

HARRIS COOK BOOK





Class TX 715

Book M 86

Copyright N^o _____

COPYRIGHT DEPOSIT.



Harris Cook Book

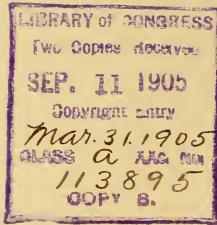
COMPILED BY
ABBIE A. NORTH AND MARY H. ESPEY,
RISING SUN, IND.

“Home life ought not to be a drudgery. There is toil and care, the daily routine and daily wear; but, withal, there should be a sweet content, quiet trust, and buoyant hope.”



PRESS OF
JENNINGS AND GRAHAM,
CINCINNATI, O.

TX715
N86



COPYRIGHTED, 1905, BY
ABBIE A. NORTH AND MARY H. ESPEY,
OF RISING SUN, IND.



PREFACE.

SINCE it is to plain, practical people that these pages are addressed, it was meet that the nucleus of this book be gathered from a family of that sort. The Harris family, originally of Indiana—but many of its members are now scattered to different parts of the United States—is a very large family of this description. With this family the art of cooking stands high, and this is the part of wisdom, “since we must eat to live, and life is a series of vanishing points between the temporal and spiritual.”

We gladly acknowledge our debt of gratitude to the Harris family for responding so cheerfully to our call with their favorite recipes, good suggestions, and words of encouragement. We are equally grateful to our many friends outside of the family who have assisted us, and Dr. Hurty's kindness in preparing so helpful an article is appreciated.

Gathering together in one volume these favorite recipes has been a pleasant task, and our aim has been to give to the public plain, practical, and tested recipes, besides many reliable remedies and much good cheer to make glad the busy hours of life. No effort has been spared in furthering this aim, and we have the satisfac-

"The wise way is to look your disadvantages in the face and see what can be made out of them."

tion of knowing that we have done our best. Now we send the volume forth with but one request: *i. e.*, that you test it carefully before passing judgment.

CONTENTS.

BREAD, ROLLS, AND BISCUIT.

	PAGE
Suggestions—Dry Yeast—Yeast Bread—Hop-yeast Bread— Yeast Bread—Yeast Bread—Nonpareil Bread—Salt-rising Bread—Salt-rising Bread—Salt-rising Bread—Rolls— Light Rolls—Cinnamon Rolls—Coffee Bread—Light Bis- cuit—Tea Biscuit—Pone Bread—Graham Bread—Brown Bread—Brown Bread—Baking-powder Biscuit—Drop Biscuit—Hot Scotch Biscuit.....	13-21

MUFFINS, Etc.

Good Graham Gems—Crumpets—Corn Muffins—Graham Muffins—Corn Bread—Corn Bread—Johnny Cake— Johnny Cake—Fried Mush—Corn Mush—Fried Mush— Milk Toast—French Toast.....	22-24
---	-------

GRIDDLE CAKES, Etc.

Batter Cakes—Griddle Cakes without Eggs—Waffles—Sour- milk Waffles—Buckwheat Cakes—Buttermilk Pancakes— Crumb Pancakes—Corn-meal Cakes—Pancakes—Apple Fritters—Hominy Fritters—Rice Fritters—Lemon Crack- ers—Lemon Crackers—Lemon Crackers.....	25-28
--	-------

CAKES.

Suggestions—Angel-food Cake—Delicate Cake—Black Cake— Hickory-nut Cake—Pound Cake—White Cake—Pound Cake—Black Cake—Nut Cake—White Fruit Cake— Rocka—White Fruit Cake—Black Fruit Cake—Genie's White Loaf—Sponge Cake—Quissit Cake—Pork Cake— Pound Cake—Marble Cake—Marble Cake—Fruit Cake— White Fruit Cake—Fruit Cake—Spanish Bun Cake— Blackberry Cake—Cream Cake—Quick Sponge Cake— Fruit Cake—Fruit Cake—Fruit Cake—Spice Cake—Gold Cake—Coffee Cake—White Cake—Virginia Snow Cake— Pork Cake—A Good Plain Cake—Tilden Cake—Whipped- cream Cake.....	29-41
--	-------

LAYER CAKES.

PAGE

Harlequin Cake—Cream Cake—Layer Devil's Cake—Black-berry-jam Cake—Fig Cake—Cocoanut Cake—Orange Cake—White Cake—Beefsteak Cake—Neapolitan Cake—Angel Cake—Devil's Cake—Chocolate Cake—Marshmallow Cake—Twin-sister Cake—Plain White Cake—Dark Layer Cake—Banana Cake—Pecan Caramel Cake—Fig Cake—Simple Layer Cake—Jam Cake—Poor Man's Layer Cake—Chocolate Cake—Lemon Cake—Ice-cream Cake—Cocoanut Cake—A Dainty Layer Cake—Love Cake—Chocolate Cake—Roll Jelly Cake—Orange Cake—Chocolate Cake—Chocolate Cake—Effie's White Cake—Devil's Food—White Cake—Jam Cake—Boston Cream Puffs	42-54
--	-------

CAKE FILLINGS.

Boiled Icing—Cocoanut Filling—Lemon Filling—Chocolate Filling—Icing for Cake—Knickerbocker Cake Filling—Chocolate Filling—Lemon Butter—Chocolate Filling—Fruit Filling—Tutti Frutti Icing—Filling for Four-layer Rich White Cake—Currant Jelly and Walnut Filling....	55-58
---	-------

GINGER BREAD, COOKIES, AND CRULLERS.

Superfine Ginger Bread—Molasses Ginger Bread—Ward Ginger Bread—Soft Ginger Bread.....	59
---	----

COOKIES.

Oat-meal Cookies—Cookies—Sugar Cookies—Nut Cookies—Brown Sugar Cookies—Winter Cookies—Cookies—Old-time Ginger Cookies—Tea Cookies—Ginger Cookies—Hermits—Economical Cookies—Sugar Cookies—Lady Fingers—Ginger Drops—Coffee Cookies—Margaret's Ginger Cakes—Cup Cake—Nut Cakes.....	60-64
--	-------

CRULLERS.

Father's Favorite—Doughnuts—Crullers—Doughnuts—Fried Cakes—Doughnuts	65, 66
--	--------

CANDIES.

French Cream Candy—Ribbon Cream Candy—Marshmallow Bon Bons—Walnut Bon Bons—Fruit Creams—Chocolate Creams—Nut Creams—To Keep Cream Paste—Fudge—Panouche—Fudge—Fudge—Chocolate Fudge—Cream Peppermints—Crystallized Pop-corn—Nut Candy—1492 Butter Scotch—Taffy—Stuffed Dates—Cracker Jack—Penochi—Butter Scotch—Salted Almonds—Salted Peanuts	67-72
--	-------

CREAMS, CUSTARDS, AND OTHER DESSERTS.

PAGE

Delmonico Cream—Charlotte Russe—White and Yellow Blanc Mange—Baked Apples—An Easy Dessert—Nut Cream—Banana Boats—Good Friday—Banana Cream—Prune Whip—Float—Lemon Pudding—Snow Pudding—Sunday Dessert—Plain Ambrosia—Tapioca Pudding—Chocolate Pudding—Chilled Currants—Ambrosia—Chocolate Dessert—Stewed Prunes—Prunes—Whipped Cream.....73-79

CANNED FRUITS AND VEGETABLES.

Suggestions — Canned Peaches — Canned Pears — Canned Plums — Canned Berries — Canned Cherries — Canned Strawberries—Canned Corn—Canned Corn—Canned Tomatoes—Canned String Beans.....80-82

CHEESE.

Macaroni—Macaroni with Cheese—Baked Macaroni—Cheese Fondu—Cheese Straws—Cheese Balls—Cheese Fondu—Cheese Fondu—Welsh Rarebit—Deviled Cheese—Cheese and Eggs—Cottage or Dutch Cheese—A Good and Pretty Dish—Schmier Kase.....83-86

CURING MEATS.

Sugar-curing Meat — Seasoning Sausage — Corning Beef — Sausage Meat—Ten-day Plan for Sugar-curing Pork—Canned Sausage.....87, 88

DRINKS.

Coffee — Gilt-edge Coffee — Tea — Iced Tea — Chocolate — Cocoa—Cocoa Syrup—Lemon Syrup—Pine-apple Syrup—Orange Syrup—Raspberry Vinegar — Punch — Sweet Wine—Grape Wine.....89-92

EGGS.

Baked Eggs—Creamed Eggs—Boiled Eggs—Poached Eggs—Fried Eggs—Scrambled Eggs—Omelet—Egg and Potato Omelet—Eggs in Potato Nests—Scalloped Eggs—Pork and Eggs—Deviled Eggs—White-cap Omelet.....93-96

FISH.

Baked Fish—Fried Fish—Lobster a la Newburg—Baked Codfish—Codfish Balls—Creamed Codfish—Boiled Salt Mackerel—Salmon Loaf—Salmon Loaf—Salmon Loaf—Salmon Croquettes—Salmon Balls—Salmon Croquettes—Sal-

FISH—CONTINUED.

	PAGE
mon Croquettes—Clam Chowder—Oyster Fritters— Creamed Oysters—Fried Oysters—Scalloped Oysters— Oyster Fritters—Scalloped Oysters—Oyster Omelet— Oyster Pie—Oyster Patties—Oyster Saute—Oyster Cocktail	97-104

ICES, ICE CREAMS, AND SHERBETS.

Pine-apple Ice—Lemon Ice—Orange Ice—Pine-apple Sherbet—Lemon Sherbet—Lemon Sherbet—We Three—Bisque—Chocolate Ice-cream—Extra Ice-cream—Strawberry Ice-cream—Ice-cream—Ice-cream—Grape Frappe—Peach Snow—Chocolate Sauce.....	105-108
--	---------

JELLIES, JAMS, AND PRESERVES.

Suggestions—Apple, Crab-apple, Peach, and Quince Jelly—Blackberry, Raspberry, Grape, Plum, and Currant Jelly—Blackberry, Raspberry, Currant, and Strawberry Jam—Red Raspberry Jam—Plum Jam—Preserve Making—Quince Honey—Apple and Peach Preserves—Cherry Preserves—Pear and Quince Preserves—Pear Chips—Cherry Preserves—Blackberry and Raspberry Preserves—Plum Preserves—Strawberry Preserves—Tomato Preserves—Grape Butter—Quince Marmalade—Peach Marmalade—Peach Butter.....	109-115
--	---------

MEATS.

Suggestions—Roast Beef with Yorkshire Pudding—Steamed Roast—Roast Beef—Pot Roast—Spiced Tongue—Fried Beefsteak—Broiled Beefsteak—Beefsteak Smothered in Onions—Swiss Stew—Hamburger Steak—Bacon and Liver—Baked Ham—Scrapple—Roast Pork—Backbone Pot-pie—Fried Pork-steak—Baked Spare-rib—Pork Pie—Fried Pickled Pork—Head Cheese—Pickled Pig's Feet—Veal Loaf—Baked Beef or Veal Heart—Meat Loaf—Creole Dried Beef—Veal Loaf—Veal Cutlets—Veal Croquettes—Sweet Bread a la Creme—Boiled Leg of Mutton with Caper Sauce—Roast Ham of Mutton—Mutton Chops—Chicken Pot-pie—Fried Chicken—Chicken Pie—Chicken Pie—Deviled Chicken—Chicken Patties—Stewed Chicken—Chicken for Lunch—Pressed Chicken—Chicken Croquettes—Roast Turkey and Dressing—Oyster Dressing for Turkey or Chicken—Chestnut Stuffing...	116-131
---	---------

PASTRY.

Suggestions—Common Pie-crust—A Good Pie-crust for Beginners—Paste for Pies—Cream Pie—Cream Pie—Cream Pie—Cream Pie—Cream Pie—French	
---	--

PASTRY—CONTINUED.

PAGE

Cream Pie—Lemon Pie—Lemon Pie—Lemon Pie—
Lemon Pie—Grape Pie—Grape Pie—Vinegar Pie—Vin-
egar Pie—Vinegar Pie—Caramel Pie—Cooked Meat of
Mince Pies—Mince Pies—Mince Meat—Mince Meat—
Mince Meat—Apple Pie—Apple Custard Pie—Deep Apple
Pie—Chocolate Pie—Bourbon Pie—Pumpkin Pie—
Stewed Pumpkin—Canned Pumpkin—Cherry, Blackberry,
Raspberry, and Currant Pie—Cocoanut Pie—Rhubarb
Pie—Butterscotch Pie—Custard Pie—Peach Pie—Brown
Betty—Deep Fruit Pie—Strawberry Shortcake—Straw-
berry Shortcake—Peach Shortcake—Baked Apple-dump-
lings—Custard Shortcake.....132-144

PUDDINGS.

Jam Pudding—Plum Pudding—Corn-meal or Indian Pudding
—Prune Pudding—Handy Pudding—Spice Pudding—
Steamed Bread Pudding—Suet Pudding—Woodford Pud-
ding—Steamed Cherry Pudding—Cherry Pudding—
Gooseberry Pudding—Steamed Fruit Pudding—Cottage
Pudding—Tapioca Pudding—Spice Pudding—Suet Pud-
ding—Navy Pudding—Minute Pudding—Guess Pud-
ding—Suet Pudding—Apple-batter Pudding—Dried
Apple Roll.....145-152

SAUCES.

Cherry Sauce—Whipped-cream Sauce—Lemon Sauce—Hard
Sauce—Molasses Sauce—Blue-grass Sauce—Chocolate
Sauce—Cream Sauce—Fruit Sauce—Meringue Sauce—
Vinegar Sauce—Currant Sauce—Banana Sauce—Good
Sauce—Maple Sauce.....153-156

PICKLES, CATSUPS, AND SAUCES.

Suggestions—Cucumber Pickles—Tomato Catsup—Chili
Sauce—Grape Catsup—Cold Tomato Sauce—Chili
Sauce—Gooseberry Catsup—Spanish Pickles—Tomato
Catsup—Mixed Pickles—Chopped Pickles—Mustard
Pickles—Aunt Helen's Pickles—Uncooked Chili Sauce—
Sliced Tomato Pickles—Green Tomato Soy—Chopped
Pickles—Chow Chow—Made Mustard—Hot Tomato
Sauce—Caper Sauce—Drawn Butter—Anchovy Sauce—
Hollandaise Sauce—Horseradish Sauce—Cranberry
Sauce—Cranberries in Molds.....157-165

SALADS.

Suggestions—French Dressing—Good Boiled Salad Dress-
ing—Salad Dressing—Cooked Mayonnaise Dressing—
Beet Salad—Cherry Salad—Cabbage Salad—Chicken

SALADS—CONTINUED.

PAGE

Salad—Date Salad—Celery Salad—Mayonnaise Dressing—Good Dressing for Fruit Salad—An Excellent Dressing for Lettuce Salad—Orange Salad—Nut Salad—Apple Salad—Fruit Salad—Sardine Salad—Ham Salad—Potato Salad—A la Bismarck Salad—Cucumber Salad—Cherry Salad—Shrimp Salad—Oyster Salad—Oyster Salad—Celery Salad—Peanut Salad—Salmon Salad—Salmon Salad—Waldorf Salad—Lettuce and Cheese Salad—Tomato Salad—Vegetable Salad—Chicken Salad—Cole Slaw—Salmon Salad—Olive Salad—Raspberry Salad—Deviled Tomatoes—Hickory Nut Salad—Grape and Orange Salad—Herring Salad—Mackerel Salad—Fish Salad—Chicken Salad—Turkey Salad—Egg and Sardine Salad—Pork Salad—Corned-beef Salad—Summer Salad—Egyptian Salad—Cucumber Boats—Cucumber and Tomato Salad—Macedoine Salad—Bird's-nest Salad—Cardinal Salad—Green and White Salad—Sweet Potato Salad166-180

SANDWICHES.

Peanut Sandwiches—Cheese and Walnut Sandwiches—A Good Sandwich Filling—Egg and Cheese Sandwiches—Ham Sandwiches—Olive Sandwiches—Club House Sandwiches—Oyster Sandwiches—Salmagundi Sandwiches—Sardine Sandwiches.....181-183

SOUPS.

Consomme—Bouillon—Chicken Soup—Cream of Asparagus Soup—Pea, Corn, Carrot, Cauliflower, Potato, Parsnip, and Celery Soup—Beef Soup—Bean Soup—Bean Soup with Onions—Oyster Soup—Potato Soup—Tomato Soup—Vegetable Soup—Vegetable Soup—Velvet Soup—A Good Soup.....184-189

SWEET PICKLES.

Watermelon Sweet Pickles—Sweet Cucumber Pickles—Spiced Cherries—Sweet Pickle Peaches—Sweet Pickle Pears—Sweet Pickle Plums—Spiced Grapes—Spiced Tomatoes—Maraschino Cherries—Tutti Frutti.....190-193

VEGETABLES.

Suggestions—Pea Patties—Green Peas—Corn Croquettes—Corn on Cob—Stewed Corn—Fried Corn—Fried Tomatoes—Baked Tomatoes—Creamed Tomatoes—Tomatoes in Brown Butter—A Dainty Dish of Cabbage—Baked Cabbage—Fried Cabbage—Scalloped Cabbage—Creamed Cabbage—Boiled Cauliflower—Scalloped Rice—Spanish

VEGETABLES—CONTINUED.

	PAGE
Rice—Rice—Asparagus on Toast—Scalloped Potatoes— Creamed Potatoes—Creamed Potatoes—Potato Chips— Potatoes on the Half Shell—Potato Omelet—New Po- tatoes—Boiled or Baked Potatoes—Mashed Potatoes— Sweet Potatoes—Fried Sweet Potatoes—Boiled Onions— Baked Onions—Fried Onions—Baked Beans—Dry Beans—Green Beans—Succotash—Butter Beans—Jamba- laya—Beets—Hominy—Squash—Cream Sauce—Mashed Turnips—Boiled Turnips—Fried Parsnips—Creamed Parsnips—Greens—Fried Apples—Fried Egg Plant— Oyster Plant—Wilted Lettuce—Sauer Kraut—To Cook Sauer Kraut.....	194-209

FRAGMENTS.

