of either in a pint of water, taking care to remove the cloths frequently before they become warm. Keep lower extremities warm by such means as indicated in the article on "Drowning." Patient should be allowed to drink "Fever Drink" medicine internally. Give alternately every two hours a teaspoonful of tinc. aconite, ten drops in a goblet of water; tinc. belladonna, ten drops in a goblet of water.

#### *Whooping Cough.*

An excellent remedy for whooping cough I found in a preparation of linseed oil and common black molasses, equal parts, well mixed, and a teaspoonful taken at every coughing spell. 'Tis disagreeable to take at first, but children soon learn to take it.

#### *For Cold.*

A flaxseed lemonade is excellent for a cold. Try a small quantity at first. To do this take a pint of

water and add two tablespoonfuls of the seed, the juice of two lemons, not using the rind, and sweeten to taste. When too pasty the mixture may be diluted with water. Always ice for drinking.

*Milk to Fatten.*

Drink four quarts of milk each day and you will soon gain the desired flesh, and have a round, pretty neck, plumpy arms, large bust and full face.

*Delicate Stomach.*

Boil a pint of sweet milk, season with cinnamon and sweeten to taste; cinnamon from the apothecary, broken into bits, is better as a rule than the ground cinnamon from the grocery. Hot or cold, this is a good thing for a delicate or empty stomach.

*Cough.*

Take one quart of water, make it thick as gruel with wheat bran, boil twenty-five minutes, then strain through a cloth. The liquid will be as thin as for gruel. Add a little nutmeg and sugar to suit taste. Take it often, one or two swallows. Drink a pint each day, and soon the cough will leave entirely. Give this a fair trial, say for one month, daily.

*Toothache.*

For ordinary toothache, which is caused by the nervous system being out of order or by excessive fatigue, a hot bath will so soothe the nerves that sleep will

naturally follow, and, upon getting up, the patient will feel very much refreshed and the toothache will be gone. For what is known as the "jumping" toothache, hot, dry flannel applied to the face and neck is very effective.

#### *Capsicum in Delirium Tremens.*

Dr. Lyons urges the use of capsicum in from twenty to thirty grain doses in the invasive stages of delirium tremens. He administers it in bolus or capsules. A simple dose sometimes produces profound and refreshing sleep, and thus cuts short the disease. Several cases are narrated showing the beneficial efficacy of the drug when thus used. As capsicum belongs to the great order of the Solanaceae, Dr. Lyons suggests the possibility of its containing a narcotic principle hitherto undiscovered.

#### *A Cure for Tetter.*

David Temple, Sparta, Ill., sends the following, which he pronounces as an infallible recipe for the cure of tetter: Take the milky liquid which flows freely from the leaf or stalk of "milkweed" when broken, saturate the affected parts with it once or twice a day, and the tetter will disappear.

#### *Worth Knowing.*

To neutralize any poison, mineral or vegetable, taken intentionally or by accident, swallow two gills of sweet oil.

*A Lotion for Weak Eyes.*

Twenty drops of laudanum and five drops of brandy in a wineglass of water. Apply three times a day as warm as the eyes will bear it.

*How to Stop Bleeding.*

Some persons have a tendency to bleed, no matter how slight the cause. A small cut, scratch or the extraction of a tooth will cause profuse bleeding and sometimes endanger life. When from the latter cause take a little powdered chalk, roll it up in lint in the form of a cork or plug, dip in spirits of turpentine and press it into the cavity. Change it every ten or fifteen minutes until the bleeding is stopped. Let the last plug remain over night, and then do not pull it out, but wash the mouth in tepid water after the first few mouthfuls.

Bleeding from the nose is seldom serious except in old persons. It is often good for children, if not too copious. If symptoms of faintness ensue, let the person sit upright, bathe the face and neck with cold water or dash cold water on the face, or, better still, take a cloth or towel, fold, dip in cold water and bandage the forehead, and raise the arms as high as possible over the head or cross them firmly behind the back. This action has the effect of contracting the muscles of the neck and diminishing the rush of the blood to the head. In very obstinate cases pincers of very finely powdered alum may be inhaled or alum water snuffed up the nos-



trils. Plugging the nostrils should not be resorted to unless by a physician, for, if not properly done, the blood, instead of being stopped, finds its way to the top of the throat and is swallowed.

*Simple Cure for Cold Feet.*

The following remedy for cold feet is recommended by the Fireman's Journal for sedentary sufferers, as well as policemen, car drivers, and others who are exposed to the cold: All that is necessary is to stand erect and very gradually to lift one's self upon the tips of the toes, so as to put all the tendons of the foot at full strain. This is not to hop or jump up and down, but simply to rise—the slower the better—upon tiptoe, and to remain standing on the point of the toes as long as possible, then gradually coming to the natural position. Repeat this several times, and by the amount of work the tips of the toes are made to do in sustaining the body's weight, a sufficient and lively circulation is set up. A heavy pair of woolen stockings drawn over thin cotton ones is also a recommendation for keeping the feet warm, and at the same time preventing their becoming tender and sore.

*For Sensitive Teeth.*

Dissolve three lime tablets in a glass of water. Take a mouthful, working it about between the teeth, retaining as long as convenient. Do this about three times a day and the sensitiveness will disappear.



Country druggists, as a rule, do not keep the tablets but any city druggist can supply you.

*Rheumatism.*

The following is a French remedy for neuralgia and rheumatism: Take ten grains of salicylic acid three times a day for three days, and if very severe take the same amount four or five times a day; take in a little cold water. This is a simple remedy, and it is hoped that all who are troubled with these painful diseases will give it a trial.

*Disinfectant.*

For a room where disease has created an unpleasant odor burn green coffee; have a small pan half filled with good solid coals, brown upon them a handful of coffee, pass the vessel under the bed and around the room.

*For Sour Stomach.*

A person who was in the habit of taking a teaspoonful of pulverized pine charcoal for sour stomach, thought it an excellent remedy. It was mixed with sweet milk.

*Cure for Snoring.*

I cannot believe with your correspondent "V," that the happiness of nations may be affected by the discovery of a remedy for snoring, but I do know that a remedy, and a very simple one, is within the reach of

all. The late Dr. O'Dowd, of Kilkenny, discovered a most effectual one, viz.: Olive oil and mustard—six drops of the former to one of the later—taken just before getting into bed, the function of the oil being that of a lubricant, and so acting on the larynx, while the mustard acted, and that imperceptibly, as a sort of counter irritant. So universally was the remedy adopted, and so effectual did it improve, that I don't believe that there is a snore left in Kilkenny.

#### *Faintness.*

It is usually caused by insufficiency or lack of poor air, confinement in a close atmosphere, foul odors, too much eating, or lack of food, or too little rest. Never resort to medicines for such an illness—removing the cause will cure and also prevent recurrence of the attacks.

#### *Bleeding.*

For hemorrhage (bleeding) caused by any injury tightly bandage or tie about the wound, i. e., if the wrist is cut, tie very tightly a handkerchief, towel or anything that will bind, around the arm near the elbow. If nothing is available for binding purposes, make deep pressure with the fingers at the place you desire to bandage. If this does not stop the bleeding, mop off the bleeding spot with an icy cold (or hot as can be borne) water. Never use lukewarm or tepid water, as it always increases bleeding.

*A Simple Cholera Cure.*

"It is a sin," said the late Rev. Dr. William Tracy, who spent the whole of his adult life as missionary in India, and who had experience of many hundreds of cases of cholera," for anyone to die of cholera. If at the first premonitory symptoms he lies down at once and submits to a treatment the principal part of which consists of a patient and persistent rubbing of the abdomen, to be kept up even after apparent collapse has occurred, he is certain to recover."

*Fish Bone.*

To detach a fish bone from the throat, swallow a raw egg as quickly as it can be obtained.

*Constipation.*

A glass of cold water taken the last thing at night and the first thing in the morning will do better service than drugs. Of the utmost importance in this matter is the habit of going to the closet at a regular and fixed time each day, say after breakfast, or at some other set hour. Select a time and always stick to it. An order in removing waste from the body must be observed as scrupulously as that regularity which obtains in supplying the body with food and nutrition.

Cold in the head and chest may be prevented by sponging or washing the neck and chest and back with cold water every morning before dressing. The wet surface should be rubbed dry and until it is red. Mothers

will find children less apt to be, if ever, "croupy," if this bathing is followed out.

Dyspepsia is oftentimes cured by thoroughly chewing one's food and eating slowly. Half a teacup of boiling water taken about five minutes before each meal is very helpful. If a person eats much meat and very little bread and vegetables a teaspoonful of vinegar or lemon juice at the close of the meal will relieve much distress that frequently follows eating. For those who eat less meat and more abundantly of other foods, a tablespoonful of limewater half an hour after meals is very grateful.

#### *Frost Bite.*

There is no simpler or better remedy for frost bites than the following: Extract the frost by the application of ice-water till the frozen part is pliable, avoiding all artificial heat; then apply to it salve made of equal parts of hog's lard and gun powder, rubbed together until it forms a paste, and very soon the frozen parts will be well.

#### *Back Aché.*

Have you ever tried a hot pancake for an aching side or back? Mix flour and water together until you have a thick batter, and cook on a hot griddle with very little grease. Place it between thin muslin and apply to the aching place. A pancake applied to the base of the brain will often relieve a headache, and is recommended for congestion of the lungs.

*A Cheap and Effective Disinfectant.*

The cheapest and most effective disinfectant and deodorizer for purifying and destroying sewer gas, foul air, and the sulphide of hydrogen and ammonium generated in sewers, sinks, cesspools, and on board passenger ships—the main cause of so many fatal fevers and epidemics—is a solution of chloride of lead.

To prepare this solution on a small scale for use, take one-eighth of an ounce of nitrate of lead and dissolve it in one quart of boiling water, and dissolve one ounce of pure common salt in about five gallons of water. Mix the two solutions, and when the sediment subsides, pour off the clear solution and keep in a demijohn for use.

A cloth dipped in this solution and hung up in a sick room, or a little of it dashed into a foul sink will instantly destroy all offensive odors, by uniting with and neutralizing them.

*Snake Bite.*

Bind above the wound tightly, give whisky or wine-glass of sweet oil, bathe the part affected with oil, or beat an onion, as much tobacco cut up fine, the same quantity of salt, pour over this a half tumbler of boil-water, put it in a pot and stew two or three minutes, cord above the wound as soon as possible, apply the poultice, repeat until danger is over; give a wine-glass sweet oil. This is also a good remedy for the bite of a mad dog.



*Cold Remedy.*

Bathing the feet in cold water immediately after getting them wet will prevent one from taking cold.

*Another Cure for Burns.*

Charcoal has been discovered to be a cure for burns. By laying a piece of cold charcoal upon a burn the pain subsides immediately. By leaving the charcoal on one hour the wound is healed.

*To Cure Toothache.*

The worst case of toothache may be cured, except it is connected with rheumatism, by taking alum, reduced to an impalpable powder, two drachms; nitrous spirits of ether, several drachms. Mix and apply to tooth.

*To Cure Coughing.*

A celebrated physician of London says that coughing may be prevented by pressing on the nerves of the lips in the neighborhood of the nose, by pressing in the neighborhood of the ear, and by pressing very hard on the top of the mouth.

*To Cure Hoarseness.*

When the voice is lost, as is sometimes the case, from the effects of a cold, a simple, pleasant remedy is furnished by beating up the white of one egg, adding to it the juice of one lemon, and sweetening with white sugar to taste. Take teaspoonful from time to time. It has been known to effectually cure the ailment.



*The Cat a Carrier of Disease.*

In a recent medical editorial allusion is made to Kipling's charming account of the first cat in one of his "Just So" stories. "I am the cat that walks by himself, and all places are alike to me," was the speech attributed to this ancient tabby. The housing of these pets is often a serious matter. When you consider that diphtheria, scarlet fever, whooping cough, measles, influenza and ringworm are said to be carried by the "fireside sphinx," surely this ought to be a sufficient warning for great care in regard to the domestic cat. A most important point to remember is that these animals should be strictly prevented from entering the sick-room.

*Coughing.*

In severe paroxysms of coughing, a tablespoon of glycerine in a glass of hot milk will give almost instantaneous relief.

*Corns and Felons.*

For a felon, when just starting make a poultice of garlic and salt and apply warm; this will surely stop it.

For corns try a poultice of corn bread and vinegar, after nine days the corn will come out, root and all.

A sure cure for bone-felon: Take a pint of common soft soap and stir in it air-slacked lime until it is the consistency of glazier's putty. Make a leather

A thimble, fill it with this composition, and insert the finger therein, and change the composition once in two minutes and a cure is certain. This is a simple remedy for a very painful disease and will be found to be all it claims.

#### *Eczema.*

Bathe the affected parts in strong, salty water, very hot; bathe several times during the day. I know of two cases entirely relieved by this treatment.

#### *Sick Room.*

The room should be kept thoroughly ventilated and a temperature not lower than sixty-eight degrees nor higher than seventy degrees. If the patient is kept warm, air may be freely admitted without the least danger.

The nurse's dress should invariably be neat, tasteful and pretty. Slippers or boots of felt should be worn. To be continually smoothing the bed, pestering the patient with sympathy, and saying a dozen times an hour "How do you feel now?" is enough to drive a sick man wild.

The cross sheet should invariably be kept free from crumbs and wrinkles, as these are a frequent cause of bed sores. Whenever the least redness shows on the patient's body the skin must be at once bathed with alcohol, thoroughly dried and dusted with powdered oxide of zinc.

A sheet folded once lengthwise, laid across the bed,

with the upper edge just touching the pillows and the ends tightly tucked under the mattresses, will be found to act greatly to the patient's comfort. It does not wrinkle like single sheet, and crumbs may be readily brushed off it.

Meals for invalids should look as tempting as possible. The tray should be covered with the whitest napkin, and the silver, glass and china should shine with cleanliness. The patient should not be disgusted by a display of too much food, and should not be consulted beforehand as to what he will eat or drink.

In bathing the invalid should never uncover too large a surface at once. Pin a blanket round the shoulders, fastening it behind, and remove the night-dress under that. Put the hand under the blanket and sponge the skin, a small portion at a time. A woman's hair should be combed every day if she is able to bear the fatigue. If it has become tangled a little sweet oil will loosen it.

Household troubles should be kept far from the sick-room. Above all an invalid or an apparent convalescent should be saved from his friends. One garrulous acquaintance may in half an hour undo the good of a week of tender nursing. In long illnesses a small bed-table will be found indispensable. Every cup, glass, spoon and utensil should be taken out of the room and washed as speedily as possible. As to walking on tip-toe and whispering, nothing can disturb a sick person more.

*Burns.*

Nothing equals white of an egg for burn. Apply at once and as soon as dry put on another coat and keep this up until a thick coating is formed to entirely exclude the air when all pain ceases. This is never-failing and almost stops pain entirely, and usually if gotten on in time will prevent blistering. When for large, bad burn, beat the whites of several eggs, using one tablespoonful of salt to the whites of two eggs; and after it is beaten up well, saturate cotton and apply to the burn. It will draw all the fire out, and then it is so cooling that the sufferer can go to sleep.

*For Warts.*

Dissolve as much common washing soda as the water will take up; wash the warts with this for a minute or two, and let them dry without wiping. Another way is to get a little bullock's gall and keep it in a bottle; rub a little on the warts two or three times a day, and in a short time they will disappear.

*For Boils.*

The skin of a boiled egg is the most efficacious remedy that can be applied to a boil. Peel it carefully, wet and apply it to the part affected. It will draw off the matter and relieve the soreness in a few hours. Simple but efficacious.

*A Mustard Plaster.*

If you want one that will do much good and not blister, mix it with white of egg, and you can let it remain as long as necessary and it will never blister.

*Tender Feet.*

The best remedy in the world for tender feet is Epsom salts in hot water as can be borne. A basin of hot water with a handful of the salts dissolved, soak and bathe the feet one-half hour, adding hot water as water cools. Try this for one week and you'll be surprised at the improvement.

*A Remedy for Tender Feet.*

A remedy for tender feet is cold water, about two quarts, two tablespoonfuls of ammonia, one tablespoonful of bay rum. Sit with the feet immersed for ten minutes, gently throwing the water over the limbs upward to the knee. Then rub with a crash towel and all the tired feeling is gone.

*Rheumatism.*

It is now stated that water of boiled celery is a cure for rheumatism. The celery should be cut into bits boiled in water until soft and the water drunk by patient four times a day. Cut up one bunch to

three parts of water which should make about one quart, when done, enough for one day's use. Drink one teacupful one hour before meals and at bed time. Make fresh every morning. Drink hot or cold.

*Cuts.*

One or two geranium leaves well bruised and bound upon a cut or abrasion will heal it at once.



## Food For The Sick.

Always prepare food for the sick in the neatest and most careful manner. In sickness the senses are unusually acute, and far more susceptible to carelessness, negligence, and mistakes in the preparation and serving of food than when in health.

### *Raw Eggs.*

Nothing is so strengthening to a run down constitution as raw eggs and should be taken as many as possible each day. Begin by taking two a day and increase the number gradually up to seven or eight. This can usually be digested by the most delicate stomach. Take with a little lemon juice and a sprinkle of salt, swallow a whole egg at one gulp. In a little while one can cultivate a taste for them.

### *Gruel From Corn Meal.*

Mix smooth with cold water two and one-half table-spoonfuls of meal and a little salt to taste; stir this in one quart of boiling water and cook twenty minutes, stirring all the time and should it become too thick thin with water, add a little butter and black and red pepper. This is fine to drink next morning after taking calomel. Drink real hot.

### *Baked Apples.*

Get nice ripe fruit, a little tart and juicy, when the

skin breaks and they prick tender with a fork they are done. Sprinkle over sugar and serve cold.

### *Beef Juice*

Is an invaluable form of nourishment. Secure a nice thick steak and hack well on both sides. Have a skillet real hot and put the beef in and leave in just long enough to start juice which is only an instant if the skillet is hot enough, turn and take up immediately and cut in pieces about two inches square. Put into a small meat or fruit press and press until the meat becomes colorless; pour this juice into a heated cup standing in hot water; add a dash of cayenne pepper and salt.

### *Beef Marrow*

Is one of the greatest delicacies and very nutritive and especially recommended to those predisposed to tuberculosis. Order the marrowbone cracked in three lengths, wash off with cold water; cover each end with a paste of flour and water to hold in marrow; put in a clean cloth and tie securely each end and drop in fast boiling water; boil for a couple of hours or more, then remove cloth and bake in oven for one hour. Remove marrow, season with salt and pepper to taste and serve on hot toast on hot platter. The good results of this will more than repay for the trouble.

### *Mutton Broth.*

Mutton broth is one of the most valuable features

of invalid diet. It is nutritious and substantiary. Barley or rice and parsley are usually combined with it. Sweetbreads are also valuable food for delicate people. Tripe is also easily digested when young and tender. The white meat of chicken and broth are strengthening and may be thickened by stirring in a well beaten egg.

### *Scraped Beef.*

One of the first forms of solid food perscribed in convalescing. Take one pound or less as required of the round of raw beef and with a silver-plated knife scrape off the surface meat diagonally until a desired quantity of soft, red pulp is obtained. This will be found as tender almost as marrow. Spread upon dainty slices of whole wheat bread. Season with salt and pepper and make into dainty sandwiches. For a change these may be placed into a wire shield and toasted a delicate brown on both sides. Serve while hot and crisp.

### *Panada.*

Split six Boston crackers and put in layers in a bowl, sprinkle each layer with salt and sugar. Cover with boiling water, cover the bowl closely and set in an open oven for at least an hour. The crackers should be clear and soft. For six crackers allow two table-spoonfuls of sugar and a pinch of salt.

*Eggs for Invalids.*

Invalids sometimes find it very hard to swallow the raw eggs prescribed by physicians. If the following hints are observed it can be done with perfect ease. Put a few drops of vinegar in a cup, break the egg into the cup, being careful not to break the yolk, salt and pepper to taste, put a few drops of vinegar on top of the egg, throw back the head and take the egg in the mouth when it will slip down the throat almost without any effort and with no taste at all except a very slight taste of the vinegar. I have seen this very successfully tried by an invalid who had found it impossible to take this most nourishing food for invalids until this plan was tried.

*Strengthening Jelly.*

Two quarts of water, three pound knuckle of veal, one-half pound lean beef, a little white pepper, salt, mace, and onion. Boil to half the quantity, then add the juice of half a lemon, and the whites of three eggs. Put all into a saucepan, stir well, and let it boil; then strain through a jelly-bag. It may be taken either hot or cold.

Toast on both sides slice of stale bread from which all the crust has been removed. Put in a bowl, sprinkle each slice with a little salt and sugar and pour in enough boiling water to cover all.

Fit a lid on top of the bowl and set in an outer pan of boiling water. Simmer gently until the bread

is as tender as jelly. Eat hot with powdered sugar and a little nutmeg.

Very savory beef tea suitable for a convalescent may be made in the following manner. Take two ounces of butter, put it in a frying pan or spider over a clear fire; when it is melted throw in two small onions shredded finely, stir them until they are a nice brown. Have ready one pound of lean beef cut into pieces the size of dice, put in the pan and let it brown also. Turn the contents of the spider into a saucepan, add one quart of cold water and let it simmer until reduced to a pint. Strain it before using.