Ham and Chicken Pie—Meat Salad—Cold Roast—Left-over Meats and Cold Mashed Potatoes—Chicken Timbals— A Left-over Salad—Chicken Mince—Ham Loaf—Oat- meal Shortcake—Tomato Omelet—Baked Hash—A Sup- per Dish—Mustard Sauce—Hash—Bread Pudding— Stale Cake—Uses of Melted Ice-cream and Sherbet— Fish Cakes—Cold Meat Salad—Scrambled Bread—Baked Cabbage—Cheese Straws of Left-over Pie Crust—Egg Shell for Clearing Coffee—Bread Crumbs—Puree— Potted Meat—Cold Rice—Cold Dried Beans—Rice Grid- dle Cakes—To Preserve Eggs—To Preserve Butter...210-217	210-217
--	---------

FOOD FOR THE SICK.

Beef Bouillon—To Prepare an Egg—To Serve a Raw Egg— Soft Boiled Egg—Poached Egg—Steamed Egg—For Fatigue—Food for Infants—Mutton Broth—Chicken Broth—Oyster Broth—Beef Broth—Flax-seed Tea—Egg and Bacon—Beef Juice and Toast—Rice—Panada—Toast Water—Lemonade—Lemon Jelly.....218-221	218-221
--	---------

HOUSEHOLD.

To Clean Sinks—To Clean a Vinegar Cruet—To Clean Bot- tles—To Remove White Spots from Varnished Furni- ture—To Remove Grass Stains—To Remove Ink Stains— To Remove Paint—To Keep Salt Shaker from Clogging— To Mend Lace Curtains—To Drive Away Flies—To Re- move Fruit Stains—To Get Rid of Roaches—To Remove Tar—For Mildew—To Remove Machine Oil—To Wash Lace Curtains—Hard Soap—The Uses of Soda—For Chicken Lice—Douglas Mixture for Chicken Cholera— To Wash Blankets—To Destroy Bedbugs—To Sweeten Waste Pipes.....222-226	222-226
---	---------

THE PREVENTION OF TUBERCULOSIS.

PAGE

What Causes Consumption?—Where the Seeds are Found— Preparing the Soil for Consumption—Keeping up Resistance— Dissipation Induces Consumption—How to Cure Consumption— Spitting—The Havoc Wrought Annually in Indiana by Consumption— Summary and Conclusion	227-236
--	---------

REMEDIES.

For Croup—For Croup—For Croup—For Tonsillitis and Sore Throat— For Sore Throat—For Sore Throat—To Break up Felon or Boil— For Neuralgia—For Ivy Poisoning—For Earache—For Toothache— For Toothache—Salve—An Excellent Cough Syrup—For a Cold in the Head— For a Cough—For a Cough—Cough Candy—For Chapped Hands— A Fine Hand Lotion—For Headache—For Sick Headache— For Grip—To Relieve Pain—To Prevent Bed Sores—For Hives— For a Boil—For Running Sores—Bread-and-Milk Poultice—Hop Poul- tice—Mustard Poul-tice—For Pneumonia—Liniment for Rheumatism— Liniment for Sprains or Bruises.....	237-242
---	---------

WHAT TO DO IN AN EMERGENCY.

Rusty Nail—For Broken Limb—For Burns—To Remove a Tight Ring from the Finger— For Fainting—To Prevent Suffocation from Smoke—For Ordinary Cuts— For Choking—For Choking Child—For a Shock—For Sprains—When Clothing has Caught Fire— For a Sting or Bite from an Insect—For Dog-bite—Obstruction in the Ear— Obstruction in the Nose—When a Child has Swallowed a Button or Tack— For Snake-bites—For Poisons—For Frost-bites—For Nose-bleed— For Particles in the Eye—For Bruises or Bumps—For Convulsions— For Drowning	243-247
---	---------

BREAD, ROLLS, AND BISCUIT.

Good material and watchful care are the essentials in bread-making. Set sponge in stone-ware because it retains heat longer than tin. Put sponge in a moderately warm place to rise.

For baking bread have a steady, moderate heat. If you have no better way of testing the heat, place your hand in the oven until you count twenty moderately; if you can not hold it there longer the oven is hot enough. To test whether the bread is done, break the loaves apart and press gently with the finger; if the finger prints remain, the bread is not done; but if the bread springs back to place, it is done. The time for baking varies from three-quarters of an hour to an hour and a quarter, according to the size of the loaves. A moment before taking from the oven rub the tops of the loaves with butter.

DRY YEAST.

Put two cakes of yeast to soak in a little tepid water. Peel three potatoes the size of an egg, put on to boil in about a half a pint of water. Aim to have just enough, so that when the potatoes are done and mashed in the water they were cooked in, it will be as thick as mush.

Put on to boil at same time you do your potatoes one-half teacupful of hops in a pint cup half full of water. When all are done, strain the water the hops were boiled in scalding hot over one teacupful of sifted flour; then stir in the mashed potatoes, and when cool add the soaked yeast, and stir well; then stir in meal until very stiff; set

"If we live truly, we shall see truly."

aside until light, perhaps the next day; then add more meal, turn it out on bread board, well sprinkled with meal, and roll until one-fourth of an inch thick. If enough meal has been stirred in it will be difficult to roll, and will crack, but by pushing together you will succeed in cutting into cakes with biscuit-cutter. If weather is cold, have board dusted with flour upon which to lay the cakes to dry. Set away in a dark place, and turn occasionally. Never allow the sun to shine on it. In summer it is well to dry on a wire screen.—*Mrs. Wessler.*

YEAST BREAD.

In the evening put a yeast cake to soak in a little tepid water; put on to boil three medium-sized potatoes well covered with water; aim to have one quart of water and potatoes together after the potatoes have been mashed and returned to the water in which they were cooked. When lukewarm, add the yeast and enough flour to make a stiff batter. In the morning turn the sponge into a pan of flour (warm flour in winter), rinse the sponge vessel with one-half pint of warm water, add this to the sponge; add half cupful of sugar, one tablespoonful of salt, one heaping tablespoonful of lard, work in flour until the dough is stiff; it is unnecessary to knead longer. Put in a well-greased vessel to rise; grease the top to prevent crust forming. When light, form into loaves with as little kneading as possible; put into pans. Let rise; bake in a moderate oven. This makes three loaves.—*Mrs. Wessler.*

HOP-YEAST BREAD.

Scald one quart of sweet milk, to which add one-fourth cupful of sugar, one tablespoonful of lard or butter, and three teaspoonfuls of salt. When cool, add three-

"Discontent is the want of self-reliance."

fourths of a cake of yeast which has been soaked in warm water, and enough flour to make a soft batter. In the morning knead soft, let rise, and make into loaves and rolls. Sufficient for two loaves and one pan of rolls.—*Mrs. Rev. J. F. Dennis.*

YEAST BREAD.

At noon slice, cook, and mash two large potatoes, mix well with two large spoonfuls of scalded flour, and put in a warm place until evening; then add one cake of yeast which has been thoroughly soaked. Set aside until morning, then stir in two pints of lukewarm water, one teaspoonful of salt, two tablespoonfuls of sugar, one tablespoonful of lard, and flour enough to make a stiff batter; beat well and let rise; when light, add more flour, knead and let rise; then make quickly into loaves, let rise, and bake in a moderate oven.

YEAST BREAD.

In the evening put one tablespoonful of lard, two tablespoonfuls of sugar, and a little salt in a deep bowl; pour over them one pint of boiling water; let stand until lukewarm; then add one cake of quick yeast which has been well soaked in tepid water. Let this stand until about nine or ten o'clock; then make a well in a pan of sifted flour, pour into it this mixture, add a pint of lukewarm water, mix until stiff, then turn out on the bread board and knead only long enough to make smooth; return to mixing pan and leave until morning. In the morning make quickly into loaves, place in pan, let rise, and bake.

NONPAREIL BREAD.

One cupful of mashed potatoes, three cupfuls of hot water, one-half cupful of sugar, and one tablespoonful of

“A sunny disposition is the very soul of success.”

salt. Thoroughly mash the potatoes; then add the hot water, a little at a time, so as to dissolve the potatoes thoroughly, then add the other ingredients; after it cools, add one cake of good, fresh yeast. The next morning, after stirring well, dip out one cupful of this and save for the next baking, continuing to do this at each baking. Pour the remainder of this mixture into the flour (but do not add any water), mix, then put out on the molding board and knead very thoroughly; then mold, and put into the tins and let stand two hours before baking. This is very fine if made according to directions.—*Mrs. R. L. Thiebaud.*

SALT-RISING BREAD.

At noon or in the evening scald one tablespoonful of corn-meal in enough sweet milk to make it the consistency of thin mush. Place it where it will keep warm until the next morning, when it should be very light. In the morning take one pint warm water, stir in enough flour to make a stiff batter, into which stir the light meal, being careful to keep about the same temperature till it has risen. Place a few spoonfuls of flour in a crock, and pour one pint boiling water over it; stir or work it thoroughly with a spoon. Now put two pints warm water or warm sweet milk to this, and stir enough flour into it to make a stiff batter; beat this thoroughly, and add the rising, which should be very light. Let this rise again in the crock, keeping it warm. When this is light, put flour in bread bowl, making a well in the middle, in which stir one large tablespoonful of salt, two of sugar, two of lard, and one teaspoonful of soda. Pour the light batter into this, knead well, and make into loaves. Set where they will keep warm, and let rise. Bake in a quick oven.

“Every evil to which we do not succumb is a benefactor.”

SALT-RISING BREAD.

Scald two teaspoonfuls of corn-meal with one-third cupful of sweet milk (scalding hot), beat up somewhat thicker than ordinary thickening, set in a bowl of lukewarm water, cover, and keep warm until light and spongy. If set at noon, it will be ready for use next morning. In morning make batter of one pint warm sweet milk, or water, and flour, a little stiffer than for batter cakes, add the foment, a little pinch of soda; set in warm water by fire until very light. Then add to the batter two tablespoonfuls of lard, one teaspoonful of salt, and one pint of warm milk or water; mix well. Add as little flour as possible, and knead well; the softer the dough, the better the bread. Make into loaves, set in warm place to rise. When light, bake in moderate oven about one hour.—*Mrs. Hathaway.*

SALT-RISING BREAD.

While getting breakfast, as soon as teakettle has boiled, take a quart milk-pitcher, scald it, then fill one-third full of water about as warm as the finger can be held in; to this add a teaspoonful of salt, a pinch of brown sugar, and flour enough to make a batter of about the consistency of batter-cakes. Set the batter (the spoon in it) in a closed vessel half filled with water moderately hot; keep the temperature as nearly even as possible, and add a teaspoonful of flour once or twice during the fermentation. The rising ought to reach the top of the pitcher in five hours. Sift flour in pan, make an opening in center and pour in rising; have ready and add a quart pitcher of warm salted milk or milk and water, not too hot; cover this sponge closely, and keep warm for an hour; then knead into loaves, put into well greased pans,

"You can not do wrong without suffering wrong."

cover closely, and leave until light. Bake in steady oven; when done, let all hot steam escape, then wrap closely in damp cloth.—*Mrs. Laura E. Rice.*

ROLLS.

At noon take a tablespoonful of well-mashed potatoes and put into a pint of the water in which they were boiled. Set aside until evening, then add one pint of milk, one tablespoonful of lard, one tablespoonful of sugar, one teaspoonful of salt, one cake of good yeast and flour to make a stiff batter. In the morning add flour, knead well, and let rise; then roll out half an inch thick, cut with large round cutter, butter tops slightly, fold each one over to form a half round, let rise, and bake in a quick oven. In cold weather the milk should be lukewarm, in hot weather it should be scalded, then cooled.

LIGHT ROLLS.

Set at night for rolls for dinner. Boil five medium-sized potatoes, and rub through a colander. Save the water the potatoes were cooked in, and if there is not one pint add enough hot water to make that amount. Add to the potatoes two tablespoonfuls of flour, one-half cupful of sugar, and scald with the water; beat well, and when cool enough add one cake of quick yeast. Keep in a warm place. Next morning add one pint of lukewarm water and flour alternately, making a batter as stiff as you can stir, and let it rise. When light add one tablespoonful of lard, one teaspoonful of salt, knead in flour, make into rolls, keep warm, let rise, then bake forty minutes in a slow oven.—*Mrs. Hathaway.*

CINNAMON ROLLS.

Take a small piece of light bread dough, roll out one-half inch thick, spread with butter, sprinkle with

"Sorrow is not necessarily unhappiness."

sugar and cinnamon, roll up and cut in slices, place in a greased pan, sprinkle a little sugar over it, let rise, then bake.—*Miss Grace Harris.*

COFFEE BREAD.

Take a piece of bread dough, work into it a beaten egg, a little melted butter, and pulverized sugar; roll out one-half inch thick, sprinkle with sugar and cinnamon, roll up. Place in a deep, narrow pan, let rise, bake. Eat with coffee for Sunday breakfast.

LIGHT BISCUIT.

When you bake, take a pint of sponge, one teaspoonful of sugar, one teaspoonful of melted butter, the white of one egg beaten to a foam, mix well together; let rise, mold into biscuits, let rise, and bake.—*Mrs. Laura E. Rice.*

TEA BISCUIT.

Two pounds flour, two ounces butter, one cupful milk, one-half cupful sugar, one cupful yeast, one or two eggs; set at night, bake in the morning.—*Mrs. Clara Ford Snyder*

PONE BREAD.

One pint corn meal, one pint flour, one pint sour milk, one teaspoonful soda, one-half teacupful molasses, a little salt; grease a pan suitable size for the loaf, pour mixture into pan, and steam three hours; then bake fifteen minutes.—*Mrs. Jane A. Humphrey.*

GRAHAM BREAD.

One pint sour milk, one-half pint molasses, one teaspoonful soda, one teaspoonful baking powder, two pints graham flour, or Ralston's whole wheat flour. Put half the soda in the sour milk, the other half in the molasses.

“Thou shalt be served thyself by every sense of service which thou renderest.”

Put baking powder in the flour. Bake two hours in moderate oven in two well-greased quart tin cans. Put greased papers over tops of cans.—*Mrs. C. G. Beymer.*

BROWN BREAD.

Four pints graham flour, two pints buttermilk or sour milk, one pint New Orleans molasses, two teaspoonfuls of soda, one pound raisins floured. Bake in loaves. Put first a layer of dough then a layer of raisins, and so continue until all is used.

BROWN BREAD.

Two pints flour, one-half pint molasses, one pint buttermilk, one and one-half teaspoonfuls baking powder, one teaspoonful of soda; raisins, if liked; dredge raisins with flour.—*E. H.*

BAKING POWDER BISCUIT.

Two cupfuls of flour, two teaspoonfuls baking powder sifted with the flour, one teaspoonful salt, two tablespoonfuls lard cut into the flour with a spoon until it is all separated into very small particles; add milk enough to make a dough that is not too soft to handle, stirring it in with a spoon. Take out on the board and knead just enough to get it into shape. Roll out, cut with small biscuit cutter, and bake in a quick oven.—*Miss Phillips.*

DROP BISCUIT.

One quart flour, three teaspoonfuls baking powder, one teaspoonful salt, butter size of an egg, one pint milk; rub butter into flour, then add milk; drop from a spoon into buttered pan; bake in a quick oven.

"Never undertake more work of any sort than you can carry on calmly and quietly, without hurry or flurry."

HOT-SCOTCH BISCUIT.

Mix well together one pint flour, one scant tablespoonful butter, a pinch of salt; mix it with buttermilk in which one-half teaspoonful of soda has been dissolved. Make dough as stiff as for biscuit, roll half an inch thick, cut with biscuit cutter, and bake in well-greased skillet on top of stove.

"If you are tempted to be angry, pause a moment and still the rising activities."

"Endeavor to obtain a continually joyful and peaceful spirit."

"Back of the loaf is the snowy flour,
And back of the flour, the mill;
And back of the mill are the wheat and the shower,
And the sun and the Father's will."

MUFFINS, ETC.

GOOD GRAHAM GEMS.

Two cupfuls of sour milk, one teaspoonful of soda, one teaspoonful salt, one tablespoonful brown sugar, one beaten egg; to the egg add the milk, the sugar, and the salt; then the graham flour (with soda mixed in), together with the lard. Make a stiff batter so it will drop from a spoon. Bake fifteen minutes.

CRUMPETS.

Beat well together one tablespoonful melted lard, one teaspoonful sugar, a pinch of salt, one egg; then add three-fourths cupful sweet milk, one and one-fourth cupfuls flour, one and one-half teaspoonfuls baking powder. Bake in gem pans fifteen minutes.—*Mrs. Sarah Stevenson.*

CORN MUFFINS.

One pint corn-meal, one pint flour, one tablespoonful sugar, one teaspoonful salt, three teaspoonfuls baking powder, one tablespoonful lard, two eggs, one pint sweet milk; fill well-greased muffin pans two-thirds full. Bake fifteen minutes.—*M. E.*

GRAHAM MUFFINS.

One cupful sweet milk, one-third cupful sugar, one egg, two cupfuls graham flour, two teaspoonfuls baking powder, one tablespoonful butter; bake twenty or twenty-five minutes in well-greased muffin rings.

“When thou art offended or annoyed by others, suffer not thy thoughts to dwell thereon or on any thing relating to them.”

CORN BREAD.

One pint buttermilk, one level teaspoonful soda, one egg, one-half teaspoonful salt, one tablespoonful melted lard, four tablespoonfuls flour; stir milk and soda together, add egg, salt, lard, and flour; stir in enough corn-meal to make a rather stiff batter; pour into a well greased pan, and bake in a quick oven.

CORN BREAD.

Take two tablespoonfuls of corn-meal, scald and beat well; add one level teaspoonful of lard, one teacupful of sour milk in which one-half teaspoonful of soda has been dissolved, one egg and corn-meal enough to make a moderately thick batter. Bake twenty minutes.—*Mrs. C. G. Beymer.*

JOHNNY CAKE.

One egg, two tablespoonfuls corn-meal, two heaping tablespoonfuls sugar, one-half pint sour milk, two and one-half tablespoonfuls butter, one-half teaspoonful soda, two teaspoonfuls baking powder, flour enough to make a thick batter; melt butter before putting in; add egg last. Bake in moderate oven one hour if the pan is deep. Do not allow oven to be too hot at first.—*Miss Phillips.*

JOHNNY CAKE.

Mix well together six tablespoonfuls of corn-meal, three tablespoonfuls of flour, a pinch of salt, two-thirds teaspoonful soda, one teaspoonful cream of tartar, and two tablespoonfuls sugar; stir into it one egg and one cupful sweet milk. The batter should be thin.—*M. E.*

"I would give nothing for that man's religion whose very dog and cat are not the better for it."

FRIED MUSH.

Take boiling water, salt to taste, then stir into it very slowly enough corn-meal to make a mush. Have ready about a tablespoonful of lard in a skillet; drop the mush into it from a spoon, spreading each cake a little with the spoon; brown on both sides, and serve at once.

CORN MUSH.

Take fresh water, salt to taste, and boil. Stir in corn-meal very slowly until it is as thick as can be conveniently stirred. In order to cook thoroughly, the mush should be allowed to cook well while thin. When desired to be fried, pour into an earthen dish and set away to cool.

FRIED MUSH.

Slice cold mush, roll in flour, and fry in hot lard, or dip each piece in beaten egg, and fry on a hot griddle.

MILK TOAST.

Brown nicely four slices of bread, spread with butter, and lay in a deep dish. Boil one pint of sweet milk; add to it a pinch of salt and a small lump of butter; the moment the milk boils, pour it over the bread, put a cover on the dish, and serve at once.—*M. E.*

FRENCH TOAST.

Beat one egg; add to it one-half teacupful of sweet milk and a little salt. In this dip slices of dry bread; then fry them a light brown.—*J. F.*

"To be bright and cheerful often requires an effort; there is a certain art in keeping ourselves happy."

"Cheerfulness is a potent factor of success."

GRIDDLE CAKES, ETC.

BATTER CAKES.

Three cupfuls sweet milk, two eggs, four teaspoonfuls baking powder, salt, flour; take two and a half cupfuls of the milk, and to this add the salt and flour (into which has been sifted the baking powder) until a stiff batter is made; add yolks of two eggs, and beat thoroughly until the batter is very smooth; then thin with remaining milk. Beat the whites of eggs until stiff and cut into the batter. Bake on hot griddles.

GRIDDLE CAKES WITHOUT EGGS.

Break up roughly about a pint of light bread, pour cold water over it, let stand a few minutes, turning so it will all be thoroughly wet, pour off all water you can, then lightly crumb the bread; add one pint sour milk, one level teaspoonful soda, one rounding teaspoonful baking powder, a little salt and flour to make a batter.—*Mrs. Lou B. Keeney.*

WAFFLES.

One pint flour, one-half pint milk, one-half teaspoonful salt, two level teaspoonfuls baking powder, one tablespoonful melted butter, two eggs; sift flour, baking powder, and salt; add well beaten yolks of the eggs, milk, and melted butter, last the beaten whites of the eggs. Bake in hot, well-greased waffle irons.

“Many people in ordinary circumstances are millionaires of cheerfulness.”

SOUR-MILK WAFFLES.

One quart sour milk, one and one-half teaspoonfuls soda, two tablespoonfuls melted butter, one-half teaspoonful salt, five eggs, flour enough to make a stiff batter. Beat the whites and yolks of the eggs separately; add the whites just before baking.

BUCKWHEAT CAKES.

Into one pint of warm water stir enough buckwheat flour to make a stiff batter; then add a well-dissolved cake of yeast, beat well, and put in a warm place over night. In the morning add one teaspoonful salt, a scant half teaspoonful soda dissolved in enough warm water to make the batter almost as thin as cream; a tablespoonful molasses may be added. If a small cupful of batter is left, it may be used instead of yeast to start the next cakes, which will be better than the first. Proceed the same as with the first cakes, except that the amount of soda should be increased a little each time, until it requires a teaspoonful to make them good. They will improve each morning for about a week, when it will be necessary to begin again.—*A. A. N.*

BUTTERMILK PANCAKES.

One pint buttermilk, one teaspoonful soda, one-half teaspoonful salt, one egg; enough flour to make a thin batter.

CRUMB PANCAKES.

Soak stale light bread or part biscuit, over night in buttermilk. In the morning put through a colander or rub until very smooth; to one quart of the mixture add

"A placid face and a gentle tone will make my family more happy than anything else I can do for them."

one teaspoonful of soda, one-half teaspoonful of salt, two eggs well beaten, and enough flour to make a medium thick batter; bake on hot griddles.—*A. A. N.*

CORN-MEAL CAKES.

One pint corn-meal, one-half pint flour, one pint sweet milk, two teaspoonfuls baking powder, one-half teaspoonful salt, two eggs; scald the meal well with just a little boiling water, and, when cool enough, add the other ingredients. Bake on hot griddle.

PANCAKES.

One pint sour milk, one level teaspoonful soda, a pinch of salt, one egg; enough corn-meal and flour, one-half of each, to make a batter which is not too thin. Bake on hot griddle.—*J. F.*

APPLE FRITTERS.

One-half pint milk, two cupfuls flour, two eggs, one-half teaspoonful salt, one teaspoonful baking powder, one tablespoonful sugar; stir in carefully thin slices of good cooking apples, drop from a spoon into boiling lard. Serve with syrup.

HOMINY FRITTERS.

Mix well one cupful cold boiled hominy, one-half cupful milk; then add one cupful flour, one egg, one teaspoonful baking powder, a little salt. Drop from a spoon into boiling lard.

RICE FRITTERS.

One cupful milk, one-half cupful boiled rice, one teaspoonful baking powder, two cupfuls flour, two eggs; drop from a spoon into boiling lard. Serve with syrup made of sugar.

“Every contradiction of our will, every little ailment, every petty disappointment, will, if we take it patiently, become a blessing.”

LEMON CRACKERS.

Whites of eight eggs, beaten stiff, two and one-half cupfuls of sugar, one cupful of lard, a little salt, one ounce carbonate ammonia dissolved in sweet milk which has been warmed but not boiled, ten cents' worth of essence of lemon, flour to mix very stiff; roll thin, cut in any shape wanted, prick with fork, and bake in a moderate oven.—*Mrs. Lou B. Keeney.*

LEMON CRACKERS.

Whites of four eggs, well beaten, three cupfuls white sugar, ten cents' worth lemon extract, one pint sweet milk, one cupful lard, two teaspoonfuls baking powder, a little salt, five cents' worth of carbonate of ammonia, pulverized and dissolved in hot water. Mix very stiff and bake in quick oven.—*Mrs. Margaret Farley.*

LEMON CRACKERS.

Two and one-half cupfuls sugar, two eggs well beaten, one cupful lard, one-half teaspoonful salt, five cents' worth of oil of lemon, one ounce carbonate ammonia dissolved in one pint sweet milk, flour to mix stiff; roll thin, prick with a fork, cut in squares, and bake in quick oven.—*Mrs. Eustatia K. Torrance.*

“A laugh is just like music,
It lingers in the heart,
And where its melody is heard,
The ills of life depart;
And happy thoughts come crowding
Its joyful notes to greet,—
A laugh is just like music,
For making living sweet.”

CAKES.

As much, if not more, depends upon the baking than the making to insure success with cakes. Nothing short of the most careful attention to an evenly heated oven will suffice. Unequal baking, or a sudden decrease in heat before it is quite done, will cause streaks in the cake. Large cakes require a slower fire than small or layer cakes made from the same mixture. If a layer cake is baked in a very slow oven it will probably run over the sides of the pan. If the oven is too hot it will bake quickly around the edges and puff up in the middle. Cakes containing molasses require a very slow oven, and many small cakes—such as meringues, kisses, and macaroons—require drying rather than baking. For fruit cake some think that it softens the fruit, darkens the cake, as well as gives it a better flavor, to steam three hours, then bake slowly for one hour. Avoid jarring the stove in any way while baking cakes. Be sure cake is done before removing from oven, test by piercing with a broom splinter. Fresh lard is better than butter with which to grease the pans. Line the bottom with paper, and, if the cake is large, use several thicknesses of paper, greasing the top one well. In making cake, first beat the sugar and butter together until like cream; then add the milk, little at a time, beating as you do so; at this juncture do not be afraid of beating too much. There is a knack in the beating process; do not *stir*, but beat. Sift the baking powder with the last cup of measured flour. Add the beaten whites of the eggs last; do not stir or beat them

“Though you meet with loss or sorrow in the passing years,
Smile a little, smile a little, even through your tears.”

in, but use a sweeping, folding-in movement of the spoon. In beating eggs use the wire spoon, rather than any rotary-motion beater. A pinch of salt will make the whites beat more quickly, and chilling them before beating will also hasten the process; avoid getting a particle of yolk in the whites else they will not froth well.

Never beat a cake in tin; use stone or granite ware. Too much baking powder gives the cake an unpleasant taste and makes it porous.

ANGEL-FOOD CAKE.

Whites of eleven eggs beaten to a stiff froth, one and one-half cupfuls of fine granulated sugar sifted four times, one cupful of flour sifted four times, one teaspoonful of cream tartar sifted with the flour, one teaspoonful of vanilla; sift the sugar lightly into the well-beaten whites, add the vanilla, then sift in the flour and cream of tartar, stirring as little as possible. Line a cake-pan with paper, but do not grease. Bake forty-five minutes in a moderate oven.—*Mrs. Mary Harris Thiebaud.*

DELICATE CAKE.

One and one-half cupfuls sugar, two tablespoonfuls butter, whites of seven eggs, one teacupful sweet milk, three cupfuls flour, two heaping teaspoonfuls baking powder; flavor to taste. Beat butter and sugar to a cream, add milk and egg, put baking powder in flour, stir in slowly. This makes either a delicious loaf or layer cake.—*M. E.*

BLACK CAKE.

One cupful of dark brown sugar, one cupful of butter, three eggs, one cupful of sour cream, one cupful of

“Do not make the way seem harder by a sullen face,
Smile a little, smile a little, brighten up the place.”

New Orleans molasses, four cupfuls of sifted flour, one tablespoonful of soda dissolved in a little water, one tablespoonful of ginger, one teaspoonful of cinnamon, one-half teaspoonful of cloves, one cupful raisins, one-half cupful citron. To be eaten with or without sauce.
—*Mrs. Alice Elfers.*

HICKORY-NUT CAKE.

Two cupfuls sugar, one cupful butter, one cupful milk, eight eggs, three cupfuls flour, two teaspoonfuls baking powder, two cupfuls nut kernels chopped fine; put the kernels in layers, or stir them all through; you may use any kind of nut kernels for this cake.—*Mrs. Laura K. Sparks.*

POUND CAKE.

One cupful of eggs, one cupful of butter, one and one-half cupfuls of sugar, two cupfuls of flour. Cream butter, add the flour; mix eggs and sugar thoroughly together, then put all together and beat well. Flavor either with brandy or nutmeg.—*Mrs. Laura K. Sparks.*

WHITE CAKE.

One cupful butter, two cupfuls sugar, one cupful milk, three cupfuls flour, whites of five eggs, two teaspoonfuls baking powder; flavor to taste. Easy made and very good.—*Mrs. Sarah Stevenson.*

POUND CAKE.

One cupful of eggs, one cupful of butter, one and one-half cupfuls of sugar, one and one-half cupfuls flour. Cream the butter, add the flour, and beat most thoroughly together; beat the sugar and eggs until very light,

"A merry, cheerful woman in the household is like so much sunshine on a dark and stormy day. What a blessing to the home!"

then put all together. The more it is beaten, the better it will be. Flavor with brandy or nutmeg. This cake is remarkably good if properly made and baked.—*E. G. L.*

BLACK CAKE.

One pound of browned flour, one pound of butter, one pound of sugar, one pound of raisins (seeded and cut fine), three-fourths pound of citron (if you like), three-fourths pound currants, one-half pint whisky or wine, one-half pint molasses or dark sugar, one and one-half pounds almonds, one tablespoonful each of allspice, cloves, cinnamon, nutmeg, and soda; yolks of twelve eggs.—*Mrs. Laura E. Rice.*

NUT CAKE.

One cupful sugar, two-thirds cupful butter, one cupful milk, three cupfuls flour, whites of three eggs, two teaspoonfuls baking powder, one cupful nuts.

FROSTING.

One-half cupful sour cream, one cupful sugar, two teaspoonfuls chocolate.—*Mrs. Jennie L. Keeney.*

WHITE FRUIT CAKE.

Two cupfuls sugar, three-fourths cupful butter, one cupful sweet milk, two and one-half cupfuls flour, whites of seven eggs, two heaping teaspoonfuls of baking powder, one pound seeded raisins, one pound figs, one pound blanched almonds, one-fourth pound citron chopped fine, one cupful grated cocoanut. Mix thoroughly before adding the fruit; flavor with lemon. Sift flour over the fruit before stirring it in. Add the grated cocoanut the last thing. Bake slowly for two hours.

“Just as clouds in stormy weather hide from our view the neighboring mountain tops, gloom and discouragement hide from us our great possibilities.”

ROCKA.

One and one-half cupfuls brown sugar, one cupful butter, two and one-half cupfuls flour, three eggs well beaten, one teaspoonful soda dissolved in one teaspoonful of tepid water, one-half teaspoonful salt, one teaspoonful cinnamon, three-fourths pound stoned raisins, three-fourths pound walnuts.—*Mrs. Jennie L. Keeney.*

WHITE FRUIT CAKE.

Whites of twelve eggs, two cupfuls of coffee “A” sugar, one cupful of butter (scant), three cupfuls of flour, two teaspoonfuls of baking powder (heaping), one glassful of white wine (sherry), two cupfuls of almonds, one-half of them sliced, one-half chopped or ground fine; two cupfuls cocoanut, one cupful citron ground fine. This makes two bricks if baked in brick pans, which is a desirable way to bake them, since only one need be disturbed at a time.

BLACK FRUIT CAKE.

One pound butter, one pound coffee “A” sugar, one pound eggs (ten), one pound flour, one teacupful molasses, one teacupful coffee, two pounds of raisins, two pounds of currants, one-half pound of citron chopped fine, one pound of almonds cut fine, one-half pound of figs cut in small shreds, one-half teaspoonful soda in the molasses, two teaspoonfuls baking powder heaped and sifted in the flour. Flour all the fruit thoroughly before putting it in. This will make three bricks. Line the pans at bottom and sides with greased paper.

"To be of service is a solid foundation for contentment in this world."

GENIE'S WHITE LOAF.

One and one-half cupfuls granulated sugar, or two of powdered sugar, one-half cupful of butter, three-fourths cupful sweet milk, whites of eight eggs, three cupfuls of flour, two teaspoonfuls baking powder. Cream butter and sugar thoroughly, then add milk, beaten whites of the eggs; then the flour, stirring hard. Bake in a moderate oven.

SPONGE CAKE.

Five large fresh eggs, one and one-half cupfuls granulated sugar, one and one-half cupfuls flour, one-half teaspoonful of cream of tartar.

QUISSIT CAKE.

One and one-half cupfuls of sugar, one-half cupful of butter, one-half cupful of milk, one and one-half cupfuls of flour (rounded), three eggs beaten separately, two teaspoonfuls of baking powder; flavor with vanilla. Add to the batter six level tablespoonfuls of Baker's chocolate (or cocoa) dissolved in three tablespoonfuls of scalding milk. Cover with butter frosting, made as follows: Two cupfuls of sugar, one-half cupful of boiling water, one tablespoonful of vinegar; add one tablespoonful of butter (when half done). When it will string from the spoon, take from the fire and beat into it one-fourth of a cupful of thick, sweet cream. Beat until thick and smooth.

PORK CAKE.

One pound of fat pork chopped fine, one pint of boiling water poured over the chopped pork, two cupfuls of brown sugar, one cupful of molasses, one tablespoonful

"We are liberated, free to do our best only when we live in a hopeful, optimistic spirit."

of cloves, one tablespoonful of nutmeg, two tablespoonfuls of cinnamon, two pounds of raisins, one and one-half glassfuls of brandy, one teaspoonful of salt, three teaspoonfuls of baking powder, one teaspoonful of soda, seven or eight cupfuls of flour. Bake slowly for three hours.—*Mrs. Jane A. Humphrey.*

POUND CAKE.

One pound of sugar, one pound of butter, one pound of flour, ten eggs. Cream sugar and butter well together; add a part of the flour; add two or three eggs at a time, beating well until all are in, adding flour at different times. This cake will prove its own merits when tried.—*Mrs. Jane A. Humphrey.*

MARBLE CAKE.

White portion: Whites of four eggs, one cupful of white sugar, one-half cupful of butter, one-half cupful of sweet milk, two teaspoonfuls baking powder sifted with two cupfuls of flour (heaped), one teaspoonful of vanilla. Dark portion: Yolks of four eggs, one cupful of brown sugar, one-half cupful of butter, one-half cupful of molasses, one-half cupful of sour milk, one-half teaspoonful of soda dissolved in the milk, one teaspoonful, level, each of cinnamon, cloves, and nutmeg; two cupfuls of flour. Bake in a loaf, first putting the dark, then the light, alternately a spoonful of each.—*Mrs. Gertrude Twineham French.*

MARBLE CAKE.