The pure juice may be extracted from beef in two ways. First, by cutting the meat in small pieces, putting them in a tightly corked bottle, immersing it in hot water and boiling for several hours. Second, by taking a thick piece of juicy steak, broiling it on a gridiron over a clear fire for a few moments, then cutting it in strips and pressing it in a lemon-squeezer. The juice thus obtained may be given cold or hot. It may be frozen, broken into lumps and given like cracked ice. A little salt should be added before using it.

An invalid who has tired of hot beef tea will sometimes drink it cold, or iced, with great relish. Enough isinglass or gelatine may be added to the juice to make a jelly, which can be flavored with essence, or celery, or anything the patient may fancy.

Raw meat is very nutritious, and may be prepared by shredding the beef extremely fine, removing every particle of skin and fat, and mixing it with cracker



crumbs. A little salt and pepper may be added and the mixture rolled into tiny balls.

On the subject of preparing drinks for fever patients, an exchange says: "Drinks made from fresh or preserved fruits are sometimes useful in fevers. Rhubarb tea is a very refreshing spring beverage. Slice about two pounds of rhubarb, and boil for a quarter of an hour in a quart of water; strain the liquor into a jug, adding a small quantity of lemon peel and some sugar to taste; when cold it is fit for use. Apple water may be made in the manner. The apples should be peeled and cored. Sugar should not be added to either of the above until after the liquor is removed from the fire. In the absence of fresh fruit, a pleasant beverage may be prepared by stirring sufficient raspberry jam or currant jelly into the required quantity of water, straining the liquor before giving it to the patient."

*To Prepare an Egg for an Invalid.*

Beat the egg until very light, add seasoning to the taste; then steam until thoroughly warmed through, but not hardened; this will take about two minutes. An egg prepared in this way will not distress very sensitive stomachs.

*Gruels.*

Flour and arrowroot gruel is made in the same way but cooked only ten minutes.



Farina gruel is made with milk and cooked one hour in double boiler.

Boil oatmeal gruel one hour and strain.

*Barley Water.*

Wash two tablespoons pearl barley, scald with boiling water, boil five minutes, strain. Add two quarts cold water, simmer till reduced one-half. Strain, add lemon juice to taste. Good in fevers.

*Wine Whey.*

Scald one cup milk, add one cup wine, cook gently till it wheys. Strain through cheese-cloth.

*Beef Tea.*

Chop very fine one pound lean beef round. Cover with one-half pint cold water. Stand in cold place one hour. Set over hot water, stir till liquid begins to turn color. Strain, add pinch salt. To reheat, set cup in pan of hot water.

*Restorative Jelly.*

Put in glass jar one-half box granulated gelatine, one tablespoon granulated gumarabic, two cloves, three tablespoons sugar, two tablespoons lemon juice, one cup port wine. Stand in kettle cold water, heat till all is dissolved. Strain in shallow dish. Chill. Cut in one-half inch squares.

*For Teething Children.*

An excellent gruel for children that are cutting teeth is made as follows: Tie a quarter of a pound of wheat in a thick cloth, place in one quart of water and boil for three hours. Remove the cloth and expose the flour to the air until it has become hard and dry. When wanted, grate from it one teaspoonful, put it into a pint of new milk. Place over the fire and stir until it comes to a boil, then add a pinch of salt and a tablespoonful of cold water.

*Oyster Toast.*

Make a nice slice of dry toast, butter it well and lay on a hot plate. Put about six oysters, well washed, and put into a teacupful of rich milk; put this in teacup or pan and season with salt, pepper and pour over hot toast. Serve at once.

*Blackberry Cordial.*

This will be found under head of beverages. It is a fine medicine in summer bowel troubles, especially in teething children.

## Toilet.

The very first thing to be considered is cheerfulness. Some people will be cheerful under any livable conditions, others are correspondingly gloomy and dismal. Therefore as a matter of convenience always make the best of things. A smile and a bright word will lead you to success, where dismal thoughts always mean failure in everyway. Never look upon your task as a hardship. It is more often the mental attitude than the physical one that tires us more than the real work. If a lythe and graceful figure is desired as age advances one must keep up and even increase their activities and only eat enough food as the body requires to keep up the balance waste and repair. A few simple exercises gone through with each day will help much toward retaining one's activity and good figure. Live as much as possible in the open air and above all, keep regular hours in everything. Household work is really beneficial if you use the body naturally. When you must bend forward use the hip joint and not the back. Always remember when sweeping to use the broom with your arms and hands, do not bend forward and bend the back as a rounded back is very old looking. Be happy under any and all conditions as it is possible for you to be. Have the house full of fresh air and sunshine and it will certainly help very much toward making you feel and look young.

*Bath.*

Bathing is most essential to health. Never under any conditions miss your morning bath. If you have no bath room take a good sponge bath and a good rubbing with a course towel until the skin glows. This is freely which is so necessary to health. A warm bath opens the pores and causes the perspiration to flow is best at night, it is relaxing, restful and soothing to the nerves and is always the proper kind of bath at night just as in morning we need to be stimulated and ready for the day's work by taking a cold or cool bath.

*Don'ts for Stout Women.*

The stout woman must not "slump." Her one safeguard is an erect carriage—head up, chest up, abdomen in. This wards off the fleshy back.

Nor must she permit herself to relax. Negligees, comfort and down at the heel attire are not for her. She should keep trim though she nearly passes away with heat and discomfort.

She must watch her manners, particularly her table manners. She may not take liberties with her elbows, lop over the table or eat carelessly. Daintiness is essential if she would not be repulsive.

The stout woman must train herself to light walking. Nothing shows her weight light dragging her feet along clumming heavily feet.

She must learn to take life quietly. Excitement,

rushing and temper are conducive to apoplexy and do not improve looks.

She must be dignified. It moves the onlooker to tears to see the stout woman full of airs and graces and kittenish coyness. Her dignity should not, however, interfere with jollity. The hearty laugh is a hall mark of avoirdupois.

Beyond all she must wear good corsets and learn how to put them on. It makes just the difference between mountains of flesh and a thin stylish figure a trifle too large, but not repellent.

#### *Epsom Salts and Lemon Reducing Treatment.*

Dissolve one pound of Epsom salts in one quart of rainwater. Shave fine three bars of white soap and dissolve in one quart of boiling rain water. When partially cool, beat in the Epsom salt solution. Now add two more quarts of water and it is ready for use. At night rub the preparation on such parts of the body as you wish to reduce, and let it dry in. When morning comes, wash it off. Continue the use of the fat reducer until the desired results are obtained. In addition to this wash, take the juice of half a lemon in a cup of hot water, three quarters of an hour before breakfast. The average reduction in weight is two pounds every week.

#### *Keeping of Stoutness.*

The principal trouble is large appetites; always quit a little hungry and never eat between meals and omit

a meal occasionally. Instead of eating when hungry slowly drink a glass of water with a sprinkle of salt in it and you'll soon get over the habit. Chew all food until about the consistency of cream. If the food is thus masticated, hunger will be satisfied by a much smaller amount. Cut out the best portion of sugar, starches and fats from the diet and take an hour of some form of physical exercise each day, also indulge in as many long walks as possible.

*Orange Flower Skin Food.*

Spermaceti, one-half ounce; white wax, one-half ounce; sweet almond oil, two ounces; lanoline, one ounce; cocoanut oil, one ounce; tincture of benzoin, three drops; orange-flower water, one ounce.

Melt the first five ingredients in a porcelain kettle, take from fire and add the benzoin and the orange-flower water, fluffing it with an egg beater until cold.

*To Keep Young Hold Your Enthusiasms.*

Work by itself will never age you. Cherish your enthusiasms—never let them slip. A buoyant spirit is youth's best friend. It is "what men and women think and know and do that make for success and lasting youth."

*To Soften Water for the Bath.*

A lavender lotion is made up of eight ounces of alcohol, one ounce of ammonia and two drachms of oil of lavender. A little may be used in the bath.



*The Teeth.*

After each meal clean your teeth with a brush of which the bristles are longer at the end, thereby removing particles of food from between the teeth. Use silk floss for the same purpose. Food causes decay, bringing pain and expense. Be careful that your toothpowder is not too gritty, as it will scratch the enamel, the safeguard of the teeth. Salt is a safe, cheap and effectual dentifrice; so is powdered borax. A leaf or two of common sage rubbed on the teeth night and morning cleanses and polishes the beautifully and will help to keep away tartar. An excellent powder is easily made in the following fashion: Crush one ounce of camphor gum with a few drops of pure alcohol, add five ounces of precipitated chalk and three ounces of pulverized orris-root. Mix these thoroughly and sieve three times.

*For a Dry, Itching Scalp.*

For a dry, itching scalp with falling hair, free from dandruff, the following formula has proved excellent: Precipitated sulphur, one part; alcohol, one part; rose-water, five parts; distilled water, five parts. Once or twice a day dip the fingers into cold water and rub the scalp briskly. Do not wet the hair in this way.

*A Massage Movement for the Face.*

Massage movement said to be used in Japan is thus described: The face is gone over with the finger-

tips anointed with a little olive oil or cold cream, little nips being given to the entire surface. The skin becomes red and glowing. After the process a generous application of cold cream is left on the face for a time. Such a procedure stirs up the circulation, bringing color to the cheeks.

#### *Rose Lip Cream.*

Crush a pound of damask rose-petals in a cup of sweet cream. Strain through a piece of gauze and stir in a pinch of powdered vanilla. Rub this dainty concoction on the lips and they will become a beautiful red.

Red lips call for pretty teeth. We must think of some quick way of bleaching the yellow teeth. Here are two good bleaches, either one of them within the reach of all.

Either hold peroxide of hydrogen in the mouth for two minutes daily, or scrub the teeth off twice a week with a piece of lemon. Simple, isn't it?

Do you admire glossy hair, little maid? If you do, you will be interested in hearing about a new way of polishing the hair. Dip a soft, clean rag in brilliantine, then pass the oil-soaked cloth over your pretty locks. In a moment your hair will shine like satin! Do not use too much oil, as this will make your tresses oily instead of brilliant.

#### *Constipation Bread.*

Four cups bran, two cups gluten or whole wheat flour, two cups milk, one cup molasses, two teaspoonfuls

baking powder, one teaspoonful salt, a little melted butter.

Mix well and bake in muffin tins or in flat sheets on layer cake tins in a good oven for twenty minutes.

To purify your blood and stimulate the action of your stomach, drink two glasses of hot water half an hour before each meal and before going to bed. This will rapidly improve the condition of your skin. You might also touch pimples with lotion, formula for which is given below.

#### *Pimple Liquid.*

Precipitate of sulphur, one drachm; tincture of camphor, one drachm; rose-water, four ounces. Apply to spots several times a day.

#### *Pimply Skin.*

You should avoid eating candy, pie, puddings, cake, preserves and gravies, also try to take a thorough body bath every day with lukewarm water. As constipation is apt to cause a blotchy skin, see to it that your bowels move freely. In case they refuse to do so, eat three or four slices of constipation bread at night before going to bed. I am giving you recipe for same herewith.