White part: One and one-half cupfuls of butter well beaten, three cupfuls of sugar, whites of fifteen eggs, one and one-half cupfuls of sweet milk, five cupfuls of flour,

"There are words of cheer in the air! Listen! and their melody will bring peace to the spirit, and their truths strength to the heart."

one and one-half teaspoonfuls of soda, three teaspoonfuls of cream tartar; flavor to suit taste. Brown part: One-half cupful of butter, one cupful of sugar, one-half cupful of sweet milk, one cupful of browned flour, yolks of five eggs, one-half teaspoonful of soda, one teaspoonful of cream tartar, one teaspoonful each of ginger, cloves, cinnamon, allspice, nutmeg, vanilla, and lemon.—*Mrs. Hannah L. Harris.*

FRUIT CAKE.

One and one-half cupfuls of butter, one and one-half cupfuls of sugar, five eggs, one cupful of molasses, two-thirds cupful of sweet milk, two teaspoonfuls each of soda and cloves, two tablespoonfuls of cinnamon, one nutmeg, two pounds of seedless raisins, two pounds of currants, five cupfuls of flour. Better for being baked five or six weeks before using.—*Mrs. Jane Harris.*

WHITE FRUIT CAKE.

Whites of sixteen eggs, one pound of butter, one pound of sugar, one pound of flour, two teaspoonfuls of baking powder sifted with flour, one cocoanut grated, one pound of almonds chopped, one pound of citron chopped, two pounds of raisins chopped, two pounds of currants. Bake in layers or loaf.—*Miss Polly Green.*

FRUIT CAKE.

Two cupfuls of brown sugar, one and one-half cupfuls of butter, one cupful of molasses, one cupful of strong coffee, six eggs, five cupfuls of flour, one teaspoonful each of soda and salt, two pounds of raisins, one pound of currants, one-half pound of citron, one and one-half

"Do n't bark against the bad, but chant the beauties of the good."

pounds of walnuts, one pound of almonds, two teaspoonfuls each of cloves, cinnamon, nutmeg, and vanilla.—*Mrs. F. H. Ward.*

SPANISH BUN CAKE.

Five eggs, leaving out the whites of two for frosting; three-fourths cupful of butter, two cupfuls of sugar, one cupful of cream, two cupfuls of flour, two teaspoonfuls of baking powder, one desertspoonful each of allspice and cinnamon, a little nutmeg. Bake in square tin and ice with white icing.—*Mrs. Edna J. Humphrey.*

BLACKBERRY CAKE.

One cupful of blackberry preserves, one cupful of sugar, two-thirds cupful of butter, four eggs, three tablespoonfuls of sour milk, one teaspoonful of soda, one teaspoonful of cloves.—*Miss Edna E. North.*

CREAM CAKE.

Two cupfuls of sugar, one-half cupful of butter, one cupful of milk, three eggs, three cupfuls of flour, three teaspoonfuls of baking powder.—*Miss Edna E. North.*

QUICK SPONGE CAKE.

Beat two eggs and two cupfuls of sugar together until very light, add two cupfuls of flour and two teaspoonfuls of Royal baking-powder, one-half teaspoonful of salt; lastly add two-thirds of a cupful of boiling water and flavoring. Bake in moderate oven.—*Mrs. Eda May Douglas.*

FRUIT CAKE.

One and three-fourths pounds of sugar, three-fourths pound of butter, creamed together; one-half pint of sweet milk, two teaspoonfuls of soda, six eggs beaten sepa-

“We need to be disciplined in the matter of meeting cheerfully and gallantly the small ills of life.”

rately, one and one-half pounds of flour, one pound of raisins seeded and chopped, one pound of English currants washed and dried, one-half pound citron chopped fine, one-half gill of brandy, one gill of wine, one teaspoonful of cloves, two teaspoonfuls of cinnamon, two nutmegs grated. To the creamed butter and sugar add the milk, first putting in it the soda dissolved in a little hot water. Stir in the flour; then the eggs, the yolks first well beaten; then the whites, beaten stiff; now add the remainder of the ingredients, flouring well all the chopped fruit. Bake in one large pan or several small ones. For frosting, allow five tablespoonfuls of sugar to each white of an egg. This cake is better several weeks or months old.—*Mrs. Elizabeth and Miss Emma Keeney.*

FRUIT CAKE.

Three pounds of dry flour, three teaspoonfuls baking powder sifted with flour, one pound of butter, one pound of sugar, creamed together; twelve eggs beaten very light, one wine glass each of wine and brandy; one coffee-cupful of molasses, two tablespoonfuls cinnamon, one tablespoonful allspice, one teaspoonful cloves, two nutmegs grated (put the spices in molasses and steep gently twenty or thirty minutes, but do not boil), three pounds of stoned raisins, two pounds of currants, three-fourths pound of sweet almonds, one pound of citron. Let cake cool in the oven gradually. Ice when cold. This cake will keep for weeks in a stone jar, and is much better than when first made.—*Mrs. Emma Keeney Peier.*

FRUIT CAKE.

Two cupfuls of sugar, five eggs, one cupful of butter, one cupful of buttermilk, two teaspoonfuls of soda,

"We all like sunshiny, bright, cheerful, hopeful people; nobody likes the grumbler, the fault-finder, the backbiter, or the slanderer."

one teaspoonful of baking powder; one teaspoonful each of allspice, cinnamon, and nutmeg; one cupful of raisins, two cupfuls of jam, four cupfuls of flour.—*Mrs. Hannah Stewart.*

SPICE CAKE.

Four eggs (reserving whites of two for icing), two cupfuls of brown sugar, one-half cupful of butter, one-half cupful of sour milk, one teaspoonful of soda dissolved in the sour milk, two teaspoonfuls of cinnamon, one-half teaspoonful of cloves and a nutmeg, two cupfuls of flour.—*Mrs. Hannah Stewart.*

GOLD CAKE.

One cupful of butter (scant), two cupfuls of sugar, one cupful of milk, five eggs, whites and yolks, three cupfuls of flour, two teaspoonfuls of baking powder; flavor to suit taste.—*Mrs. B. S. Calvert.*

COFFEE CAKE.

One cupful of sugar, three-fourths cupful of shortening, one cupful of molasses, one cupful of cold coffee, two teaspoonfuls each of soda and baking powder; one teaspoonful each of cinnamon, cloves, and allspice; one nutmeg, four cupfuls of flour, a little salt, one cupful of raisins chopped fine, mixed with one-half handful of flour.—*Mrs. Olive Posten.*

WHITE CAKE.

Two cupfuls of sugar (scant), one-half cupful of butter, one and one-half cupfuls of milk, three cupfuls of flour, well sifted; three teaspoonfuls of baking powder, whites of six eggs; flavor to taste.—*Mrs. Wm. Posten, Jr.*

"A little explained, a little endured,
A little forgiven, the quarrel is cured."

VIRGINIA SNOW CAKE.

Two cupfuls of sugar, one cupful of butter, one cupful of sweet milk, four cupfuls of flour, two teaspoonfuls of baking powder, heaping, and sifted with the flour; whites of nine eggs. For a small cake take one-half the amount and one and one-half teaspoonfuls of baking powder.—*Mrs. H. R. Harris.*

PORK CAKE.

One cupful of pickled pork chopped fine, one cupful of seeded raisins, one cupful of molasses, one cupful of sour milk, one-half cupful of sugar, one teaspoonful of salt, one teaspoonful of soda, four cupfuls of flour.—*Mrs. Wm. Cunningham.*

A GOOD PLAIN CAKE.

One cupful of sugar, one-half cupful of butter, two eggs, one cupful of sweet milk, two and one-half cupfuls of flour, two teaspoonfuls of baking powder (level); flavor to taste.—*Mrs. W. D. Cunningham.*

TILDEN CAKE.

One cupful of butter, two cupfuls of pulverized sugar, one cupful of sweet milk, three cupfuls of flour, one-half cupful of corn starch, four eggs, two teaspoonfuls of baking powder, two teaspoonfuls of lemon extract.—*Mrs. Louie Thiebaud.*

WHIPPED CREAM CAKE.

One cupful of sugar, two eggs, two tablespoonfuls of butter, one-half cupful of milk, one and one-half cupfuls of flour, two teaspoonfuls of baking powder. Bake in

"I've made it a practice to put all my worries down in the bottom of my heart, then set on the lid and smile."

rather small square dripping pan. When cake is cool, cover over the top with a half pint of sweet cream, whipped to a stiff froth, and sweetened and flavored to taste. Cut in squares, and serve while fresh.

"The medicine for the cure of loneliness is portions of generosity, thoughtfulness for others, and self-sacrifice, taken in large doses."

"In sorrow sweetest things will grow, as flowers in rain. God watches; and thou shalt have sun when clouds their perfect work have done."

"The first step in the art of painting is to learn the value of shadow; the first step in the art of living is to learn the value of misfortune."

"Count that day lost, whose low descending sun
Sees from thy hand no worthy action done."

"Frowns are thorns, and smiles are blossoms oft for weary feet."

LAYER CAKES.

HARLEQUIN CAKE.

One cupful of butter, two cupfuls of sugar, three eggs, one cupful of milk, three cupfuls of flour, two teaspoonfuls of baking powder slightly rounded. Rub to a light cream the butter and sugar; add the well-beaten egg yolks, and when this is light add the milk. Mix together the flour and baking powder, and stir into egg mixture. Beat the egg whites stiff, and beat them thoroughly into the dough. When it is light and fine grained, divide the dough into three parts. Have one part the color of the dough; color the second with one square of unsweetened chocolate, melted; color the third with pink coloring. When all are done, put together with any filling desired.—*Mrs. Sarah Stevenson.*

CREAM CAKE.

Two cupfuls of sugar, one-half cupful of butter, three eggs beaten in the milk, one cupful of milk, three cupfuls of flour, two teaspoonfuls of cream of tartar, one teaspoonful of soda. Cream for filling: one pint of milk (let it come to a boil), one-half cupful of flour, one cupful sugar, two eggs; flavor with vanilla and a lump of butter. This is worth trying.—*Mrs. Clara Ford Snyder.*

LAYER DEVIL'S FOOD.

One and one-half cupfuls sugar, one-half cupful butter, four eggs beaten separately very light, two squares of chocolate, five tablespoonfuls of boiling water poured

"The happiest lives are the busiest ones."

over the chocolate, one-half cupful sweet milk, two cupfuls flour, two teaspoonfuls baking powder, one teaspoonful vanilla. Bake in three layers; use filling desired.—

Mrs. Jennie L. Kenney.

BLACKBERRY JAM CAKE.

One and one-half cupfuls of sugar, one-half cupful butter, three eggs, three tablespoonfuls sour cream; one teaspoonful each of cloves, cinnamon, nutmeg, allspice, and soda; one cupful of blackberry jam, flour. Bake in square molds about 4 by 6 by 3.

FIG CAKE.

Silver part: Two cupfuls of sugar, two-thirds cupful of butter, two-thirds cupful of sweet milk, whites of eight eggs, three cupfuls of flour, two teaspoonfuls baking powder, heaping, thoroughly sifted with the flour. Cream butter and sugar, add milk and flour, and, last, whites of eggs beaten stiff. Gold part: One cupful of sugar, three-fourths cupful of butter, one-half cupful sweet milk, yolks of seven eggs thoroughly beaten, one whole egg, two cupfuls of flour, two teaspoonfuls of baking powder sifted with the flour, one teaspoonful each of cinnamon and allspice. Bake the white in two long tins. Put half the gold in long tin and lay on one pound of halved figs (previously sifted over with flour) so they will just touch each other; put on the rest of the gold, and bake. Put together while warm with white frosting, the gold between the white ones, and cover with frosting.—*Mrs. Laura E. Rice.*

COCOANUT CAKE.

Two cupfuls white sugar, one cupful of butter creamed with the sugar, one cupful sweet milk, eight

“When a bright little opportunity blossoms as you pass, stop to pluck it and use it. You may not pass that way again.”

eggs, three cupfuls flour, one teaspoonful soda, two teaspoonfuls cream tartar; flavor to taste. Bake in jelly pans. For filling, mix well one pound of sugar with the beaten whites of three eggs, then add grated coconut to make it thick enough to spread well.—*Mrs. Laura E. Rice.*

ORANGE CAKE.

One cupful of sugar, one-half cupful of butter, one-half cupful of sweet milk, three eggs, two cupfuls of flour, one and one-half teaspoonfuls of baking powder. Bake in three layers. For filling, grate the outside of an orange, mix with the juice, and add sugar until quite stiff.—*Mrs. Laura E. Rice.*

WHITE CAKE.

One and two-thirds cupfuls sugar, one teaspoonful lard, one tablespoonful butter, one and one-third cupfuls sweet milk, whites of four eggs beaten to a stiff froth, three cupfuls flour, two teaspoonfuls baking powder. Beat butter, sugar, and lard together, then add the milk and flour, and, last, the eggs. Bake in layers.—*Miss Grace Harris.*

BEEFSTEAK CAKE.

Two cupfuls sugar, one cupful butter, one cupful sweet milk, three and one-half cupfuls flour, whites of three eggs, three teaspoonfuls baking powder sifted with flour. Bake two-thirds in two round tins, and to the remainder add the three egg yolks, three tablespoonfuls of molasses, one cupful of raisins, one-half cupful of flour, and all kinds of spices. Bake in one layer, and put between the other two.—*Miss Edna E. North.*

"There is no beautifier of complexion, form, or behavior like the wish to scatter joy and not pain around us."

NEAPOLITAN CAKE.

Black part: One cupful of brown sugar, one-half cupful of butter, three eggs, one-half cupful molasses, one-half cupful strong coffee, two and one-half cupfuls flour, one cupful each of raisins and currants, one teaspoonful each of cinnamon, cloves, and soda. White part: Two cupfuls white sugar, one-half cupful butter, one cupful sweet milk, two and one-fourth cupfuls flour, one cupful corn starch, whites of four eggs, two teaspoonfuls baking powder. Bake in layers, with icing between.—*Mrs. Wilber Harris.*

ANGEL CAKE.

One and one-half cupfuls of sugar, two-thirds cupful butter, whites of five eggs beaten to a very stiff froth, one-half cupful corn starch, one cupful sweet milk, two and one-half cupfuls flour, two teaspoonfuls baking powder, one teaspoonful vanilla. Cream butter and sugar, add the well-beaten whites of eggs, and beat until a light froth; then stir in the corn starch mixed smooth with a little of the milk; add the rest of the milk, then the flour and baking powder sifted together, then the vanilla; beat again, and bake in layers. Put together with a marshmallow filling, as directed for devil's food, colored with a cupful of chocolate, or make a fruit filling by boiling together one and a half cupfuls of sugar and one-half cupful of water until it hairs; then pour on the stiffly-beaten white of one egg and beat to a froth; then stir in one cupful of chopped raisins, about the same amount of chopped dates, some shredded citron, and a light dash of spices. Excellent.—*Mrs. H. E. Wade.*

"Each kindly act is an acorn dropped
In God's productive soil,
Though you may not know, yet the tree shall grow
And shelter the brows that toil."

DEVIL'S CAKE.

Custard part: One cupful of grated chocolate, one cupful of sugar, one-half cupful of sweet milk, yolk of one egg, one teaspoonful vanilla. Stir all together in a granite saucepan, and cook slowly for a few minutes; then set away to cool. **Cake part:** One cupful of sugar, one-half cupful of butter, one-half cupful of sweet milk, two eggs, two cupfuls of flour. Cream butter, sugar, and yolks of eggs together, add milk, sifted flour, and whites of the eggs beaten stiff; beat well, then stir in the custard; lastly, add a teaspoonful of soda dissolved in a little warm water. Bake in layers.

Filling: Two cupfuls of sugar, one cupful of water, and one tablespoonful of vinegar boiled until thick like candy; stir in the beaten whites of two eggs and one-fourth pound of marshmallows; boil again, place it on the cake, allowing each layer of filling to cool before putting the cake on top of it. Splendid.—*Mrs. H. E. Wade.*

CHOCOLATE CAKE.

Whites of eight eggs, two cupfuls of sugar, one cupful of butter, one cupful of sweet milk, three cupfuls of flour (heaping), three teaspoonfuls of baking powder. Beat the butter to a cream, stir in the sugar, and beat until light; add the milk, then flour, and beaten whites last. Bake in layers.

Filling: One and one-half cupfuls white sugar, one-fourth cupful butter, three-fourths cupful sweet milk, one-half cupful chocolate, grated. Boil until thick.—*Mrs. L. C. Harris.*

"All who joy would win must share it,—Happiness was born a twin."

MARSHMALLOW CAKE.

One and one-half cupfuls sugar, one-half cupful butter, one-half cupful sweet milk, one and one-half cupfuls flour, one-half cupful corn starch, one teaspoonful best baking powder, whites of six eggs. Bake in two layers.

Filling: Two tablespoonfuls of gelatine dissolved in eight tablespoonfuls of hot water. Stir one pound of powdered sugar into this; stir twenty minutes; flavor and mold in pan the same as cake part is baked in, but do not bake. When all is cold, put together with frosting.—*Mrs. F. H. Ward.*

TWIN SISTER CAKE.

White part: One cupful sugar, one-half cupful butter, one-half cupful sweet milk, two cupfuls flour, whites of four eggs, three teaspoonfuls baking powder (level), one teaspoonful lemon. Dark part: One-half cupful molasses, one-half cupful butter, one-half cupful coffee, two cupfuls flour, yolks of four eggs, one tablespoonful soda, one teaspoonful each of cinnamon, cloves, nutmeg, and allspice. Bake in jelly pans.—*Mrs. Margaret Farley.*

PLAIN WHITE CAKE.

One-half cupful of butter, one and one-half cupfuls of sugar, creamed together; two-thirds cupful of milk, two cupfuls of flour, two teaspoonfuls of Royal baking powder; flavor with vanilla.

Filling: Two cupfuls of brown sugar, one-half cupful of sweet milk, one tablespoonful of butter. Boil together until it hardens when dropped in cold water; add one teaspoonful of vanilla. Stir rapidly until stiff enough to spread well.—*Mrs. Eda May Douglas.*

"Accept the place Divine providence has found for you."

DARK LAYER CAKE.

Four eggs (reserving whites of two), one cupful sugar, one-half cupful butter, nine tablespoonfuls buttermilk, one teaspoonful soda (heaping), one teaspoonful Royal baking powder (heaping), two cupfuls of flour, one cupful blackberry jam or jelly, one teaspoonful each of cloves and cinnamon. Put together with white icing made of the reserved whites of eggs.—*Mrs. Eda May Douglas.*

BANANA CAKE.

One cupful sugar, two eggs, one-half cupful butter, one cupful sweet milk, two cupfuls flour, one teaspoonful baking powder (heaping); flavor with banana extract. Bake in two layers. Place generous layers of thinly sliced bananas, sprinkled with juice of lemon, a little powdered sugar, and a thick layer of whipped cream on each layer of cake.—*Mrs. Rev. J. F. Dennis.*

PECAN CARAMEL CAKE.

One cupful butter, two cupfuls sugar, one cupful sweet milk, three cupfuls flour, two teaspoonfuls baking powder, one teaspoonful vanilla, whites of seven eggs, one cupful pecans chopped and added last. Bake in layers.

Filling: Put two cupfuls of sugar and one-half cupful of milk into a sauce pan, and boil until it threads. In another pan melt one cupful of white sugar until it is like molasses; pour this slowly into the milk and sugar; boil and add one tablespoonful each of butter and vanilla, and one cupful of chopped pecans; remove from the fire, and stir until it is thick enough to spread between the layers and on the outside. Decorate the outside with whole pecan meats.—*Mrs. B. S. Calvert.*

"The kindest and the happiest pair
Will find occasion to forbear;
And something every day they live
To pity, and perhaps forgive."

FIG CAKE.

One-half cupful of butter, one cupful sugar, three and one-half cupfuls flour, one-half cupful sweet milk, whites of seven eggs, two teaspoonfuls baking powder. Bake in three layers.

Filling: One pound of figs chopped fine, put in sauce pan with cupful of water, add a cupful of sugar, cook until soft and smooth. Spread between layers.—*Mrs. Eustatia K. Torrance.*

SIMPLE LAYER CAKE.

One-fourth cupful butter, two eggs, the yolks beaten with the butter until very light; one and one-half cupfuls granulated sugar, two and one-half cupfuls flour, two teaspoonfuls baking powder sifted with the flour, one cupful water. Add the sugar to the beaten butter and yolks; then add half the water and flour gradually, then the well-beaten whites. While adding the remainder of water and flour, beat thoroughly for five minutes. Bake in three layers.—*Mrs. Olive Posten.*

JAM CAKE.

Four eggs (reserve whites of two for filling), one cupful sugar, one-half cupful butter, nine tablespoonfuls sour milk, one teaspoonful baking powder, one teaspoonful soda (heaping), one cupful blackberry jam, two cupfuls flour, one teaspoonful each of cloves, allspice, and cinnamon. Put together with boiled icing made of the reserved whites and a heaping cupful of sugar.—*Mrs. Jane A. Humphrey.*

"No misfortune is so great as one that sours the temper."

POOR MAN'S LAYER CAKE.

Three eggs, one cupful sugar, one cupful butter, one cupful milk, two and one-half teaspoonfuls baking powder; flavor to suit taste. Add enough flour to make a stiff batter.—*Miss Cullie Clark.*

CHOCOLATE CAKE.

Whites of eight eggs; two cupfuls of sugar, one cupful butter, creamed together; one cupful sweet milk, three cupfuls flour (rounded), three teaspoonfuls baking powder sifted with flour. Add the well-beaten whites; stir in a cake of grated chocolate.

Filling: One cupful white sugar, one cupful cream, one-half cupful butter. Mix well together; boil until thick; beat until cool; spread between layers.—*Mrs. Bernice North.*

LEMON CAKE.

One cupful of sugar, four tablespoonfuls of butter (melted), four eggs, six tablespoonfuls sweet milk, one and three-fourths cupfuls flour, two and one-half teaspoonfuls baking powder.

Filling: Juice and grated rind of one lemon, one cupful of cold water, one cupful of sugar, one egg, one tablespoonful of corn starch. Beat lemon rind and egg together; stir in sugar and lemon juice; dissolve corn starch in cold water. Cook in double cooker until it jellies. Let cool before putting on layers.—*Mrs. H. R. Harris.*

ICE-CREAM CAKE.

Two cupfuls sugar (pulverized), two-thirds cupful butter, one cupful milk, two cupfuls flour, one cupful corn starch, two teaspoonfuls cream of tartar, one tea-

"To a bit of cheerful thinking
Add a portion of content."

spoonful soda, whites of eight eggs. This is nice baked in layers and put together with cooked icing, using whites of four eggs and four cups of sugar, or baked in loaf with top and sides iced, using white of one egg and one cup of sugar.—*Mrs. Lou B. Keeney.*

COCOANUT CAKE.

Whites of eight eggs (or whole of five eggs), two cupfuls of sugar, one cupful of butter, one cupful of milk, three and one-half cupfuls of flour, two teaspoonfuls of baking powder (heaping).

Filling: Whites of two eggs beaten stiff, one cupful pulverized sugar (scant). Beat together until smooth, spread between layers, then sprinkle thickly with grated cocoanut. Arrange the top the same way.—*Mrs. Lou B. Keeney.*

A DAINTY LAYER CAKE.

One cupful of sugar, one-half cupful of cottolene, cream together until very light; three eggs, add one at a time, beat each one thoroughly before adding the next; one cupful of milk, one teaspoonful of vanilla, two cupfuls of flour sifted twice before measuring; then again with two teaspoonfuls of baking powder. Beat batter until light and smooth. Pour into two or three layer cake tins, and bake in a moderately quick oven. Use any filling desired.—*Mrs. Mary E. Sedam.*

LOVE CAKE.

Love cake is simply angel-food cake baked in layers and filled with cream whipped very stiff, sweetened and flavored. If you desire, the cream may be colored with the bought fruit colorings.

"Sing away sorrow, cast away care."

CHOCOLATE CAKE.

Two cupfuls of sugar, three-fourths cupful of butter, one cupful of sweet milk, three and one-half cupfuls of flour, three teaspoonfuls of baking powder, whites of seven eggs. When well beaten, divide into two equal parts, and into half grate a cake of German sweet chocolate. You may bake this in a loaf according to directions for marble cake; or bake in layers, with custard filling, alternating the dark and light layers, having a dark one at bottom, a light one on top.

Custard filling: One cupful sugar, yolks of two eggs well beaten, one tablespoonful of butter, two teaspoonfuls of corn starch dissolved in a little milk, one pint of milk. Cook until thick, like gravy, stirring constantly; let cool, then spread between layers.—*A. A. N.*

ROLL JELLY CAKE.

Yolks of three eggs beaten with one cupful of sugar; two tablespoonfuls of sweet milk. Beat the whites to a stiff froth, and then beat thoroughly with the yolks and sugar. Add one heaping teaspoonful baking powder sifted with one cupful of flour. Flavor and bake in a long dripping pan; when done, turn out on board, spread with jelly, and roll while warm.—*Miss Lucille North.*

ORANGE CAKE.

One and one-half cupfuls of sugar, one-half cupful of butter (scant), three-fourths cupful of sweet milk, two and one-half cupfuls of flour, two teaspoonfuls of baking powder, whites of three eggs. Bake in four jelly pans.

Filling: Boil one and one-half cupfuls of granulated sugar with one-third of a cupful of water until it hairs from a spoon. In a good-sized bowl have the yolks of

"Happiness comes only through making those around you happy. Get the happiness habit without delay."

three eggs beaten until very light. Pour the syrup gradually into these, stirring vigorously; beat the mixture until stiff and cold, then add to it the grated rind of two oranges (being careful not to include any of the bitter white part), a teaspoonful of lemon juice, and the juice of a large, sweet orange. Spread between layers and on top when both filling and cake are perfectly cold. Good.—*A. A. N.*

CHOCOLATE CAKE.

One and one-half cupfuls of sugar, one-half cupful of butter, three eggs, one-half cupful of sweet milk, one and one-half cupfuls of flour, one teaspoonful of baking powder, one-half cake of chocolate cooked until dissolved. When cool, stir into cake. Bake in layers, and put together with white icing.—*Mrs. Wm. Cunningham.*

CHOCOLATE CAKE.

Dissolve two ounces of chocolate in five tablespoonfuls of boiling water; one-half cupful of butter, creamed; add gradually one and one-half cupfuls of sugar, yolks of four eggs, well beaten; then one-half cupful of cream or milk and the chocolate, one and three-fourths cupfuls of flour, two teaspoonfuls of baking powder (rounded), one teaspoonful of vanilla, whites of four eggs beaten to a stiff froth. Bake either in a loaf or in layer cake pans. The layers may be put together with a boiled icing flavored with chocolate.—*Mrs. Maude Scranton.*

EFFIE'S WHITE CAKE.

Three cupfuls of sugar, one cupful of butter, one cupful of milk, four and one-half cupfuls of flour, whites of eight eggs, four teaspoonfuls of baking powder, one teaspoonful of flavoring. Bake in loaf or layers.

“Meet trials with smiles, and they vanish;
Face cares with a song, and they flee.”

DEVIL'S FOOD.

Two cupfuls brown sugar, two eggs, one-half cupful butter, one-half cupful sour milk, one-third cupful chocolate, one-half cupful boiling water; dissolve chocolate in water; one teaspoonful soda dissolved, pour over chocolate (or one teaspoonful baking powder); three cupfuls of flour, one spoonful of vanilla.—*Mrs. Benjamin Harris.*

WHITE CAKE.

Two cupfuls of white sugar, one cupful of butter, four eggs, three and one-half cupfuls of flour, three teaspoonfuls baking powder. Put boiled icing between.—*Mrs. Benjamin Harris.*

JAM CAKE.

Five eggs, two and one-half cupfuls sugar, one and one-half cupfuls butter (heaping), two cupfuls blackberry jam, one cupful buttermilk, one dessert spoonful soda, four cupfuls of flour, one heaping teaspoonful cloves, one heaping teaspoonful allspice, one-fourth teaspoonful black pepper, one tablespoonful cinnamon, one-fourth pound of citron cut fine, one pound of raisins, one and one-half pounds of currants. Bake in layers, and put caramel between.—*Mrs. Lucian Harris.*

BOSTON CREAM PUFFS.

Put one-half pint of hot water and two-thirds of a cupful of butter over the fire; when boiling, stir in one and one-half cupfuls of flour, and continue stirring until smooth. Remove from fire, cool, and beat thoroughly into it five well-beaten eggs. Drop on warm greased tins, brush over with the white of an egg, and bake ten to fifteen minutes in a quick oven. When cold, slice off the top, fill space with cream, and replace top.—*E. H.*

CAKE FILLINGS.

BOILED ICING.

Dissolve three cupfuls of sugar with one cupful of water, and boil until clear; beat whites of three eggs to a very stiff froth, and pour over them the boiling liquid, beating all the time for ten minutes. Frost when both are warm.—*Mrs. Laura E. Rice.*

COCOANUT FILLING.

Two cupfuls of white sugar dissolved in the water of three cocoanuts; boil until it becomes a syrup. To this add the whites of four eggs beaten to a stiff froth; then stir in the grated cocoanuts.—*Mrs. O. J. Harris.*

LEMON FILLING.

Two cupfuls of white sugar, juice and grated rind of six lemons, five eggs well beaten, six tablespoonfuls of butter. Cook until it becomes jelly.—*Mrs. O. J. Harris.*

CHOCOLATE FILLING.

Two ounces of chocolate, one cupful of sugar, three-fourths cupful of sweet milk. Boil until thick; when cool put between layers.—*Mrs. O. J. Harris.*

ICING FOR CAKE.

Two cupfuls of white sugar, four tablespoonfuls of water, boil together until it will draw a hair. Pour over the well-beaten whites of two eggs; then beat hard for five minutes. Add one teaspoonful of baking powder; beat until it is cold enough to put on cake. (You must be quick or it will get hard.)—*Mrs. O. J. Harris.*

“Joy is never possible to those who are perpetually annoyed by trifles, or who dwell upon the unimportant weaknesses of their friends.”

KNICKERBOCKER CAKE FILLING.

Whites of three eggs, one pound pulverized sugar, one-fourth pound seeded raisins cut in small pieces, one-fourth pound citron chopped fine, one-half pound almonds chopped fine, one-fourth pound figs chopped fine, one-fourth pound French candies mashed, one cupful grated cocoanut may be added if desired.—*Miss Polly Green.*

CHOCOLATE FILLING.

One cupful of sugar, five tablespoonfuls of sweet milk, two tablespoonfuls of shaved chocolate, butter size of a chestnut. Boil about three minutes, and stir until nearly cold. If boiled too long, add a few drops of milk while stirring.—*Mrs. Nettie Tinker.*

LEMON BUTTER.

Grated rind and juice of one lemon, three-fourths of a cupful of sugar, scant teaspoonful of butter. Put the juice and rind with the sugar in a bowl; set the bowl in a dish of boiling water. When the sugar is melted, add the well-beaten egg, stirring constantly until the mixture thickens. Then stir in the butter, and place bowl in dish of cold water, and stir until cool. It is delicious for cake or tart filling.—*Mrs. Wm. Cunningham.*

CHOCOLATE FILLING.

Put two tablespoonfuls of water into a small sauce pan; break in one-fourth cake of chocolate and place on stove, where it will soften. When melted, add a small cupful of sugar and one-fourth teaspoonful each of ground cloves, cinnamon, and ginger. Let boil until

"I shall pass this way but once; then any kindness I can show, or any good I can do my fellow human being, let me do it now."

thick, stirring constantly. When cool add teaspoonful of vanilla extract. Spread between layers and on top.—
E. M.

FRUIT FILLING.

To a boiled icing made with two cupfuls of sugar and the whites of two eggs, add four tablespoonfuls of citron chopped fine, four tablespoonfuls of seeded raisins chopped fine, one-fourth pound of figs chopped fine, one-half cupful of almonds blanched and chopped, one-half teaspoonful of orange extract. This makes a delicious filling for dark layer cakes.

TUTTI-FRUTTI ICING.

Five cents' worth each of blanched almonds, figs, and seedless raisins; chop fine, and mix with either the juice of an orange or lemon. Spread cooked icing on cake, then drop on some of the fruit mixture, and then spread on more of the cooked icing.

FILLING FOR FOUR-LAYER RICH WHITE CAKE.

Make boiled frosting, using four cups of sugar and whites of four eggs. Divide into four parts. Into the first portion stir one cocoanut grated and one orange pulp rubbed through a sieve. Into the second portion stir one cupful of hickory nuts or English walnuts chopped, one cupful of raisins chopped fine and carefully stoned, and one tablespoonful of grated chocolate. Into the third part stir one cupful of almonds chopped and one cupful of citron chopped. The top should be smooth white frosting.

"It depends on the mood of the man whether he shall see the sunset or the fine poem."

CURRENT JELLY AND WALNUT FILLING.

One cupful of English walnuts chopped fine (or almonds), one cupful of currant jelly. If too tart, a few tablespoonfuls of boiled icing may be added. This filling looks well with the yellow layers.

"How foolish is the pessimist, despondent and forlorn,
Who always, when he gets a rose, goes hunting for the thorn!"

"You traverse the world in search of happiness, which is within reach of every man; a contented mind confers it on all."

"It is worth five thousand dollars a year to have the habit of looking on the bright side of things."

"Good temper is like a sunny day; it sheds its brightness on everything."

GINGER BREAD, COOKIES, AND CRULLERS.

SUPERFINE GINGER BREAD.

One cupful of molasses, one cupful of sugar, one cupful of butter, one cupful of sour cream, two teaspoonfuls of soda, four eggs beaten separately; one teaspoonful each of ginger, cloves, and cinnamon; two and one-half cupfuls of flour, two cupfuls of raisins well floured.

MOLASSES GINGER BREAD.

One cupful of New Orleans molasses, one cupful of sugar, one-half cupful of shortening, one cupful of water, one teaspoonful soda dissolved in the water, one quart of flour.

WARD GINGER BREAD.

Two eggs, one cupful of butter, one cupful of molasses, four tablespoonfuls of sweet milk, one teaspoonful saleratus dissolved in the milk, ginger and a pinch of salt, flour to make a batter.—*Mrs. Jennie L. Keeney.*

SOFT GINGER BREAD.

One-half cupful of sugar, one cupful of molasses, one-half cupful of butter, one teaspoonful each of ginger and cinnamon, one-half teaspoonful cloves, two teaspoonfuls of soda dissolved in one cupful of boiling water; two and one-half cupfuls of flour; add two eggs, well beaten, the last thing before baking. Bake in two pans, and put together when done, sprinkling pulverized sugar on them.—*E. G. L.*

COOKIES.

OATMEAL COOKIES.

One cupful of sugar, one cupful of butter, two eggs, six tablespoonfuls sour milk, two cupfuls of flour, two cupfuls of oatmeal, one teaspoonful soda, one teaspoonful cinnamon, one cupful raisins chopped.—*Mrs. Jennie L. Keeney.*

COOKIES.

* One-half cupful of butter, one cupful of sugar, one tablespoonful of cream, two eggs, one teaspoonful baking powder (heaping). Cream the butter, add the sugar, cream, eggs beaten lightly; then the baking powder mixed with two cups of flour; then enough more flour to roll out. Roll a little at a time; cut out. Bake about ten minutes.—*E. G. L.*

SUGAR COOKIES.

Cream together eight tablespoonfuls of sugar and six tablespoonfuls of melted butter; add two eggs well beaten, four tablespoonfuls of milk, and two teaspoonfuls baking powder sifted with a cupful of flour; then add enough more flour to make the dough suitable for rolling. Roll thin, and cut; dip each one in granulated sugar. Bake in a quick oven.—*Mrs. Hattie E. Wade.*

NUT COOKIES.