#### *Freckle Banisher.*

Scrape a teaspoonful of horseradish into a cup of sour milk, let stand for six hours before using.

Apply to freckles several times a day. If you are

anxious to get rid of the wrinkles you must massage gently across the telltale lines for ten minutes daily. You should use the following cold cream to massage with:

*Gouard's Oriental Cream.*

I am glad to be able to recommend a face lotion that is entirely harmless to the most sensitive complexion. I have used it exclusively for the past thirty years and have a complexion so sensitive that I cannot even use the simplest powder. It not only gives one the appearance of a faultless fairness but is both soothing and healing and gives that velvety softness to the touch so much desired. It will not rub off and defies detection and if its use is persisted in it will entirely remove tan, pimples, rash, black heads, and in fact, will give that delicate and refined complexion which is so much admired and envied by everyone. I am really an enthusiast on Oriental Cream and hope my patrons will give it a fair trial.

*Reddish Hair.*

Henna leaves made into a very strong tea will turn light hair a beautiful auburn. If hair is very oily first wash in gasoline by saturating a small cloth and rubbing through the hair a little space at a time. When thoroughly dry wash in henna tea. Repeat after each drying until desired shade. This is perfectly harmless and is fine for hair beginning to turn gray.

*A Good Tooth Wash Highly Recommended by Dentists.*

Powdered camphor, one-third drachm; powdered orris root, one drachm; precipitated chalk, 7 drachms. A little shaved castile soap added will improve the powder. It is well to also give your teeth one good scrubbing every morning with salt on stiff brush. It hardens the gums and is purifying and also keeps off tartar.

*Perfume.*

A pleasant perfume, also moth prevenative. Cloves, caraway seed, nutmeg, cinnamon, mace and tonquin beans, of each one ounce. Then add as much florentine orris root as will equal all the other ingredients put together. Grind in coffee mill to powder. Put in little bags among your table linens, clothes and bedding.

*Sulphur.*

To improve the complexion mix a small quantity of flower of sulphur in a little fresh sweet milk, after standing about two hours rub the milk without disturbing the sulphur into the skin. It will clear up the complexion and keep it very soft. Prepare it fresh every morning as the milk becomes putrid. Should you have pimples it would be well to take one-half teaspoonful of sulphur internally mixed with a little molasses.

*Hair Wash.*

A wash said to bring out the prettiest hues of light



hair: Salts of tartar, one ounce; juice of three lemons; soft water, one quart. A cut lemon, bottle of ammonia and a little borax is a useful adjunct to every washstand.

#### *Hair Tonic.*

A hair tonic prescribed by the eminent dermatologist Erasmus Wilson: Tincture of canthardies, three drachms; oil of rosemary, one ounce; bay rum, six ounces; olive oil, one ounce. Rub the roots with sponge every night.

#### *Black Heads.*

To treat black heads. Draw the affected parts with very hot water and press out the worst ones, then put a little lemon juice in saucer with about ten drops of glycerine and rub this in well with the fingers, after about ten minutes rub the skin with a cut lemon and then bathe with rose water. Use this treatment several nights in succession. Then use a good cold cream to close the pores.

#### *Rain Water.*

Few realize the importance of rainwater in creating an exquisitely and transparent complexion. Every beauty specialist in Europe and America sings its praises and urges its constant use. A small keg under the drip with a cheese-cloth over the top will furnish a supply at most all times.



*Powder.*

The use of a little powder on the face is harmless if the face is thoroughly cleansed before retiring.

*Whitening the Hands.*

Glycerine and fresh lemon juice will both soften and whiten the hands. Mix one part of glycerine and one part lemon juice. It will also aid in removing tan from the face.

*Breath.*

A weak solution of the permanganate of potassa will deodorize you breath.

*Whitening.*

A celebrated white mixture for the face composed of perfectly harmless ingredients is made after the following formula: Bay rum, one ounce; carbonate of magnesia, two drachms; snow flake, two drachms; oil of bergamot, one ounce; oil lemon, one ounce. Mix the ingredients in pint bottle and fill with rain water. When using shake the bottle well and apply with a small soft sponge.

*Cologne Water Fine for Bath.*

Two drachms of rose water; one drachm each of the oil of orange, lemon and bergamot; two drachms of essence of musk; attar of rose, ten drops and one

pint of proof spirits. Shake all together thoroughly three times a day for one week.

*Rose Water.*

For a perfume or culinary purposes, attar of rose twelve drops; rub it up with an ounce of white sugar and two drachms of carbonate of magnesia, then add gradually one quart of water and two ounces of proff spirits and filter through paper.

*Eye Brow Coloring.*

Boil one ounce of walnut bark in one pint of water for an hour; add a lump of alum size of filbert. Bottle when cold. Apply with camel's hair brush.

*Burnet's Celebrated Powder.*

Five cents worth of bay rum, five cents worth of magnesia snowflake, five cents worth of burgamot, five cents worth oil of lemon. Mix in a pint bottle and fill with rain water. Shake well. Apply with soft sponge.

*Color.*

Not one in ten realizes the importance of ascertaining and making a careful study of the one particular color most becoming to her and always having a touch of it introduced in part of her dress.

*Combs.*

Dirty combs cause much scalp trouble and it is a

good idea to dip your combs and brushes daily in hot water containing a little ammonia. You will soon observe an improvement in the hair.

*Shiny Skin.*

To get rid of a shiny complexion. After leaving cold cream on all night and just before starting out next morning take oat meal in palm of hand and moisten with rose water, rub on face until meal rolls off. This removes shiny look from face.

*Good Cold Cream.*

Melt one ounce of oil of almonds, one-half ounce spermaceti, white wax one drachm. Then add two ounces of rose water. Stir constantly until cold.

*Exercises.*

To develop bust and chest try this simple exercise. Clinch the fists vigorously and bring them together in front, the arms being raised to horizontal position with the arms at shoulder level. Gradually separate fists as wide as you can. Repeat this several times during each day and several times at each exercise.

*Round Shoulders.*

Stand erect with hands flattened out on chest, fingers pointing toward each other, elbows and shoulders high, with eyes raised toward ceiling. Slowly bend body forward at hips, keeping eyes fixed on point chosen. Do not let elbows sag. You will feel the pull

of the muscles down to your heels. If faithfully practiced every day you will learn to stand erect without effort. Another good exercise is to first thing on arising in the morning stand erect with hands outstretched on a level with shoulders and slowly raise yourself on your toes and stretch arms backward as far as possible. Retain this position for a moment and then sink back on entire foot. Do this twenty times a day at first and increase each day to a reasonable limit. These exercises will surely straighten shoulders if practiced intelligently.

### *Breathing.*

Breathing exercises will greatly benefit anyone and very much improve the contour of figure and broaden chest. Is fine for indigestion and pulmonary troubles. Here is a very simple one that can be carried out in your own room in front of raised window. It is especially good for delicate and growing girls. Stand as erect as possible with shoulders thrown back and chest forward, the arms hanging close to body, keep the head up and lips firmly closed and inhale very slowly through the nostrils, being very careful to fill the lungs completely with air. While inhaling the arms are to be gradually raised, the back of the hands upward until they approach each other above the head. The movement should be so regulated that the arms should be extended directly over the head at the moment the lungs are completely filled with air. This position should be maintained from twenty to thirty

seconds before the reverse process it begun, as the arms are gradually lowered the breath is exhaled slowly so that the lungs shall be as nearly as possible free from breath at the time the arms reach first position at side. These deep respirations should be repeated five or six times at each exercise and gone through with several times each day. Persist in this exercise and you will find from actual measurement that the chest has been broadened several inches and general health much improved.

#### *Yawning for Health*

Is advocated by a noted German professor of gymnastics. He maintains that deep yawning practiced daily as a regular exercise is the cheapest and surest road to good health. The expansion of the breast bones and the stretching of the arms which accompany a whole hearted yawn together with the filling of the lungs is the best daily exercise that can be practiced.

#### *Neck.*

To prevent lines from forming on the neck. The neck can be kept young and healthy looking if you will follow the three exercises. First. Point the chin over the left shoulder and while keeping the eyes on the ceiling twist the neck around slowly and vigorously till the chin points over the right shoulder then turn neck to starting place. Do this five times; repeat it six times a day at convenient intervals. Exercise No. 2. Let the head fall backward while you stretch the

chin up as high as you can, repeat several times a day. Exercise No. 3. Roll the head completely around slowly ten times without stopping the motion. Repeat as often as you can during each day. The circulation of the blood will be stimulated and the general health of the whole neck improved. These exercises will prevent the accumulation of fat, and make the neck round, elastic and strong. Breathing exercises also help.

#### *Abdomen.*

To reduce abdomen stand with weight on balls of feet and chest well forward, then raise arms in front of body high above the head, turn palms upward, push and stretch up vigorously, feeling a strong pull on muscles of the abdomen. Five minutes at one time is long enough to continue this exercise. It however, must be repeated several times during the day—ten times if possible. Surplus fat on the abdomen can surely be gotten rid of in this way and the muscles so strengthened that there need be no fear of further accumulation.

#### *Crow's Feet*

Do not naturally come with age but are largely made from habit of needless motion and action of muscles of the face which with proper care and thought can be avoided.

#### *A Little Hint to Young Girls.*

Eat quantities of oranges, three times a day, if you



like, as they clarify the complexion. Rare beef is also good for the skin, while veal and pork are absolutely prohibited. Eat only stale bread or thin toast, browned well on both sides.

Bathing the face with buttermilk once or twice a day will reduce the tan and improve the complexion generally. This should be applied liberally and allowed to dry on the face to get good results. And right here girls, let me tell you of a new wash-cloth that many of the smart women are using in New York. They are made of white raw silk, and are said to be extremely soothing to tender skins. You might try them, anyway.

Then, too, the complexion brush will help if you have any enlarged pores. Instead of various makes of coarse soaps, use a soap powder which is very soothing and healing to tanned skins. Here is an excellent powder which should be kept on the washstand in a jar with perforated top, so that it can be shaken out on a cloth or into the water without any great amount of waste.

Bitter almond meal, six ounces, orris root (powdered), four ounces; wheat flour, four ounces; white castile soap, one ounce; powdered borax, one ounce; oil of bergamot, two drachms; extract of musk, one drachm; oil of bitter almonds, ten drops.

Now, some girls do not like that powder, and prefer to use a lotion instead, so I will give one of the simplest and yet most helpful lotions I ever knew of, which any girl can make at home on the kitchen stove.

You take two tablespoonfuls of oatmeal—the kind you use for breakfast—add to it a quart of water and boil for fifteen minutes. Cool and strain this and to the liquid add the juice of one large lemon and a dessert-spoonful of pure alcohol. Bathe the face in this, and when you feel it is perfectly clean, pat it gently with a cloth until dry—then add more of the wash and allow this to dry naturally on the face.