One cupful of butter, one and one-half cupfuls of sugar, one-half cupful of sour cream, one cupful raisins chopped, one and one-half cupfuls of English walnuts

"Keep your face always toward the sunshine, and the shadows will fall behind you."

chopped (or any other nuts), three eggs, one teaspoonful salt, one teaspoonful soda, two teaspoonfuls vanilla, flour to roll. Bake in a quick oven.—*Mrs. E. Hathaway.*

BROWN SUGAR COOKIES.

Three cupfuls of brown sugar, two eggs, one cupful of butter, five tablespoonfuls of sweet cream, one teaspoonful of soda (level). Flavor with nutmeg and a little brandy. Flour to make stiff enough to roll very thin. Cut with fancy little cutters. These are extra fine.—*E. G. L.*

WINTER COOKIES.

One cupful of butter (scant), one cupful of lard, one pint of molasses; heat until all are melted, and while hot put in two cupfuls of brown sugar, three teaspoonfuls of cinnamon, one teaspoonful of cloves, one cupful of sour milk, one teaspoonful soda (heaping), one-half pound raisins or citron, one-half pound of almonds or other nuts, flour enough to roll well while hot. They must be rolled out while still warm; two can make them better than one. One roll and cut, the other bake. This will make thirteen dozen.—*Mrs. Kate Ward Young.*

COOKIES.

Two cupfuls of sugar, one cupful of butter, one cupful of sweet milk, one egg, two teaspoonfuls baking powder, flavor to taste, flour to roll.—*Mrs. Jane Harris.*

OLD TIME GINGER COOKIES.

One pint of New Orleans molasses, two tablespoonfuls of soda dissolved in one-half pint of hot water, eight tablespoonfuls melted lard or butter. Beat well together,

“When the sky is dull gray, the sunshine-making is yours to do.”

and stir in flour enough to make a dough. Make these in the evening, and in the morning add more flour; roll thin, and bake in rather slow oven.—*Mrs. Jane Harris.*

TEA COOKIES.

One cupful of sugar, one-half cupful of butter, three tablespoonfuls of sweet milk, two eggs beaten light, one teaspoonful baking powder (heaped), one-half nutmeg, three cupfuls of sifted flour and a little more to roll thin. Bake in a quick oven.—*Mrs. W. Bennett Harris.*

GINGER COOKIES.

One cupful of molasses, one cupful of sugar, one egg, one cupful of lard and butter mixed, one-half cupful of boiling water, one teaspoonful of soda dissolved in water, one tablespoonful of ginger; flour enough to mold. Roll thin, and bake in a quick oven.—*Mrs. Viola Higbee.*

HERMITS.

One-half cupful of milk, one and one-half cupfuls of sugar, one cupful of butter, one cupful of raisins (chopped); one teaspoonful each of cinnamon, cloves, and cocoa; two teaspoonfuls of baking powder, three eggs; flour to make stiff enough to roll. Cut out and bake in a quick oven.—*Mrs. Warren Harris.*

ECONOMICAL COOKIES

One pint of sugar, one pint of lard, one pint of buttermilk, one-half teaspoonful of soda, two teaspoonfuls baking powder; flavor to suit taste.—*Mrs. Pallie Clark.*

SUGAR COOKIES.

One cupful of sugar, one-half cupful of butter, creamed together; two eggs, two tablespoonfuls of sweet

"If I can put some rosy touches of a rosy sunset into the life of any man or woman, then I feel I have walked with God."

milk, two teaspoonfuls of baking powder sifted with flour; add sufficient flour to roll; flavor to suit taste. Bake in quick oven.—*Mrs. Maria S. Ford.*

LADY FINGERS.

One-half cupful of butter, one cupful of sugar, three eggs, four tablespoonfuls of sweet milk, two teaspoonfuls of baking powder; flavor to taste; enough flour to handle well. Cut in strips. Bake in floured pans.—*Mrs. Addie M. Davis.*

GINGER DROPS.

One-half cupful of sugar, one cupful of molasses, one-half cupful of butter; one teaspoonful each of cinnamon, ginger, and cloves; one and one-half teaspoonfuls of soda in one cupful of boiling water, two and one-half cupfuls of flour, two eggs, well beaten, the last thing.—*Mrs. Maud R. Scranton.*

COFFEE COOKIES.

One cupful of sugar, one cupful of lard, or part butter; one cupful of cold coffee, one cupful of molasses; one teaspoonful each of cinnamon, cloves, and allspice; one teaspoonful of soda in the coffee, a little salt; flour to roll.

MARGARET'S GINGER CAKES.

One-half pint of lard, one pint of New Orleans molasses, six tablespoonfuls of water, one and one-half tablespoonfuls soda dissolved in the water, one small tablespoonful of ginger, pinch of salt; flour enough to roll well. Roll, not too thin. Cut out, and bake in greased pans.—*Mrs. Katie G. North.*

“Put a bit of sunshine in the day. Others need its cheer and so do you.”

CUP CAKE.

One cupful of sugar, one-half cupful of butter, two eggs, three-fourths cupfuls of milk, two cupfuls of flour, two teaspoonfuls of baking powder. Bake in gem pans and serve hot.—*Miss Phillips.*

NUT CAKES.

Beat the whites of six eggs until very stiff; add one cupful of powdered sugar, two tablespoonfuls of flour, and one cupful of ground nuts or grated cocoanut. Drop from a small spoon into a well-greased pan, and bake in moderate oven.

“Sunshine-making is a blessed task; for cheery hearts banish weary gloom, and give fresh hope.”

CRULLERS.

FATHER'S FAVORITE.

One cupful of sugar, two eggs, one-half cupful shortening, one cupful sour milk, one teaspoonful soda; flour to roll. Cut in rings; fry in hot lard, in which put a peeled potato to prevent burning. When taken out, sprinkle sugar over them.—*Mrs. Laura E. Rice.*

DOUGHNUTS.

One-third cupful of butter, two cupfuls of sugar, two cupfuls of sweet milk, three eggs, pinch of salt, nutmeg, one heaping teaspoonful baking powder to every pint of flour. Make them stiff enough to roll out. Fry in hot lard. This will make one hundred cakes.—*Mrs. Rev. J. F. Dennis.*

CRULLERS.

Beat two eggs and one cupful of sugar well together. One-fourth cupful of sweet cream, finish filling cup with sweet milk. Three teaspoonfuls baking powder, a little salt; flavor with nutmeg; mix as soft as can be rolled.—*Mrs. W. Bennett Harris.*

DOUGHNUTS.

Two cupfuls of sugar, two cupfuls of sour milk, two eggs, one-half cupful of butter, one-half teaspoonful of soda, one teaspoonful baking powder, pinch of salt; flavor to suit taste; flour to make soft dough.—*Mrs. H. R. Harris.*

“The joy of living would never escape us if we learned to enjoy the beauty of natural things, not thinking so many are wicked, or that all trials are afflictions.”

FRIED CAKES.

One cupful of sour cream (not too rich), one cupful of sugar, one egg, one teaspoonful of soda (level), one teaspoonful of baking powder (heaping), nutmeg to taste; flour to mold easily. Cut in strips, twist and fry in hot lard.—*Mrs. Lou B. Keeney.*

DOUGHNUTS.

One egg, one cupful of sugar, beat until very light; one cupful of new milk, but do not stir; then sift in one pint of flour, to which has been added three teaspoonfuls of baking powder (level); add one teaspoonful of salt and one-half a nutmeg. Beat this thoroughly; then add, quickly, enough more flour to make a firm but soft dough. Roll thin, cut in rings with open cutter, or in narrow strips, and twist them into shape. Fry in hot lard, hot enough for the dough to rise to the top instantly.—*Mrs. Jennie L. Stewart.*

“So a Presence oft may shed
Brightest gleam where'er it spread;
And when we such sunshine meet,
'T is the 'sweetest of the sweet.'”

CANDIES.

FRENCH CREAM CANDY.

Four cupfuls of sugar, one cupful of hot water, one-fourth spoonful cream tartar. Put all on to boil, and cover; do not stir it while cooking. Boil until it thickens, so when you drop it in cold water it will make a soft ball. Then take from the stove; let stand about five minutes; then turn out on a marble table, and stir with two knives until it begins to cream; then knead with your hands. This is the foundation for all French candies.—*E. G. L.*

The simplest of French candies are made by flavoring, coloring, and shaping paste according to fancy, and on a part of them pressing a nut meat or candied fruit. A very pretty variety is:

RIBBON CREAM CANDY.

Divide a portion of paste into three equal parts. Leave one portion white. Color one pink with cochineal; flavor to taste. Color the other brown with melted chocolate; flavor with vanilla. Divide the white and brown portions into two parts, then form into strips an inch and a half wide. Make the pink portion into but one strip the same length and width, which will make it twice as thick as the other two. Now lay a strip of the brown on a piece of oiled paper, then a strip of the white on top of the brown; on the white lay the strip of pink, which is twice as thick as the others; then the white and then the brown on top; press lightly to make them adhere, but do not squeeze out of shape. Let harden; then cut into slices. Lay on oiled paper to dry.

"Life might be made easier and simpler than we make it."

MARSHMALLOW BON BONS.

Cut fresh marshmallows into quarters, and dip each piece into melted paste, and roll in grated cocoanut until covered. Lay on oiled paper to harden.

WALNUT BON BONS.

Mix a quantity of English walnuts with the paste, form into balls, let harden; then dip them into the plain melted paste, and lay on oiled paper.

FRUIT CREAMS.

Chop fine, raisins, figs, and a little citron, and mix thoroughly with some of the paste; make into bars.

CHOCOLATE CREAMS.

Form paste into balls; let harden; melt the chocolate by placing it in oven in cup, but do not let it cook. Put a little paste in a bowl, and mix with it the melted chocolate, and flavor with vanilla. Set the bowl in boiling water. When mixture is melted (avoid having it too thin), dip the balls into it one at a time with a hat-pin. Lay on oiled paper.

NUT CREAMS.

Chop either almonds, English walnuts, hickory-nuts, or pecans; then mix well equal parts of the plain paste and nut meats. Form into balls or bars, or form into a roll; then cover the roll with melted paste, colored if desired, roll in granulated sugar, and, when hardened, cut crosswise.

TO KEEP CREAM PASTE.

When making a quantity of paste, place in a bowl, cover well with a dampened napkin, and set away. A

"Whenever you are feeling blue,
Something for some one else go do."

great variety of bon bons may be made of this paste. When ready to make the bon bons, prepare a number of different kinds of centers. The coating may be of different colors and flavors, and is made by placing paste, with coloring and flavoring to suit taste, in a double boiler, and when melted dip the centers. If the centers show through, the paste is too hot, and must be set out of the water and beaten until cool enough to thoroughly cover.

FUDGE.

Two cupfuls of granulated sugar, one cupful of fresh milk, two tablespoonfuls of butter, three tablespoonfuls of chocolate; flavor with vanilla. Cook until it hardens in water, stirring constantly; remove from fire, and stir until it begins to thicken, then pour in buttered plates. The fineness of fudge depends upon knowing just when to take it from the fire, and just how long to beat it.—
Mrs. Edna J. Humphrey.

PANOUCHE.

Two cupfuls of brown sugar, three-fourths cupful of cream, one tablespoonful of butter (heaping). Cook until you can form a ball in cold water. Then take from stove, and beat into it a cupful of chopped nuts. Beat until stiff, and drop a spoonful at a time on buttered paper.—
Miss Jennie McHatton.

FUDGE.

Two pounds of brown sugar, one-half cupful of cream, one-half cake of chocolate. Melt the chocolate, add sugar and milk, and boil until it hardens when dropped in cold water. If milk is used instead of cream, add butter the size of an egg. Flavor with vanilla. When

"Nature will not have us fret and fume."

cool, beat until creamy. Add any kind of nuts and spread on well buttered plates.—*Mrs. Eda May Douglas.*

FUDGE.

Boil together two and one-half cupfuls sugar and one cupful of water until it threads when dropped from a spoon. Pour over one-fourth cupful of butter and one-half cake grated chocolate, and beat until it almost granulates. Pour in buttered dish, and cut in squares.—*Mrs. Wm. Posten, Jr.*

CHOCOLATE FUDGE.

Two cupfuls of brown sugar, one cupful of milk, two squares of chocolate, one tablespoonful of butter, one tablespoonful of vanilla. Boil until it forms into a ball in cold water, stirring all the time. Then beat until it thickens. Pour into well-greased pans, and cut into small squares before it hardens.—*Miss Helen B. Stewart.*

CREAM PEPPERMINTS.

Two cupfuls of granulated sugar entirely dissolved in three-fourths cupful of cold water. Boil until it hairs, not a second more. Take from the fire, and add eight drops of oil of peppermint. Stir with a spoon rapidly, evenly, and constantly as it cools, until very creamy. Roll into small balls, and shape with the hands into peppermints.—*Miss Louise Espey.*

CRYSTALLIZED POP-CORN.

One cupful of sugar, just enough water to dissolve it, and lump of butter size of a walnut. Boil until it hairs from the spoon. Then quickly stir into the candy three quarts of popped corn, having removed all unpopped grains. Stir well so each kernel may be covered with the candy. Delicious.—*Miss Louise Espey.*

“What your heart thinks great is great. The soul’s emphasis is always right.”

NUT CANDY.

Prepare nuts, lay on dish. Cook two cupfuls of brown sugar and a scant cupful of butter until they harden when dropped in water; then pour over the nuts.—*Mrs. Elizabeth Seward.*

1492 BUTTER SCOTCH.

One great spoonful of water, four great spoonfuls of molasses, nine of sugar, two of butter. Cook until it hairs from a spoon; pour in buttered pan.—*Miss Katherine North.*

TAFFY.

Two cupfuls of sugar, one-half cupful of water, one-half cupful of vinegar. Cook slowly until it hardens in water, then add lump of butter and flavoring. Pour on buttered plates; let cool and pull.

STUFFED DATES.

Remove seeds from dates, fill cavity with pecan or English walnut meat or small piece of marshmallow, close the opening in date, and roll in powdered sugar.—*Miss Louise Espey.*

CRACKER JACK.

Take three quarts of popped corn from which all hard grains are removed, pour into a deep bowl and add nut kernels. Boil two cupfuls of molasses, two of sugar, one tablespoonful of butter, two tablespoonfuls of vinegar, until they harden in cold water. Take from fire; add one-half teaspoonful of soda, beat briskly, and pour over corn. Place on floured board, and roll in thin sheet. When cold, cut in squares.

"Gratitude must always exist where the joy of living is to be found."

PENOCHI.

Put four cupfuls of brown sugar into a sauce pan with half cup of milk. Let boil gently for fifteen minutes; chop two cupfuls of walnuts into small pieces, but not too fine, and add to the milk and sugar, with a lump of butter the size of a walnut, and a teaspoonful of vanilla. Let all boil for two or three minutes; then pour into buttered pans, about three-quarters of an inch thick. When cool, cut into squares with a sharp knife.

BUTTER SCOTCH.

One cupful of sugar, one cupful of molasses, one-half cupful of butter, one-fourth teaspoonful of soda, one tablespoonful of vinegar. Stir occasionally to keep from burning.—*Mrs. Maude R. Scranton.*

SALTED ALMONDS.

Shell the nuts, and place in bowl; pour over them enough boiling water to cover; let stand a few minutes, drain, and pour cold water over them, and let stand until cool enough to handle; then drain, and peel off all the brown skin. Put on pie-pan with tablespoonful of butter, and place in moderate oven for ten or fifteen minutes. Stir occasionally, that each one may be thoroughly coated with butter and evenly browned. Sprinkle with salt while hot.

SALTED PEANUTS.

Shell the nuts; remove the brown skin. Melt one tablespoonful of butter in a pie-pan, add the peanuts, and place in moderate oven to brown. Stir occasionally. Sprinkle with salt while hot.

CREAMS, CUSTARDS, AND OTHER DESSERTS.

DELMONICO CREAM.

One quart of sweet milk, four eggs, two tablespoonfuls corn starch, one-fourth teaspoonful salt, one and one-half teaspoonfuls vanilla, eight tablespoonfuls sugar, or more if preferred sweeter. Put milk in double boiler, reserving enough to dissolve the corn starch. Beat thoroughly one whole egg and the yolks of three; then add the eggs, sugar, salt, and dissolved corn starch to the boiling milk; stir constantly until it thickens; remove from the fire, and add vanilla, and set in very cold place. Beat whites of three eggs to a stiff froth; add one tablespoonful of sugar; drop this, spoonful at a time, onto a buttered pan, far enough apart to be separate after they have spread; then set over a pan of hot water in a moderate oven to brown. Serve the cream in individual dishes, with one of these placed on the top of each dish; or it is very pretty served in a large dish, with the egg dropped over the top.—*Mrs. C. G. Beymer.*

CHARLOTTE RUSSE.

Soak one-fourth of a box of Knox's Sparkling Gelatine in one-half cupful of milk for twenty minutes. When dissolved, set cup in hot water, using gelatine lukewarm. To one pint of whipped cream add one-half cupful of powdered sugar, a little salt, the beaten whites of two eggs, and flavoring; then add the gelatine, and stir until

“Contact with the good never fails to impart good.”

it is well mixed with the cream, and, when nearly stiff enough to drop, turn into a mold. If liked, the mold may be lined with narrow slices of sponge-cake.—*Mrs. W. Bennet Harris.*

WHITE AND YELLOW BLANC-MANGE.

Dissolve in one quart of scalded milk a package of gelatine, which has been first soaked in four cupfuls of cold water for thirty minutes; then add two cupfuls of granulated sugar; when the mixture is smooth, dip out one-half of it and set in a shallow basin to cool. To the remainder add the yolks of three eggs well beaten; then take from the fire. When the two portions are cool enough to begin to form, beat the yellow vigorously with an egg-beater until it is spongy, and flavor with one teaspoonful of rose-water. Beat the whites of three eggs stiff, and whip these into the white portion of the blanc-mange. When this begins to stiffen add to it one teaspoonful of rose-water. Put one-half of the yellow into a round mold with a tube in the center, first wetting the mold with cold water; next put in all of the white, then the remainder of the yellow. It should be thoroughly chilled, and served on a flat platter with whipped cream heaped over it and about the base.—*Mrs. B. S. Calvert.*

BAKED APPLES.

Take cooking apples; remove the core and a portion of the pulp, being careful not to cut an opening in the flower end of the apple. Put in the space three seeded raisins and sugar. Put them in a pan with a small amount of water, and bake in a slow oven. After the apples are cold, fill the space with chopped English walnuts; cover with whipped cream, and serve.—*Mrs. Warren Harris.*

"Cheerfulness gives elasticity to the spirit."

AN EASY DESSERT.

A cupful of chopped hickory-nuts or English walnuts added to a pint of sweetened whipped cream and poured over a dozen lady fingers, makes a toothsome dessert.—*Mrs. Wade.*

NUT CREAM.

Take one pint whipped cream, sprinkle over it half pint chopped nuts, half cupful powdered sugar, and ten drops of bitter almond; add to this one-fourth box gelatine which has been soaked in cold water for one-half hour and strained. Stir the mixture well until it begins to thicken; then turn into individual molds, and set in a cold place to harden. Serve with the following sauce: Heat one pint of milk, and thicken with two rounded teaspoonfuls of arrow-root which has been melted with cold water; add one-half cupful of sugar; take from the fire, and add two ounces of melted chocolate and one teaspoonful vanilla. Serve cold.—*Mrs. Hathaway.*

BANANA BOATS.

Use large bananas. Peel them and remove enough of the pulp to form boats. Fill the space with oranges cut fine, cover with sugar and a dressing made of one pint milk, one tablespoonful flour, two tablespoonfuls sugar, one egg, and vanilla; stir flour and sugar together; beat the egg, and place milk, egg, sugar, and flour on the stove; cook until it thickens. After the dressing is cold, pour it over the boats.—*Mrs. Warren Harris.*

GOOD FRIDAY.

Blanch, cut into small pieces, and place in a glass dish one pound of almonds. Take one-half cupful of sugar, about one-half pound of grated sweet chocolate, beaten

“Let the sunset’s gleam and the laugh of the stream
awaken thoughts of gladness.”

yolks of three eggs, one pint of cream or rich milk, and one tablespoonful of corn starch which has been dissolved in a little cold milk. Stir well together and boil until it begins to thicken; remove from fire, cool just a little, pour it over the almonds, and stir altogether with a fork. Beat and sweeten the whites of three eggs and put over the top. Serve cold.—*Mrs. Wade.*

BANANA CREAM.

Mash bananas to a pulp and sweeten to taste. To a cupful of the pulp add a cupful of thick cream, and beat until very light. Serve ice-cold in sherbet glasses with powdered almonds sprinkled over the top and a candied cherry in the center of each.

PRUNE WHIP.

One cupful of French prunes, cooked, seeded, and chopped fine. One scant cupful of sugar, whites of six eggs well beaten. Stir prunes and sugar gradually into the beaten eggs. Bake twenty minutes in a moderate oven. Serve cold with cream or whipped cream.—*Mrs. Hathaway.*

FLOAT.

Put one pint of milk to heat in a double boiler. Beat one egg and the yolks of two; add five or six tablespoonfuls of sugar and one pint of cold milk. Mix well together, and pour into the hot milk when it has almost reached the boiling point; stir a few minutes, remove from the fire. Flavor with vanilla. Beat the whites of two eggs, place on top of the float, cover, and set away to cool. Serve in glasses with a little of the white of egg on top of each glass.—*Mrs. Jane Humphrey.*

"Even happiness itself may become habitual."

LEMON PUDDING.

One box of gelatine dissolved in a pint of cold water; add two pints of boiling water, one pint of sugar, juice of three lemons, two sliced bananas, two oranges cut in very small pieces; one pound of English walnuts slightly broken; one-half pound of white grapes cut in two. Serve with whipped cream. Must be made day before using.—*Miss Polly Green.*

SNOW PUDDING.

One-half box of gelatine soaked ten or fifteen minutes in four tablespoonfuls of cold water; add a pint of boiling water, the juice of two lemons, and one cupful of sugar; strain, and set away to cool. When cool, but not stiff, add the well-beaten whites of three eggs. Mix thoroughly, pour into a mold, and cool.—*Mrs. Jennie L. Stewart.*

SUNDAY DESSERT.

Peel and cut fine six oranges; sprinkle with powdered sugar, and let stand one hour; then add four sliced bananas, one can of pine-apple cut fine, and one grated cocoanut. Soak one box of gelatine fifteen minutes in a pint of cold water, place on stove, and pour over it one quart of boiling water; add one cupful of sugar, and stir until it is melted. Remove from fire; add the juice of four lemons, and strain. When it begins to congeal, place a layer of it in a dish, then a layer of the mixed fruits, and so on, until all is used. Serve cold with whipped cream.

PLAIN AMBROSIA.

Six large oranges peeled, sliced, and each of the slices quartered, removing the seeds and as much of the

“Even a kind look will give pleasure and confer happiness.”

core as possible; place a layer of the orange in the bottom of a deep dish; sprinkle with powdered sugar; put in a layer of freshly grated cocoanut, and so continue until the oranges and one cocoanut are used, making the top layer of cocoanut.

TAPIOCA PUDDING.

Soak one cupful of tapioca over night with just enough water to cover. In the morning put three pints of milk into a double boiler, and let it come to a scald; then add two cupfuls of sugar, two well-beaten eggs and the tapioca, stirring until the tapioca is well dissolved. Let cook thirty minutes; cool, and flavor with vanilla. Serve with whipped cream or with ice-cream. If ice-cream, two tablespoonfuls on a dessert dish is sufficient. Colored ice-cream makes a very attractive finish to this dish.—*E. H.*

CHOCOLATE PUDDING.

Use the same receipt as given for plain tapioca pudding, with the addition of four level tablespoonfuls of chocolate; the chocolate must be dissolved in warm milk and beaten until smooth. Add also two-thirds of a cupful of grated cocoanut; shredded cocoanut will do if the fresh can not be obtained. Flavor with vanilla. Serve with ice-cream a la mode or with whipped cream.—*E. H.*

CHILLED CURRANTS.

Wash and carefully pick from the stem one quart of currants; place them in a fancy dish, and sprinkle over them one cupful of powdered sugar, one teaspoonful of cinnamon, and two or three tablespoonfuls of brandy or wine. Stir gently, and let stand in a cold place one hour before serving.

"Cultivate the habit of sympathy."

AMBROSIA.

Six oranges sliced and quartered, five bananas sliced and quartered, one pine-apple chopped fine, one lemon cut very fine, one pint of strawberries, one grated coconut and powdered sugar. Place a layer of the mixed fruits in a dish, sprinkle with sugar; then, with cocoanut and so on, until all is used, having grated cocoanut on top.

CHOCOLATE DESSERT.

Put one quart of rich milk in a double boiler; when it reaches the boiling point, add four heaping tablespoonfuls of corn starch which has been dissolved in warm milk, one-half cupful of grated sweet chocolate, two beaten eggs, two-thirds cupful of sugar, a pinch of salt; stir until it thickens; then remove from fire, and stir in one teaspoonful of vanilla. Serve cold with cream.

STEWED PRUNES.

Cleanse thoroughly, and soak over night in cold water; add enough sugar to sweeten; this brings out the flavor of the fruit. In the morning place on back of stove, and let simmer until tender; never let them boil, but keep covered and shake occasionally. Just before simmering, a sliced lemon or orange may be added.

PRUNES.

Take cooked prunes cut in two, remove the seed, and serve cold with whipped cream.

WHIPPED CREAM.

Beat one pint of cold, sweet cream with an egg-beater until thick; sweeten to taste with powdered sugar, and flavor with one teaspoonful of vanilla. If the cream does not thicken readily, add the beaten white of an egg.

CANNED FRUITS AND VEGETABLES.

All fruits and vegetables should be of the best quality and fresh. Fill the cans; let them stand a moment or two for the fruit to shrink; fill up again with hot syrup or hot water, and seal. Use a wide-mouthed funnel for filling cans.

When self-sealer cans are used it is economy to throw away all doubtful rubbers and buy new. The place for keeping canned fruit should be dry, dark, and cool. Fruit-cans must be thoroughly cleansed and in perfect order. To test self-sealer cans, when they are ready for use, pour a little hot water into them, put on rubbers, and seal as if the fruit were in them; turn bottom side up, and if they do not leak a drop, the fruit will keep.

CANNED PEACHES.

Pare and halve the peaches; make a syrup of one quart of water and one pint of sugar. When it boils, put in enough peaches for one quart can. As soon as they are tender, place them in the can, cover with syrup, and seal. This is enough syrup for two cans.

CANNED PEARS.

Pare, halve, and core; make a syrup of one pint of sugar and one quart of water. As soon as it boils, drop in enough pears for two quart cans. Let boil until tender; put them in the cans, pour hot syrup over them, and seal at once.

“Difficulties cause no despair when they are encountered with hope.”

CANNED PLUMS.

Make a syrup of one pint of water and one pint of sugar; add three pints of whole plums. Let boil about ten minutes; can and seal.

CANNED BERRIES.

Prepare berries for canning by putting them, a few at a time, into a pan of cold water. Take out a small handful at a time, look over carefully, and place in a crock; this is quickly done, and the berries are clean. Put them into a stew kettle; add one-half teacupful of water. When they come to a boil, skim and add sugar to taste, or about one teacupful to a quart can of berries; let boil a few minutes, put into cans, and seal immediately. This rule applies to all berries.

CANNED CHERRIES.

Put into a porcelain-lined kettle enough seeded cherries to fill two quart cans; add one pint of granulated sugar; boil five minutes, then can and seal immediately.

CANNED STRAWBERRIES.

Make a syrup of one pint of sugar and half pint of water; drop in enough strawberries for one quart can; let boil, then put in can, and seal. Strain the syrup that is left; add to it a cupful of sugar, half cupful of water, and proceed as before. After the fruit has been canned a few moments, or long enough to shrink, remove the lids, fill the cans quickly with hot syrup, and seal immediately.

CANNED CORN.

Eight quarts of corn; cut grains half in two; cut thin again, but do not scrape cob. Cover corn with hot water,

"Whatsoever is brought upon thee, take cheerfully."

and cook until it is tender ; then add one ounce of tartaric acid which has been dissolved in a half teacupful hot water, and cook ten or fifteen minutes longer. Seal while hot. When opened, pour off the water, and add a little cream, salt, sugar, a half teaspoonful flour, and a scant teaspoonful soda dissolved in hot water ; pour gently into corn, stirring well.—*Mrs. Rebecca Green.*

CANNED CORN.

To eight pints of corn add three-fourths of a pint of salt ; cook in enough water to cover. When done, put into cans and seal.—*Mrs. Margaret Farley.*

CANNED TOMATOES.

Scald and peel tomatoes, and if they are very large cut into several pieces ; cook for a few minutes in their own juice, skim well, put into cans, and seal. If glass cans are used, add salt to tomatoes, and keep in a dark place. Tin cans may be greased inside with fresh lard before putting in the tomatoes.

CANNED STRING BEANS.

String beans, break into several pieces, cook in boiling water about fifteen minutes ; put into cans and seal.

"One of the most valuable and one of the most infectious examples which can be set before the young is that of cheerful working."

"Opportunities of doing a kindness are often lost from mere want of thought."

CHEESE.

MACARONI.

Break the macaroni in small pieces, place in a pan, cover with water, and boil twenty minutes. Cover the bottom of a well-buttered baking pan with cracker crumbs, then a layer of grated or finely chopped cheese, then a layer of the cooked macaroni, a little salt, pepper, butter, and three tablespoonfuls of milk. Continue the layers until you have the desired quantity. Have the last layer of cracker crumbs, and pour over all one cupful of sweet cream and bake half an hour.—*Miss Grace Harris.*

MACARONI WITH CHEESE.

Throw into boiling water some macaroni broken in bits, with salt according to quantity used; let it boil one-fourth of an hour; drain off the water, place the macaroni in a sauce-pan with enough milk to cover it; boil until done. Butter a pudding dish; sprinkle the bottom with plenty of grated cheese; put in a layer of macaroni, a little pepper, plenty of butter, and sprinkle on more cheese; then another layer of macaroni, seasoned;—then cheese; cover the last layer of cheese with bread crumbs. Set in a quick oven to brown.—*Mrs. L. C. Harris.*

BAKED MACARONI.

Break one-fourth pound of macaroni in pieces an inch long; cook in boiling water, slightly salted, twenty minutes; drain and put a layer in bottom of a greased baking dish; upon this some grated cheese and butter;

"More hearts pine away in secret anguish for unkindness from those who should be their comforters, than for any other calamity in life."

then more macaroni, and so on, until dish is filled; sprinkle with cracker crumbs, and pour cream over all. Bake half an hour.—*Mrs. Edna J. Humphrey.*

CHEESE FONDU.

One and one-half cupfuls of sweet milk, a pinch of soda, one scant cupful of fine bread or cracker crumbs, one cupful of grated cheese, three eggs, pepper and salt, one tablespoonful of butter melted. Soak crumbs in the milk, add beaten eggs, the seasoning, then the cheese. Put in buttered baking-dish; strew the top with fine crumbs, cover, and bake about twenty-five minutes. Remove cover to brown. Serve very hot.

CHEESE STRAWS.

One cupful of flour, one cupful of cheese (grated), add salt and a dash of red pepper, lump of butter size of an egg (melted), one egg, enough water to make a stiff dough. Roll thin as for cookies; cut in strips five inches long and one-half inch wide. Bake fifteen minutes. Nice with salads.

CHEESE BALLS.

Two cupfuls of fine bread or cracker crumbs; one tablespoonful of melted butter, one cupful grated cheese; mix well. Beat two eggs, and add enough of it to form a paste; dip in egg, roll in cracker crumbs, fry in hot lard in wire basket. Serve hot.

CHEESE FONDU.

One cupful of cheese grated or cut in small pieces, one-half cupful of bread crumbs, one-half cupful of milk, one teaspoonful of butter, one egg, salt and pepper to

"The many troubles in your household will tend to your edification, if you strive to bear them in all gentleness, patience, and kindness."

taste. Heat the milk and butter in sauce pan; add the cheese and bread crumbs, and lastly the well-beaten egg. Cook until the cheese melts thoroughly, stirring all the time. Serve on toasted bread, buttered.—*Miss Phillips.*

CHEESE FONDU.

One tablespoonful of butter, one cupful of fresh milk, one cupful of fine bread crumbs, two cupfuls of grated cheese, one teaspoonful of dry mustard, two eggs. Put butter in chafing dish; when melted, add milk, bread crumbs, cheese, and mustard; season with cayenne. Stir constantly, and add, just before serving, the two eggs beaten light. Serve on toast or crackers.—*Miss Jennie McHatton.*

WELSH RAREBIT.

Put into chafing dish one tablespoonful of butter and about two tablespoonfuls of beer or ale, or milk if preferred. Add one tablespoonful of Worcestershire sauce, one tablespoonful of dry mustard, one-quarter of a salt-spoon of cayenne (or one teaspoonful of paprika), and blend thoroughly. Add one and one-half pounds of soft American cheese chopped fine. Stir constantly, and, if necessary to produce an even, smooth, liquid consistency, add more beer or milk. When the mixture is creamy, pour over nicely toasted slices of bread. Have as many slices prepared as you wish to serve.—*Miss Jennie McHatton.*

DEVILED CHEESE.

Cream together until very light two tablespoonfuls of butter and one cupful of grated cheese; then add one tablespoonful of vinegar, a pinch of cayenne, one tea-

"A true life must be genial and joyous."

spoonful of sugar, and a half teaspoonful of Worcestershire sauce. Beat until very light, and spread on hot buttered toast or crackers, and serve with salads.

CHEESE AND EGGS.

Place in baking-dish a layer of sliced hard boiled eggs; then a layer of grated cheese, pepper, and salt; and so on, until as much as needed. Pour over the top a dressing made of cupful of milk, teaspoonful of flour made smooth by little of the milk at a time, and add two teaspoonfuls of butter. Brown in oven, and serve hot.

COTTAGE, OR DUTCH CHEESE.

Place a crock of clabber milk on the back of the stove to heat, not too hot, as it should not reach a boiling point. When the whey and clabber separate, which will require several hours, pour into a cheese-cloth bag and hang up to drain. When dry, turn out into a crock, season with salt, pepper, and tablespoonful of butter, and moisten with sweet cream. Mix with the hand, and form into two large balls. Or, if served individually, make into small balls about the size of an egg yolk, and roll slightly in chopped parsley.

A GOOD AND PRETTY DISH.

Is made by chopping the whites of hard-boiled eggs. Serve on lettuce leaf with a cooked dressing, and placing by the side of it on each plate one hard-boiled yolk and one of the small cottage-cheese balls.

SCHMIER KASE.

Differs from cottage cheese only that it is mixed softer, using more cream or rich milk, and served in a deep dish.

CURING MEATS.

SUGAR CURING MEATS.

One thousand pounds of meat, twelve quarts of salt, one pound of saltpeter dissolved in a little warm water, one pound of black pepper, three pounds of sugar.—*Mrs. L. C. Harris.*

SEASONING SAUSAGE.

Twelve pounds meat, one-half teacupful of sage, one-half teacupful of salt, eight teaspoonfuls of black pepper. Season meat before grinding.—*Mrs. L. C. Harris.*

CORNING BEEF.