*Lavender Scent Bag.*

Half a pound of lavender flowers free from stalk, half an ounce of dried thyme and mint, a quarter of an ounce of ground cloves and caraways, one ounce of dried common salt, mix them well together, and put them into silk or cambric bags.

Rosemary is considered an excellent remedy to increase the growth of hair. Get a small quantity of the leaves and boil them over a quick fire four minutes, strain, add a little cocoanut oil and a few drops of verbena.

*The Hands and Face in Hot Weather.*

After a journey or long walk on a warm day, it is most refreshing and beneficial to bathe the face and hands in very warm water, and from the face it will remove the unpleasant redness and heat in a very short time, and impart a cool and delightful sensation. The application of cool water to the face and hands when heated from fatigue or exercise is very injurious to the skin, producing redness and eruptions that are seldom

if ever removed. By the addition of a little spirits of wine or gin to the warm water, sunburns will be more likely prevented than by the simple application of hot water, but after a hot walk the face and hands should be bathed for at least a quarter of an hour, the hot water added as the water gets cold. After great fatigue, if a bath is not at hand, to the foot bath may be added a few drops (sixty) of the tincture of arnica, and all fatigue will be speedily removed if the feet are allowed to rest in the bath about a quarter of an hour, and the hands and arms be also bathed in the same way. After rowing or driving, ladies will find these directions very useful.

#### *Cosmetic Gloves.*

(For night wear): Yolk of two fresh eggs, two tablespoonfuls; oil of almonds, two tablespoonfuls; tincture benzoin, one dessert spoonful; rosewater, one tablespoonful. Beat well together. Keep tightly corked. Paint the inside of the gloves every night, and do not wear the same pair longer than two weeks. Use kid or dog-skin gloves, if you cannot get India rubber gloves, which are the best.

#### *For Thin People.*

If the body is thin, drink two quarts of creamy milk every day until the desired amount of flesh is gained. You should gain two pounds of flesh weekly on this amount of milk unless you have very laborious work. In case your body is plump enough, the best way to

plumpen cheeks would be to cover them with a thin layer of skin food—after first bathing them for several minutes with hot water—at night before going to bed. To prevent cream from rubbing off in the night, it would be a good idea for you to wear a mask face. Take a square of heavy wire cloth big enough to cover the face, and cut holes in it for eyes, nose and mouth. Fasten cloth strings to mask with small safety pins, lay mask over face and tie strings at back of head. Do this every night until your hollow cheeks are filled out. You will probably have to take this treatment for five or six months. It is slow work to plump cheeks by local applications. You also might practice filling mouth full of air, until cheeks round out like toy balloons, hold breath for ten counts, then slowly exhale through the mouth. Do this for five minutes, twice a day.

*Plumpening Cream for Hollow Cheeks. . .*

Tannin, one-half drachm; lanoline, thirty drachms; oil of sweet almonds, twenty drachms. Melt the lanoline and oil in a double boiler, stirring till thoroughly mingled. As the mixture cools, beat in the tannin.

*Cosmetic Paste for Hands.*

Oil of sweet almonds, two drachms; glycerine, one drachm; rice flour, one drachm; fresh yolks, two drachms; rosewater, one ounce; tincture of benzoin, thirty-six drops.

Beat all together until a paste is formed. Because

of the eggs this will not keep very long, so you must not make up a large supply.

When the hands have been coated thickly with this beautifying mixture, draw on the kid gloves, first cutting minute holes here and there in the kid. This is so that the hands may have air.

If you will carry out this treatment every night, I am almost willing to guarantee that you will have a pair of as white, dimpled hands as the most exacting girl could desire.

Do you wish your elbows to lose their ugly lumps of calloused flesh? If so, you must bandage them at night as well as your hands. After they have been thoroughly scrubbed, rinsed in fresh water and dried, you must rub into them a liberal allowance of skin food. When this has been done, line a small pad of cotton with the skin food and place it over the elbow point. Now, to prevent pad from falling off, tie a wide strip of cotton cloth over all and run off to bed. This nightly treatment will soon banish those knobby elbows you are so ashamed of.

Next, it is important that the neck should be white as driven snow. This is something the average neck is not, after the winter siege of tight collars. Spring generally finds us women with yellow and collar-marked throats. The only thing we can do is to bleach our throats twice every day with benzoinated liquid, until the ugly scars and tints have disappeared. The lotion referred to is made very easily.

Simply put sixty drops of simple tincture of ben-



zoin into a third of a cup of tepid wated. Mop this on throat until every bit of the discolored skin has been moistened. Let lotion dry into the skin then massage gently for several moments with your favorite skin food.

Don't expect immediate results because you will be disappointed. It is slow work whitening a discolored throat but perseverance wins. Not in a day or two, but in a week or two.

#### *Freckles and Sunburn.*

First, bruise and then squeeze the juice out of the common chickweed, and to this add three times its quantity of soft water; bathe the skin with this for five or ten minutes and wash afterward with clean water night and morning. Second, elder-flowers treated and applied exactly in the same manner. When the flowers are not to be had the distilled water from them (which may be procured fro many drug-gist) will answer the purpose. Third, honey, one ounce, mixed with one pint of lukewarm water; when cold it forms a good lotion. This is commonly called honey-wash.

Mosquitoes, flies and gnats may be kept away by sponging the face and hands with elder flowers.

#### *To Whiten the Finger Nails.*

Take two drachms of dilute sulphuric acid, one drachm of tincture of myrrh, four ounces of spring water and then mix them in a bottle. After washing



the hands, dip the fingers in a little of the mixture, and it will give a delicate appearance to the hand. Rings with stones or pearls in them should always be removed from the fingers when the hands are washed as soap and water spoils jewelry set with precious stones.

*Eyebrows.*

Pretty eyebrows are necessary if a girl wants to be considered good looking, so make a point of brushing and massaging your brows every day. With a small, soft bristled tooth-brush, smooth your brows until every hair lies just as flat as can be. This little brush will be found particularly useful when you have been so unfortunate as to powder the brows as well as the face. Dusty eyebrows are the reverse of beautiful, so be sure and give them a thorough brushing, as soon as you finish powdering your face.

Rubbing some simple tonic into the brows is absolutely necessary if your brows are scanty. When massaging in the hair-grower, be careful to rub with the fall of the hair. Unless you do this, you will have hideous, bush eyebrows, something no girl wants to have.

*Eyebrow Tonic.*

Sulphate of quinine, five grains; sweet almond oil, one ounce.

Be very careful that not a drop of the liquid gets into the eye itself, as quite a serious inflammation would

result. "The less haste, the more speed" is true in this case.

Perfumed hair is very popular just now and I don't wonder. You will be glad to know that this treatment can be easily carried out at home. All you need is a tiny vial of oil of geranium or lavender, with which you moisten the bristles of your hair brush. Then pass the brush lightly over your pretty tresses, until you feel that every single hair has had its share of the sweet perfume.

*For People Who Wish to be Stout.*

The rule will be observed by those persons who feel that they ought to be a trifle stouter, is simply this, says a very practical physician: Avoid excitement and keep your mind as much as possible in a state of repose and free from worry. People of a nervous temperament should control themselves. Learn to sit quietly for a long period, and don't rush about consuming muscular tissue by unnecessary movements. Eat all you can and as often as you can, avoiding hot things, such as hot bread, and that which is made from the finer grades of wheat. Stale bread made of flour containing a portion of the chaff, is far more nutritious than light, freshly-baked bread. The diet should consist of such articles of food as are largely composed of starch and sugar and oil. Meat in large quantities should be avoided. All things should be thoroughly cooked in order that the raw material can undergo the chemical change that otherwise would have to be done

by the stomach. Lastly, sleep as long as your time allows. These rules and such suggestions as you will observe by watching yourself, will soon add all the flesh to your frame that you want.

*Treatment of Toilet.*

Gray hair is not a blemish but a great beauty when properly cared for. And the proper care is, in every case, absolute cleanliness.

A young face with white hair is always attractive and if your health be good you are to be envied. For shampooing, use only the whites of eggs and castile soap—it is so easy to streak gray hair. Make a soap jelly with the castile and hot water, and after it grows firm use one tablespoonful with the white of one egg. As a rule, two eggs are required for a satisfactory shampoo. Beat both together with a little warm water. Rub well into the scalp and through the hair, then rinse in many waters. In the final rinse water put a dash of indigo, not the bluing used in the laundry, but the pure indigo, which may be purchased at the druggist's. It is difficult to state quantity required; have a large basin of lukewarm water, into which slowly drop the indigo until the water is a very light blue. If it be too light, there will be no result; too dark it stains the hair. A little experimenting will soon bring good results. See that your brush and comb are in a state of exquisite cleanliness; nothing so quickly streaks white hair as carelessness in this respect.

*Simple Home-made Shampoo.*

Take the yolk of one egg, one pint of lukewarm rain-water and one ounce of rosemary spirits. Beat the mixture up thoroughly and use it warm, rubbing it well into the scalp. Then rinse and dry in the open air. During the week, massage the scalp every night, dipping the tips of the fingers into a few drops of olive oil.

Now, tan is one thing and freckles are another, and are a much more difficult problem to fight. They will appear on some skins, do what you will, and the worst of it is that they always appear on a very fine, white skin, which without the freckles would be rarely beautiful. Freckles are really a deposit of pigment under the skin, and to really get rid of them they must be reached by some remedy which will destroy the outer skin. Perhaps the most popular and least harmful remedy is pure lemon juice, and if this is too harsh on the tender skin mix it with a little glycerine.

*Hair Pomade.*

White vaseline, three ounces; castor oil (cold drawn), one and one-half ounces; gallic acid, one and three quarters drachm; oil of lavender, thirty drops.

This ointment is so penetrating in character that it goes right to the hair roots, where it is needed. I do not advise staining hair, but would suggest giving the hair follicles a chance to recover strength.

*Carmine Lip Paste.*

Carmine, seven and one-half grains; boric acid, one and one-half drachms; hard paraffin, one-half ounce; soft paraffin, one ounce.

If you do not wish to use a rouge, you might try rubbing a slice of lemon across the lips. This will leave them pleasantly red, provided they were not chapped.

*To Develop Bust.*

Massaging bust for twenty minutes daily with warm cocoa butter will promote bust development. Before commencing the massage, bathe bust with hot water until flesh is scarlet-tinted. After massage dash quantities of cold water over chest and bosom.

*The Best Complexion Aid.*

English girls, more than American girls, seem to realize the magic touch of outdoor sports. Nothing makes a girl more attractive than a perfect, wholesome body. Massage will not do for you what hill-climbing will. Seek after the ideal of perfect health—but seek with a steady purpose of attaining it. Such possession is within the reach of most of us.

*Spotted Veils Bad for the Eyes.*

Spotted veils ought to be banished if you wish to preserve your eyesight.

*For a Shiny Nose.*

Substitute almond meal for soap in washing your face, then powder your nose gently with starch.



*For Chilblains.*

One girl overcame this trouble by bandaging her feet loosely with cloths saturated in crude petroleum.

*What to do for a Red Nose.*

Rub your nose upward from the tip to the bridge, emptying the engorged veins.

*Discouragement Affects Decision.*

When discouraged never decide an important question. Wait until you feel like a conqueror, then use the clearest judgment you possess.

*Cucumber Juice for Massage Cream.*

Cucumber juice for massage cream you can obtain at home by chopping the whole cucumbers very fine, then straining through cheesecloth.

*Face Bleach.*

You can bleach your face to a satin whiteness by using this. Make a thin paste of almond meal and melted cold cream. You might add a few drops of water also. Spread this on the face and lay over it hot moist towels. Get your mother to change these towels for you as your face must be kept covered with them for fifteen minutes. Then do this only a week. In about six treatments you will obtain the desired whiteness of skin.

*To Remove Double Chin*

Consantly tap it with the finger.



## Farm, Garden and Poultry.

Practical farming requires the best thought, the soundest judgment, and the most direct use of "common sense," if the work done is to count.

To the person who has never had any experience with sheep we would advise a start with a flock of from ten to fifteen strong, healthy ewes and one ram. It is well to start with a small flock and let your flock and experience grow together.

### *Hogs.*

. Colonel F. D. Curtis says in the New York Weekly Tribune that a hog is one of the best aids a farmer can have to help turn his farm to a good account. He advises turning the porker into the fields, where he will consume a great deal of course material, not excepting weeds or even thistles, and turn them all into money. He will also make the land rich faster than any other animal, if allowed to do so. Put the hogs in the field and feed them there. No farm is complete in its arrangements unless provision is thus made for the hogs.

### *Cabbage Worms.*

A farmer's wife, writing to the Country Gentleman, tells how she keeps cabbage worms away from the plants. She always has nice cabbages. She keeps an old tin pan full of dry fine earth, and every time she goes into the garden she sifts a spoonful or more of the dust

over the cabbages, and the worms never molest them. Also, by putting plenty of sawdust around current bushes she saves them from the worms, and it makes them bear larger fruit, as it keeps the ground moist and rich.

### *Fertilizer.*

An exchange says that rocky forest land had better be kept in woods until the rest of the farm is in the highest possible state of cultivation. There are millions of acres of poor land partly cultivated that ought never to have been cleared off. Of that which is plowed not one acre in 1,000 is made to produce half as much as it would produce if thoroughly tilled and wisely fertilized.

So long as a stone is not too large to be turned in the furrow, or pass between the harrow teeth, it is a benefit to the soil. It is merely a solid fragment which gradually weathers away and is constantly furnishing fertility as the rain and frost crumble it down. Hence to pick a field clear of these "incumbrances" is to deprive it of a source of constantly accruing plant-food—potash, lime, phosphoric acid and other valuable mineral matter.

### *Potatoes.*

The potatoes from whole seed ripened nine days earlier than those from cut potatoes at the Ohio experimental station.

*Cows.*

A good cow should not be fat, even when not giving milk. Her sides should appear fat, but rather by the deepness of her body than by its narrowness. Her head should be small, neck thin and flat and chest deep. In a very young heifer it is impossible to decide what her bag and teats will be, but an animal that shows these points is worth saving and trying as a cow. One that has a sound body and a coarse, bull-shaped head, will be worth more for beef than for milk.

*Sheep.*

From the statistics furnished from the office of the Secretary of the State Board, it is nearly demonstrated that the yield of wheat is gauged by the number of sheep kept on the farm.

*Thistles.*

Canada thistles, plowed under in the blow in a dry time, are good manure, apparently sent from heaven for a valuable purpose. Allowed to get ripe, we readily imagine they come from the other place.

*Colts.*

Young colts can be easily broke if the right method is pursued. The one we prefer is the following: When the proper period arrives to do so, place the saddle on its back and let it stand for a day or two at a time. The bridle, etc., should follow the same course; then

harness into the wagon and let stand for a day or so; also, do the same out of doors. Food and drink should be given at the proper times in the stall; then try leading it with the harness on; then with the carriage attached, and finally try to drive it. Use it carefully and patience will succeed.

#### *Dairymen.*

A Connecticut dairyman, who has been experimenting with turnips as food for cows, thinks they are worth twenty-five cents a bushel. There is no saving in the amount of hay consumed, but they increased the flow of milk, and were an aid to the digestion of hay and other dry fodder. European experimenters have come to the same conclusion.

#### *Feed for Hogs.*

In summer swine graze and do well on clover, and, indeed, are perhaps as healthy and make as cheap and satisfactory growth on that food as on any other. There is no reason why clover should not enter into the winter rations of swine. Sweet clover hay could be cut up into short lengths and fed wet, along with meal and bran, without much trouble and with the best of results.

#### *Cows.*

If your cows seem indisposed, give them a warm bran slop well seasoned with ginger.

#### *Make Hens Lay.*

Hens will lay much better if given a variety of feed

in winter. A feed of wheat, buckwheat, rolled oats and barley, raw turnips cut in halves, cabbage and kale. This is just as cheap as all grain. Save all the scraps from table and make a pudding about three times a week of left-over gravies, soups, potatoe and turnip peelings, outside leaves of cabbage, all scraps from table, meal, bran, a little wheat bran, in fact, anything will answer for this pudding. Add a little soda and make strong with red pepper; cook low and feed warm. Give parched corn with a little grease of any kind stirred in while hot and sprinkled generously with red pepper two or three times a week. Buttermilk and cabbage is also good to give occasionally.

#### *Healthy Chickens.*

To keep poultry healthy mix a tablespoonful of sulphur with feed twice a week and a few drops of carbolic acid in their drinking water for a few days at a time then wait a few days and begin again.

#### *Setting Hens.*

Always before setting your hen clean out nests thoroughly and whitewash with a solution of lime, crude carbolic acid, salt and sulphur. Then put in fresh nests. It is always best to set hens out of doors in barrel. The top end on the ground with a door cut in side and the bottom of barrel keeps off rain. This keeps vermin from hen house and the chicks are much healthier hatched in this way.

*Sheep Dip.*

If you find you have chiggers and lice among your flock the only sure remedy is to dip them thoroughly in sheep dip, about one pint to five or six gallons of water in lard can of water which is a very convenient vessel to dip them in, rub it in next to skin and see the skin and under feathers are saturated. Dip a warm, clear day and don't miss a single one. Wash off roosts with same mixture.

*How to Make House Plants Grow.*

To make house plants grow saturate the earth around them every day with the coffee left over at breakfast.

Five or six drops of ammonia to every pint of water once a week will make them flourish.

To make bulbous flowers blossom fill a flowerpot half full of quicklime and the remainder with good earth, plant bulbs and keep the earth damp. The heat of the lime, tempered by passing through the earth, will cause the bulb to send forth shoots to blossom.

The colors of red and violet flowers are rendered extremely brilliant by covering the earth in the pots with about one-half inch of pulverized charcoal.

Charcoal does not affect yellow flowers at all in this way.

*Saving a Chilled Pig.*

Of all the means of successfully warming a chilled pig and restoring his interest in things earthly, pro-



bably there is nothing better than a pail or other vessel of water heated to about 95 to 98 degrees Fhr. in which his body and limbs can be submerged for ten or twenty minutes. In many instances it will well-nigh revive the dead. If after this hot bath Mr. Pig is dried and placed where he can suck a well-filled teat, his outlook on the future will be much improved.

#### *Setting Hens.*

Put a handful of powdered sulphur in the nest of the setting hen, scattering it all over the straw and eggs. Also dust it among the feathers of every portion of the hen's body—night is the best time to do it—and you will find that the parasites cannot live. Then the nest being free, the young chicks will not be attacked.

#### *Constipation in Stock.*

If horses or cattle are troubled with constipation, give such animals half a peck of potatoes each day for a week or two. Two quarts of wheat bran, mixed with a horse's oats night and morning, has a tendency to prevent and relieve costiveness. Bran fed moderately and regularly to cows, ewes and brood sows will keep the bowels in proper condition.

#### *Oats for Poultry.*

It is stated by an intelligent and successful dealer, that experiments have satisfied him that chickens from hens fed on oats are much more vigorous and hardy than from those fed on corn.

*Best Harness Polish in the World.*

Alcohol, one gallon; white turpentine, one and a half pounds; gum shellac, one and a half pounds; Venice turpentine, one gill. Mix and let them stand by the stove till the gums are all dissolved; then add sweet oil, one gill, and color, if you wish, with lamp-black, two ounces. It will not crack.

*Feeding Pigs.*

Some farmers think that it does not make any difference where pigs eat. This is a mistaken idea. A platform can be made near the feed house, the size of the platform depending upon the number of pigs. My plan is this: The floor is enclosed by a three-board fence. A gate on hinges made, by which to reach platform from corn-crib and feed-barrel. Six troughs are arranged in twos on the platform, two at each side and two in the middle, so as to allow passing between without soiling clothes and to give sufficient room for the pigs. This number of troughs will accommodate between fifty and one hundred pigs. Another large gate is made opposite the small one. This one slides up and down. It is raised after the slop is placed in the troughs. The pigs then rush in and eat, after which they are immediately driven out, so that the platform is kept as clean as possible. It must be cleaned occasionally. Give pigs large fields to run in, and gradually increase the amount of protein food, thus making blood, bone and muscle so that they can take on fat.

*Recipe for Tanning Hides.*

Take equal parts of alum, salt, and saltpeter, pulverizing together, and rub it thoroughly on the flesh side of the pelt; and then roll it up and let it remain from three to five days; then unroll and work it with the hands until dry and pliable, scraping off all flesh that may have adhered to the hide in the process of skinning, and the hide is then ready for use.

*Soil for Box Planting.*

Always put a barrel or box of rich dirt in cellar before frost comes so you may have it to use in planting your vegetables and flowers in boxes in the house. For in spring the soil is so wet it is impossible to get it in time for early plants. They should be planted in boxes about middle of February.

*For Lovers of Flowers.*

Instead of going into detail on annuals plants, bulbs, flower and garden seeds which would take up too much space I shall adopt what I think to be the better plan and most reliable authority on the subjects. Peter Henderson of Coutland Street, New York, has the leading house of its kind and has been in business longer than any other florist on the continent. He gets out the largest and handsomest catalogue with directions so plain and simple for the culture of each plant that a child could succeed. I must say that his seeds, both for vegetables and flowers, are of the very

finest variety and can be relied upon in every instance to come true to name. He introduced the wonderful Ponderoso tomato which is by far the most desirable tomato in cultivation. I have exhibited it a number of times and never failed in any instance to carry off the blue ribbon. His roses, sweet peas, and asters are also equally fine. In fact, everything he advertises can be relied upon as the very best and one would do well to buy exclusively from the large catalogue which he is always glad to send on application.

4-11-44.

This preparation sold by druggists under a positive guarantee after using one-half bottle to refund money if it fails to cure the following diseases: Roup, limberneck, gapes, cholera, canker, diarrhoea, etc. I have used it myself in many cases and never lost a fowl after giving the first dose; although in many cases I have had hens too far gone to stand up and always after a few doses they were cured sound and well, never requiring any more than twelve hours to cure the most aggravating cases. It also is never-failing with young chickens, often I have cured them with one dose when they were too weak to follow their mother and in an hour's time were eating and seemingly feeling as well as ever with never a return of the disease. I also know of many others who have used it equally successful. I recall two instances of friends who had large droves of very fine turkeys and were losing ten or twelve daily one with roup the other with limberneck

had tried various remedies to no effect. I told them of 4-11-44 and they made haste to try it; gave the first dose at roosting time and were agreeably surprised next morning to find no dead ones. They continued giving it all next day and never in either case lost a single fowl after giving the first dose and discontinued its use the second day. This is certainly a most remarkable remedy for all diseases of fowls and is never-failing. You'll never regret giving it a trial.

*Hen House.*

Always have one side of your hen house face the south and have a large glass window inserted so as to get all the sunshine possible.

*Rhubarb.*

Plant roots in March or November. Sow seed in April. Sow in drills in a shady or moist situation, and when a few inches high thin out to twelve inches. The following fall transplant to a deep well manured soil, three or four feet apart and protect with manure or leaves. It may be quickly grown by setting out the roots, covering the crown every fall with coarse manure. Do not gather any the first season, and never allow it to go to seed.

*Profitable Layers.*

Some contend that hens do not lay profitably after first year but I find from personal experience that it is not advisable to discard the last year's hens for pul-

lets. They seldom lay very much before they are one year old and when you dispose of them the next year which keeps one raising all the time and doing without one year's profit while raising them. Hens often make fine layers at four years old. I have really an exceptional case in a hen nine years that even now lays more eggs than any pullet I have. She has always been first to set and has never failed to raise four flocks of chicks every summer and continues to lay through the winter when the other hens are idle.

#### *Burying Chicks.*

Look immediately to having your fowls buried very deep in a safe place from the other poultry for they will scratch them up and pick on them as long as they can find a scrap. This almost invariably causes gapes in little chicks and breeds other diseases in the older ones.

A ball of waste cotton saturated with coal oil rolled in sulphur and fired under a tree did not burn rapidly but sent up a dense smoke which killed all the bark lice with which the tree was infested, so says a Pennsylvania fruit-grower.

#### *Liquid for Watering Vines, etc.*

One part by weight of cow manure with four parts of tepid water makes an excellent liquid for watering vines, strong plants, fruit trees and strong growing vegetables as tomatoes, cucumbers, celery, cabbage. A



pint of this mixture should weigh a little more than one pound.

### *Tomatoes.*

Don't pour manure water around tomato plants, "every day" to make them fruit early, for the reason that the originator thought because a little was good a great deal was better. Early fruiting is only produced, as a rule, by restricted growth. After tomato plants have begun to blossom forcing should be suspended.

Cucumbers intended for picking purposes need not be planted till July. The land for them should be such as has been well cultivated the year previous, and the manure should be fine and well-rotted. In order to guard against the attacks of birds and insects an excess of seed should be used, thinning out the extra plants after they are up.

### *Hen House.*

Give the poultry houses a heavy coat of whitewash, mixed with some crude carbolic acid. This is one of the best treatments for lice and mites.

### *Raspberries.*

A hill of raspberry plants, after being trimmed in the spring, should have only three or four canes, about three and one-half feet high and nearly one inch in diameter at the base, each cane having a few side spurs about ten inches long.

*Honey.*

Honey should be kept in the dark, or it will granulate. The bees, knowing this, work in dark hives. If light could enter the honey would become solid and the bees would starve.

*Asparagus.*

Plan to plant crops that live from year to year, like asparagus, rhubarb, strawberries, and the like, at one end of the garden, so that they will not interfere when you cultivate the annual vegetables.

*Horse Indigestion.*

To cure indigestion in a horse: Give, morning and evening, during every other week, the following dose mixed among slightly damped oates. One drachm each of powdered sulphate of iron and ginger, and two drachms of powdered gentian. Keep a lump of rock salt and some powdered prepared chalk constantly within reach of the horse. When weather permits, give the horse liberty outdoors during the day.

*To Remove Warts on Horse.*

A strong, waxed thread, of the kind which shoemakers or saddlers use, may be tied very tight around the wart, at its base, close to the skin, without pulling on the wart. If, in the course of a week the wart does not drop off, another thread may be similarly applied, between the one first applied and the skin. When

the tumor has dropped off apply once daily a small portion of tincture of iron; generally no other treatment is required.

*The Poultry Yard Says*

To utilize the feathers of ducks, chickens and turkeys, generally thrown aside as refuse, trim the plume from the stump, enclose them in a tight bag, rub the whole as if washing clothes, and you will secure a perfectly uniform and light down, excellent for quilting coverlets and not a few other purposes.

*Facts Worth Knowing.*

Make and turn over the compost heaps.

Test seed corn by sprouting. This will be greatly wanted this season.

Colts, pigs and calves, not being required for use, either for work or the butcher, should be fed but little corn, as fat in excess is not necessary with them.

*Melons.*

When a muskmelon or cantaloupe is ripe, the skin around the stem begins to crack and fall away. This is invariably the case. A ripe muskmelon should easily pull loose from the stem, leaving it on the vine. If the melon is plucked before the stem will break off easily, it should be laid away to ripen in the shade.

*Windows in Barn.*

Mr, Trump who favors a more liberal use of wind-

ows in barns and stables, says experiments have proven that cows give more and better milk when changed from dark stables to light; less food is also required.

### *Trees.*

If you are young plant trees; if you the about to exchange time for eternity, plant trees; they will be a more enduring monument to your memory than the costly marble.

### *Feed for Poultry.*

In growing food for poultry it should be borne in mind that corn, wheat and oats can always be purchased, and it is the best, therefore, to grow sorghum, broomcorn, popcorn, millet and sunflowers for seed, which can not so readily be procured in the market.

### *Crude Oil.*

We have found crude oil one of the best and most effective louse killers and disinfectants. It makes an excellent dip for swine. It will remove all of the old scales and scurf and improve the general appearance of the herd.

When mixed with crude carbolic acid at the rate of one gallon of crude carbolic acid to fifty gallons of crude oil it makes a cheap and effective disinfectant for use in the hog houses, hen houses, and water holes in the hog lot.

It can be used with safety as a fly repellent on all farm animals by the use of sprayers, and will prove

as well adapted to that purpose as many of the more expensive dips and mixtures.

*Staking Tomatoes.*

Where tomatoes have no market value and only a few are grown for home use, as on thousands of farms, perhaps it does not pay to train up from the ground.

But if you are growing them for market it will pay to use stakes.

Either set a stake for each plant or set a stake at each end of the row and run a wire along, tying the plants to the wire. Two wires will be needed.

A single stake for each plant is better than the wire, and the plant should be large enough when transplanted to need the stake at once.

Where vines trail over the ground 25 per cent of the crop is lost by rot.

*Warm Water for Cows.*

A little meal stirred into a pail of water gives it a relishable flavor, and induces a cow to drink more, besides affording some additional nourishment. If the temperature of the water is first raised to seventy or eighty degrees, it is all the better, since the cow will drink more warm water than she will cold.

## Miscellaneous.

### *Adhesive Plaster.*

A spool of good adhesive plaster is worth its weight in gold in the home. The kind used by the surgeons is best and comes in different widths. It is fine for cuts and bruises and for holding any kind of dressing or poultice in place when they can not be tied on. It is fine for mending corsets holding protruding steels in place and repairing breaks. Will mend a splintered handle or chair leg—apply it to the underside of a rug that curls or is torn and see how nicely it remedies the trouble. It makes excellent labels for fruit or jelly jars; write on smooth side and stick other side to jar and the finest thing in the world to fasten mail or express packages and lots of other things.

### *Gilt Frames.*

May be freshened by beating white of egg with a little soda. Apply with soft brush dipped in mixture.

### *Ink Spots.*

If soaked in sweet milk at once before drying, repeat several times, getting fresh milk as it is soiled will nearly always remove it. Another way for delicate fabric is to dip in melted tallow and repeat. If these simple means fail, then dissolve in hot water, a table-



spoonful oxalic acid and let spot soak until it disappears which will be in a very short time.

*To Remove Iron Scorch.*

If a shirt bosom or any other garment has been yellowed by washing lay it where the hot rays of the sun will shine directly upon it. The heat will entirely remove the mark.

*Trunk Packing.*

Take a sheet and spread in bottom of trunk allowing sides to hang over, then fold clothes smoothly and bring sides of sheet tightly over and pin securely with safety pins.

*Get Rid of Mice.*

Camphor placed in trunks and drawers will keep mice away.

*To Test Heat of Fat.*

Pass a match through it and if it lights it is just right.

*Nose Bleeding.*

Snuff powdered alum up nostrils.

*Burnt Crust.*

When removing use nutmeg grater instead of knife; acts like a charm.

*White Spots On Furniture.*

Hold a hot iron over spots until they disappear or rub on a few drops of sweet oil and polish with soft cloth dipped in alcohol.

*To Clean Silver.*

Put in pan and cover with sour buttermilk, let stand for an hour, rinse in hot water and it will be bright as new.

*Nails.*

To prevent nails from splitting wood-work or rusting, first run them in a bar of laundry soap. Never use any kind of scouring soap to clean a bath tub. It will soon take off the enamel. Use kerosine; it cleans it beautifully.

*To Clean Furniture.*

Use weak tea, almost cold to remove dust or discolorations or if much soiled clean with coal oil; let stand on furniture over night. Then rub vigorously next morning with soft cloth, then use following polish: Equal parts linseed oil, turpentine and vinegar; shake well together in bottle. Apply with flannel cloth and rub hard, polishing with an old sock.

*Guilt Frames.*

To renew guilt frames: Take whites of two eggs, one ounce of soda; mix well and dust frames thoroughly. Apply with a soft brush. To take off fly specks, moisten frames with white of egg, let it remain about fifteen minutes, then wipe off with piece of old silk. Plaster busts and statuary are cleaned by dipping them into a thick raw liquid starch and drying and when starch is brushed off the dirt is brushed off with it.

*Mosquitos.*

Smoke made from burning a piece of gum camphor will clear a room of mosquitos.

Soot covered with salt is easily brushed off.

*Heavy Quilts.*

It is most unhealthy to sleep under heavy cotton quilts.

*Cut Flowers*

Last well with a little camphor in water.

*Bald Head.*

Wear your hat as little as possible—it makes one bald.

*Stop Bleeding.*

Powdered rice or lint will stop a bleeding wound.

*Cork .*

Soak a cork too large in boiling water and then it will fit.

*Gilt Frames*

May be cleaned with one-half of onion rubbed in well.

*To Remove Stoppers*

From glass bottles dip a piece of woolen cloth in boiling hot water and wray it thickly around neck of bottle; in a few minutes the stopper can be removed.

*Remove Grease.*

Cool rain water and soda will remove machine grease from washable goods.

*Rats.*

To get rid of rats without poison catch one in trap and tie a toy bell on a piece of wire around its neck and turn him loose. Or singe one over the fire and turn him loose. This will frighten the others and they will leave immediately.

*To Keep Awake in Church.*

Life one foot a little way from the floor and hold it there. It is impossible to sleep when your foot is poised in the air. This is simple but never failing.

*Moth in Carpets.*

Benzine rubbed on edge of carpet is a sure preventive from moths.

*Linoleum.*

If linoleum is beeswaxed once a week it will look better and last twice as long.

*Roaches.*

To destroy these pesky things sprinkle their haunts with powdered borax.

*Lamp Chimneys.*

To brighten lamp chimneys rub after washing with dry salt.

*Egg Shells.*

Dry all egg shells on back of stove, crushing and putting in a bag to keep clean; bottle to mix with food for hens and little chicks.

*For Rat Hole.*

Take a cake of laundry soap, cut off piece little larger than rat hole, point on end and insert in hole then press in until tight and shave off even with wall and paper over and I'll promise no rats will ever come through that hole again.

*Iron Rust.*

An obstinate spot of big iron rust after other failures yielded fine by this method: Cover spot thickly with powdered alum and put over top of tea kettle of boiling water. Steam about ten minutes.

*Grass Stains.*

Wash spot in alcohol then clear water.

*Dirt From Porcelain.*

Washbasins, sinks and bathtubs: Rub over with a flannel cloth dipped in gasoline and rubbed on soiled places. The dirt will disappear and leave surface white and clean

*Flies.*

When flies are troublesome in sick room try placing a bunch of sweet peas in the room. The odor is very offensive to flies.

*Clean Wall Paper.*

Wall paper may be cleaned by dipping a dry cloth in dry meal and rubbing; be careful where colors rub off; also clean with pieces of stale bakers' bread and cut off end as it becomes soiled. Rub over dry, cut off and repeat.

*Grease Stains on Carpets*

May be removed while fresh. Place blotting paper several thicknesses over spot and iron over it with warm iron; remove when grease strikes through to another place in paper and repeat until all grease disappears.

*Cool Water.*

Water kept in jars in refrigerators will be better for drinking water than water that has been cooled by having ice put into it. Put them next to ice and use. Mason jars with top on to keep as nearly airtight as possible.

*Warm Meals.*

When meals must be kept warm take a deep stove pan and fill one-half full of hot water, then put in it covered bowls containing the various articles of food. Put pan in moderately hot oven. The belated dinner will be fresh and hot when wanted.

*Mush Kettle.*

Let the kettle in which mush has been cooked stand for five minutes before taking up. Then no hard residue will be left sticking to the bottom of the kettle to be soaked off and thrown away.

To remove grease spots, says an exchange, apply dry buckwheat flour at night, and you will be delighted to find in the morning the spots have totally disappeared without injury to texture or the color of the choicest fabric.



*How to Cheat Jack Frost.*

When a killing frost has struck tomatoes, grapes or other tender plants in the early fall, sprinkle with cold water early in the morning, before the sun's rays reach the plants, and there will be no damage.

*Relief for Felon.*

When you first feel the stinging or thumping sensation, procure a small piece of fly blister, place it directly over the spot, let it remain about eight hours and then remove it. You will see the felon, or matter, under the surface of the skin, and can remove it by pricking with the point of a needle.

*To Make Umbrellas Last.*

When standing a wet umbrella up, put the handle end down. The water will then run away from the wire which holds the ends of the ribs to the handle. When an umbrella is turned the other way the water gathers at the ends of the ribs and rusts out both the ribs and the wire, and also rots the cover.

To make steaks tender put three tablespoonfuls of salad oil and one of vinegar, well-mixed together, on a large flat dish, and on this lay the steak before it is cooked. The steak must lie in the mixture at least half an hour on each side. The toughest steak will succumb to this and be perfectly tender when cooked.

*Articles up Children's Nose.*

It is a common occurrence for children to get beans,

grains of corn and other foreign substances up their noses. This simple remedy is worth remembering: Get the child to open its mouth; apply your mouth over it and blow hard; the offending substance will be expelled from the nose.

*To Trap Ants.*

Put a slice or two of bread, with a little honey spread over it. The ants will draw to it quickly until it is black all over. Then pour boiling water over them and repeat the dose when required.

*The Hanging of Mirrors.*

Never hang a mirror where the sun's rays will strike upon it. They act on the mercury and cloud the glass.

*Another Good Carpet Cleaner.*

Every morning when you empty your coffee grounds have a little lard bucket on the back porch and empty them into this bucket and leave off top; next morning they will be thoroughly dry. Then continue each morning to put in grounds until bucket is full. Then put on top and set aside until ready for use and fill as many buckets as wanted. Then give a general house sweeping. You will find that cleans out all the dirt beautifully and also keeps dust from flying around on furniture, curtains, etc.

*To Remove Blood Stains.*

After blood stains have been well saturated with coal oil wash with cold water.

*Lamps.*

Wash lamps when dishes are washed and they are seldom forgotten.

*Clean Bottles.*

To clean rust or any discolorations from vinegar or other small mouth bottles, fill bottles about one-fourth full of shot, pour two-thirds full of soap suds and shake hard and rinse well. They will be bright and sparkling. With water bottles and larger mouth bottles, clean in exactly same way except use Irish potatoes instead of shot; cut in dice about one-half inch square.

*To Clean Hard Paint Brushes.*

Soak in turpentine and wash in hot soap suds and rinse.

*Bed Bugs.*

A recipe given by old housekeeper, "Alum, dissolved in water and applied to bed with brush will exterminate bed bugs."

*Gloss on Black Goods.*

A saturated solution of borax and water rubbed on with sponge and pressed on wrong side while damp.

*How to Clean Marble Stains.*

Spread thick with Fuller's Earth, wet with lemon juice, leave for two hours then wash off with hot soda water and rinse.

*Remove Tar.*

Turpentine will remove tar from any kind of fabric.

*Silk Hose.*

Bran water is best for washing silk hose as soap makes silk tender.

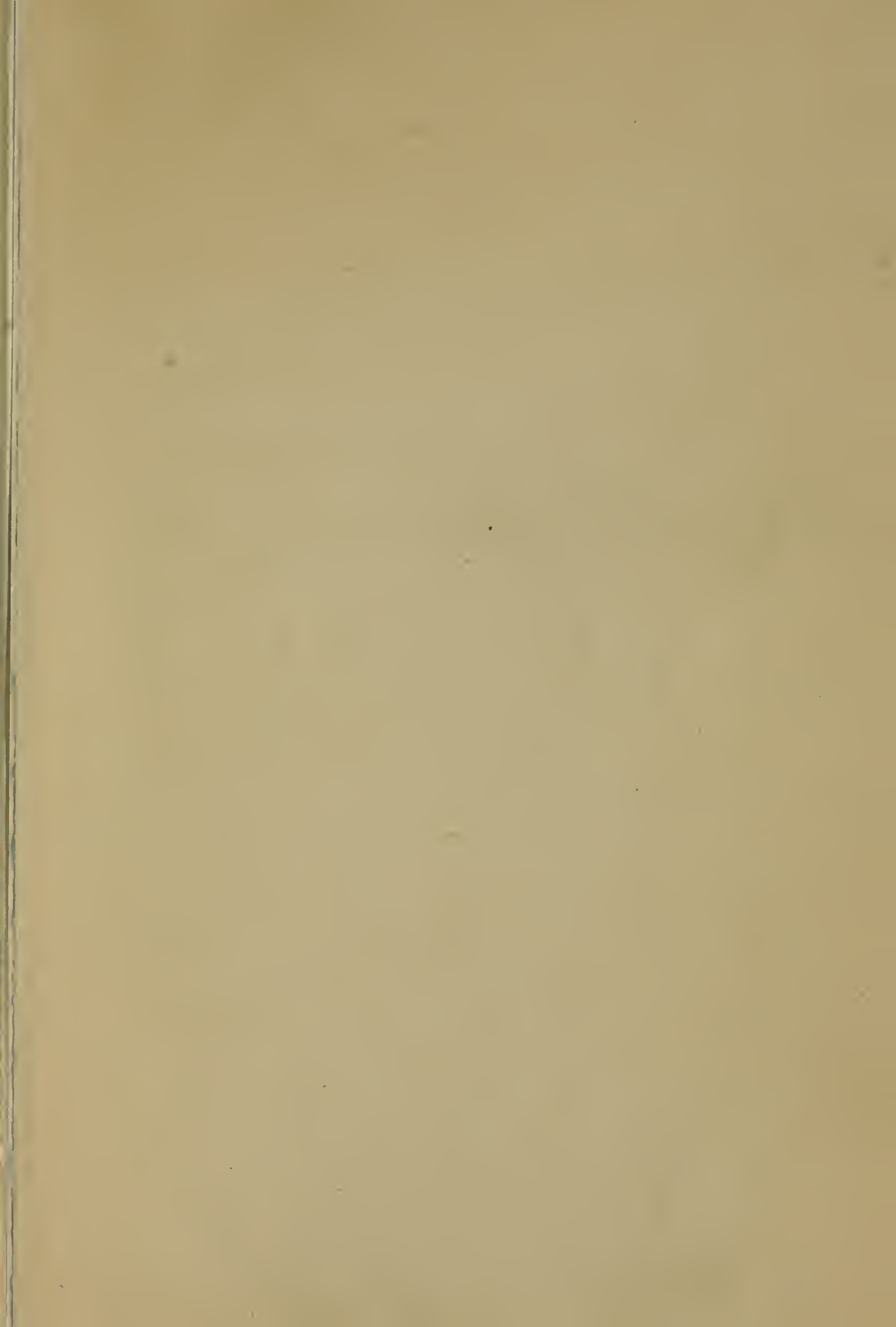
If it is desired to cool water for drinking in warm weather and ice can not be obtained let it be kept in an unglazed earthenware vessel wrapped around with two or three folds of coarse cotton cloth kept constantly wet.

*Wash Goods Without Fading.*

To wash calicoes or muslins without fading soak them two or three hours in a pail of water in which two ounces of sugar of lead has been dissolved. Then wash as usual. If they soak longer it does no harm.

*Carpets.*

If you are buying carpets for durability choose small figures and if possible have two rooms of one kind; when some widths are worn the best widths can be sewed together and made to last almost twice as long. Three ply or a good quality of all-wool ingrain are to be preferred to cheap brussels.









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