Thoroughly rub each piece with salt. Place, with fleshy side down, in a box with holes in the bottom through which the blood can drain. Put a layer of salt between each layer of beef and over the top. At the end of ten days take up. Wash well. Drain, then put in brine made of ten gallons of water, ten pounds of salt, two-thirds pound of saltpeter, one and one-half pounds of sugar, one pint of molasses. Boil and skim. Put the beef in when the brine is cold, and weight it down.

SAUSAGE MEAT.

For ten pounds of meat before grinding, take five tablespoonfuls of sage, four tablespoonfuls of salt, two tablespoonfuls of pepper. The addition of one or two tablespoonfuls of ground mustard is considered an improvement by many.

"If you'll sing a song as you trudge along,
You'll see that the singing will make you strong."

TEN-DAY PLAN FOR SUGAR CURING PORK.

Mix a sufficient quantity of two-thirds salt and one-third granulated sugar. Rub the meat thoroughly with the mixture the day it is killed. In three days repeat the process. In three days repeat again. At end of ten days from killing hang meat to smoke.—*Mrs. Eustatia K. Torrance.*

CANNED SAUSAGE.

While the sausage meat is fresh, form into cakes and fry thoroughly. Pack in close layers in either tin cans or earthen jars until the vessels are almost full. Fill the vessels level full of fresh lard, seal up, and set away for future use.—*Mrs. Jennie L. Stewart.*

"Though storms and lightning round me play,
Deep in my soul the sun is shining."

"Be content with doing with calmness the little which depends upon yourself, and let all else be to you as if it were not."

DRINKS.

COFFEE.

Place in a bowl one tablespoonful of coffee for each person, then add one more tablespoonful; mix well with the white of an egg and enough cold water to thoroughly moisten it. Place in a well-scalded coffee-boiler, and pour over it one-half the quantity of boiling water needed. Boil five minutes, stir down from the sides, and let simmer about fifteen minutes. Add the remainder of boiling water just before serving.

GILT-EDGE COFFEE.

For one-half gallon take nine heaping teaspoonfuls of coffee, put into a bowl, break one egg, stir into the coffee until every particle becomes glazed with the egg, then turn into the coffee pot, pour over this one-half gallon of boiling water, place on back of range where it will simmer, stirring down until settled.—*Mrs. Rev. J. F. Dennis.*

TEA.

Place in a thoroughly scalded tea-pot one-half teaspoonful of tea for each person; pour over it freshly boiled water; let stand where it will keep hot for ten minutes, but do not allow it to boil. Serve at once.

ICED TEA.

Prepare in the morning, making it a little stronger than usual, strain into a glass jar or a pitcher, cover well, and set in a cold place until needed. Serve in glasses with broken ice and sugar. A few slices of lemon and a little of the juice may be added.

“Take courage, and turn your troubles which are without remedy into material for spiritual progress.”

CHOCOLATE.

One quart of rich new milk; stir into it four tablespoonfuls of chocolate mixed to a paste with cold milk. Let boil three or four minutes, and serve at once.

COCOA.

Four teaspoonfuls of cocoa dissolved in a pint of boiling water; let boil; add one pint of rich milk. Let scald, and serve at once.

COCOA SYRUP.

Take three tablespoonfuls of cocoa; pour over it gradually one-half pint of boiling water, stirring all the time; place on the fire; add one pint granulated sugar, stir until it begins to boil; let boil three minutes, and strain. When cool, add one tablespoonful of vanilla. Bottle and keep in a cool place. To serve, put two tablespoonfuls of syrup and two tablespoonfuls of chipped ice in a glass; add enough cream or part milk to fill the glass.—*C. J. B.*

LEMON SYRUP.

To one pint of strained lemon-juice add one heaping pint of sugar. Boil slowly ten minutes, bottle and cork tightly. Serve two tablespoonfuls in a glass of ice-water.

PINE-APPLE SYRUP.

Pare and cut pine-apples in small pieces; to three pints of pine-apple add one quart of water; cover and boil until soft, then strain. To a pint of juice add a pint of sugar; boil about ten minutes, then bottle and cork. Serve three tablespoonfuls in a glass of ice-water.

“That religion which fails us in the every day trials and experiences of life has somewhere in it a flaw.”

ORANGE SYRUP.

One pint of orange-juice, one pint of sugar; boil slowly ten or fifteen minutes, bottle and cork tightly. Serve three tablespoonfuls in a glass of ice-water.

RASPBERRY VINEGAR.

Cover four quarts of red raspberries with good vinegar; let stand over night; next morning scald and strain. To one pint of juice add one pint of sugar, boil fifteen minutes, and bottle while hot. Serve two or three tablespoonfuls in a glass of cold water.

PUNCH.

Juice of two dozen lemons and one and a half dozen oranges; add to this one can of grated pine-apple, one pint of brandied cherries (preserved ones will do), one pint of good wine; add sugar to this, and let stand awhile; then add water according to the strength you want it. This amount, when diluted, should fill a large punch-bowl.—*Mrs. H. R. Harris.*

SWEET WINE.

To one gallon of grapes add one quart of water; let come to a boil, and strain. To a gallon of juice add a pint of sugar; let come to a boil, skim well, and bottle or seal in glass cans.

GRAPE WINE.

Mash the grapes, and to every gallon add one quart of boiling water; let stand until it ferments, which will be from twenty-four to forty-eight hours, stirring occasionally; then press and add three pounds of sugar, which

"A thankful spirit turns all that touches it into happiness."

has been thoroughly dissolved in one pint of cold water ; let stand until it is through fermenting, which will be about two weeks. Watch closely and skim very often during this time. Bottle and cork.—*Jesse A. Summers.*

"All work can be made a pleasure. It is only to find the way."

"If you have any trial which seems intolerable, pray."

"As unkindness has no remedy at law, let its avoidance be with you an honor."

"Make the best of everything, think the best of everybody, and hope the best of yourself."

"Gather ye roses while ye may,—
Old time is still a-flying,
And the same flowers that bloom to-day,
To-morrow may be dying."

"In every person who comes near you look for what is good and strong."

EGGS.

BAKED EGGS.

Grease with butter a shallow baking-dish. Break into it as many eggs as needed, season with pepper, salt, and butter, cut in bits, then pour over them four or five tablespoonfuls of cream or rich milk. Place in a moderate oven, and bake twenty minutes. Three or four tablespoonfuls of grated cheese may be sprinkled over the top before baking.

CREAMED EGGS.

Make a dressing of one cupful of milk, one tablespoonful of butter, and one tablespoonful of flour mixed smooth with a little cold milk. When cooked, add six hard-boiled eggs chopped (not too fine); let cook a few minutes, stirring gently. Nice served with toast.

BOILED EGGS.

Drop eggs into a sauce-pan of boiling water, cover tightly; remove to a warm place, but where they will not boil; let stand ten minutes for a soft boil. For a hard boil, place sauce-pan where they will remain just below the boiling point for twenty-five minutes.

POACHED EGGS.

Have a skillet nearly full of salted water simmering very gently. Break the eggs into a saucer, slide carefully into the water. When they have slowly jellied

"Be patient with yourself and your own failings."

(from three to five minutes), take them up, carefully draining off the water; season with salt, pepper, and a little butter. Serve hot. This can be more perfectly done by the use of an egg-poacher.

FRIED EGGS.

Eggs should be fried in either good meat fryings or butter. Have grease rather hot; place eggs in skillet carefully to avoid breaking the yolks. As soon as the bottom part is slightly cooked, set the skillet on the oven grating to finish; or cover the skillet as soon as the eggs are put in, and cook on only moderately hot part of the stove. Some always turn the eggs with spoon, or better, pan-cake turner; others dip the hot grease over the tops of them.

SCRAMBLED EGGS.

Place one tablespoonful of butter and one-half cupful of milk in a skillet. When hot add six eggs, season, and stir until cooked. Serve hot. A cupful of finely chopped cold-boiled ham may be added.

OMELET.

Break six eggs into a bowl; mix well, but do not beat; then add one cupful of bread that has been made soft with one cupful of boiling milk; season with salt and pepper, and pour into a hot skillet, in which a tablespoonful of butter has been melted. Fry a delicate brown. Slide out on a hot dish, and serve at once.

EGG AND POTATO OMELET.

Peel five medium-sized potatoes, and cook in boiling water until tender. Drain, mash smooth; add one tablespoonful of butter, one-half teaspoonful each of minced

"If sometimes you are put out and give way to impatience, do not be discouraged, but make haste to regain your lost composure."

onion and parsley, three well-beaten eggs, one cupful of hot milk, and a teaspoonful of salt. Beat all together with a fork. Melt a tablespoonful of butter in a skillet, and press the mixture through a colander into the hot skillet; smooth the top. Cover and cook until a nice brown, then fold over, turn out on a dish, and serve hot.

EGGS IN POTATO NESTS.

To three cupfuls of well-seasoned mashed potatoes add two egg yolks, beaten, and a little hot cream; whip until light with a fork, then add the well-beaten whites of the eggs. Place in a well-buttered baking dish, and, with the bowl of a spoon, make indentations in the potatoes, as many as there are eggs to serve; drop a raw egg into each of the cavities, dust with salt, pepper, and cover with bits of butter. Place in moderate oven, and bake twenty minutes.

SCALLOPED EGGS.

Place in a well-buttered baking-dish a layer of bread or cracker crumbs, or part of each; then a layer of sliced cold boiled eggs with a dusting of salt, pepper, and bits of butter in plenty; then a layer of minced ham; then crumbs, and so on, finishing with the crumbs. Pour over all a dressing made with one pint of milk and one or two beaten eggs; in order that the dressing may penetrate the mixture, stick a knife to the bottom in a number of places. Bake fifteen minutes or until well heated.

PORK AND EGGS.

Cut pickled pork into dice; when nicely fried, add the beaten eggs, and stir until the eggs are cooked.

"See that no day passes in which you do not make yourself a somewhat better creature."

DEVILED EGGS.

Cut in two, lengthwise, hard-boiled eggs, and remove the yolks carefully, and mash fine. To every six yolks add one teaspoonful each of mustard and vinegar; salt and pepper to taste. Roll in little balls, and lay in cavity of half egg. Nice for picnics.

WHITE-CAP OMELET.

Beat the whites and yolks of four eggs separately. To the yolks add salt to season, two teaspoonfuls each of flour and milk. Cut lightly the yolks into the whites, and turn into a hot buttered pan. Bake in moderate oven. When done, fold onto a hot platter, and serve immediately.

"Happiness is made, and not found; it comes from within, and not from without."

FISH.

BAKED FISH.

Thoroughly clean a three or four pound fish. Rub well inside and out with salt and pepper, and dredge with flour. Place in a baking-pan, and spread over the top one tablespoonful each of butter and lard cut in small pieces. Pour over all one quart or three pints of tomatoes. Bake two hours. Baste occasionally. Season tomatoes after pouring over fish. When done, raise carefully from pan to platter with a pancake turner, and place the tomatoes over the top.—*Mrs. Katie G. North.*

FRIED FISH.

Cut a medium-sized, well-dressed fish into pieces the size you wish to serve them. Lay them in cold salt water for an hour; then thoroughly drain off all water by placing in a deep bowl with an inverted saucer beneath, and let stand for several hours, seasoning well with pepper and salt. Have a plenteous supply of fresh lard in a skillet very hot. Dip fish in corn-meal, taking pains to have each piece evenly covered on all sides with the meal; now place in the hot fat. If the fat is *very hot* the fish will not absorb it, but later must be drawn back where it will not fry too fast. When brown on one side, turn over and brown the other. Do not cover skillet, else the crust will be soft and soggy, instead of dry and crisp. Some kinds of fish, such as trout and perch, are better when dipped in either flour or beaten egg, and then cracker crumbs, than the meal. Avoid using a thin-bottomed skillet for frying fish.

"It is not circumstances so much as the attitude and quality of the mind that gives happiness, contentment, and divinity of service."

LOBSTER A LA NEWBURG.

Press yolks of four hard-boiled eggs through a sieve; mix them smooth with one-fourth cupful of cream. Melt one tablespoonful of butter; add two tablespoonfuls of flour; when melted, add the egg paste and three-fourths cupful of cream. Cook until smooth and thick; then add one pint of lobster minced fine, a grating of nutmeg, one-half teaspoonful of salt, one-fourth teaspoonful of paprika. When ready to serve, add four tablespoonfuls of sherry.

BAKED CODFISH.

Remove the skin, and put on to boil in plenty of cold water. When tender, drain off the water, remove all bones, and pick fine. To one cupful of fish add two cupfuls of well-seasoned mashed potatoes, one pint of sweet cream, one tablespoonful of butter, and two eggs well beaten. Mix well, and bake about half an hour in well-buttered baking-dish.

CODFISH BALLS.

Prepare same as for baking, with the exception of less cream; also omit the eggs, if desired. Form into cakes, and fry a nice brown in hot lard and butter, or drippings.

CREAMED CODFISH.

Prepare the fish part, omitting the potatoes, as in the above receipts, then place in saucepan, and add a dressing made with one pint of milk, one tablespoonful of flour rubbed smooth with a little of the milk, a tablespoonful of butter, and a well-beaten egg, if desired. Cook all together a few minutes, and serve hot.

“Talk happiness. The world is sad enough without your woes.”

BOILED SALT MACKEREL.

Remove head, tail, fins, and thoroughly wash the mackerel. Place in water, with skin-side up, and soak for twelve hours. Put on to cook, with skin-side up, in a large amount of cold water; let boil but a few moments, drain off water, slide out on hot platter, lift out the back bone, then sprinkle with pepper and butter; sliced hard-boiled eggs may be added. Some flavor it by adding to the water while cooking a bay leaf, a sliced onion, and a tablespoonful of lemon-juice, and serve with a sauce made from a cupful of thin cream, a level tablespoonful of butter, and an egg yolk, adding last a cupful of grated horse-radish. Let boil, and serve over mackerel hot.

SALMON LOAF.

One can salmon, use liquor, remove bones and skin; two eggs, one and one-half cupful of milk, twelve large square crackers crushed. Salt and pepper to taste. Steam in double boiler about an hour and a half.—*Mrs. E. Hathaway.*

SALMON LOAF.

One can of salmon, two eggs, one tablespoonful of butter (melted), one cupful of cracker crumbs, one cucumber pickle chopped fine; season with salt and pepper. Make into a loaf. Bake in a hot oven one hour, in a tight buttered dish, in a pan of boiling water.

DRESSING.

Liquor from salmon, one pickle chopped fine, one egg, one tablespoonful of butter, salt, pepper, and celery seed; boil stirring constantly. Pour over loaf.—*Mrs. H. R. Harris.*

“Every promise of the soul has innumerable fulfillments.”

SALMON LOAF.

One can of salmon, one tablespoonful of butter (melted), one teacupful of milk, two eggs, twelve crackers (rolled). Form in a loaf. Bake one-half hour in a little water.—*Mrs. Harriet Wade.*

SALMON CROQUETTES.

One can of salmon, one egg, juice of one lemon, four or five crackers (rolled). Make into cakes and fry.—*Mrs. Hattie Wade.*

SALMON BALLS.

Two cupfuls of salmon (minced), one cupful of potatoes (mashed), one-half cupful of butter (melted), one-fourth teaspoonful of salt and a dash of pepper. Work the potatoes in with the salmon, and moisten with the butter until it is soft enough to mold; roll the balls in flour, and fry in hot butter; a little lard can be used, if desired.—*Mrs. Edna J. Humphrey.*

SALMON CROQUETTES.

One can of salmon; remove skin and bones, mince fine; add same amount of seasoned mashed potatoes and a double handful of cracker dust. Mix well, and form into balls about the size of a walnut. Have ready two well-beaten eggs. Dip each ball first into the egg, and then cover with cracker crumbs. Drop into boiling lard, and fry, not too brown.—*Miss Jane North.*

SALMON CROQUETTES.

One can salmon, drain off liquor, remove bones; two eggs well beaten, one tablespoonful of butter (melted), one pint of cracker crumbs (rolled fine), one-half cupful sweet milk, salt and pepper. Mold into cone-shape,

“By loving whatever is lovable in those around us, love will flow back from them to us, and life will become a pleasure instead of a pain.”

and roll in cracker crumbs. Drop into frying-pan of hot lard and butter, and fry until brown. These served on platter garnished with parsley make a very pretty and very palatable dish for table. Are also good for cold lunch.—*Mrs. Maise Simpson.*

CLAM CHOWDER.

Stew until well done two medium-sized potatoes, one onion, and two tomatoes (all chopped fine); a very little peas or asparagus may be added if in season. Fifteen minutes before serving, season with Spanish red pepper and salt to taste; then add two slices of bacon which have been cut in small pieces and fried, and stir five minutes, following this with twenty fresh clams (or a small can) and a liberal sprinkle of parsley. Serve hot. Can also be served with salt crackers or toast. It is best to cook in rice boiler.—*Mrs. Florence Molique.*

OYSTER FRITTERS.

One-half pint of oysters; drain off juice, and let come to a boil; skim well, and if not one-half cupful, add enough water to make that amount. When this liquor is cold, add one cupful of flour and mix well; then one tablespoonful of melted butter and beaten yolks of two eggs, and season to taste. When ready to fry, add the oysters and whites of two eggs well beaten. Better cooked in deep fat, but can be fried in pan.—*Mrs. E. Hathaway.*

CREAMED OYSTERS.

Thirty oysters, or one can, one tablespoonful butter (rounded), one tablespoonful of flour, two cupfuls of

milk. Put on butter as soon as melted, add flour, stir well, and add milk till thickened; then add oysters. Serve hot.—*Mrs. E. Hathaway.*

FRIED OYSTERS.

Use for frying the largest and best oysters you can get. Take them from the liquor, lay them in rows upon a clean cloth, and press another lightly upon them to absorb the moisture. Season with salt and pepper. Have ready some beaten eggs and some cracker dust. Heat enough butter in a pan to cover the oysters. Dip each one in egg first, then in the crackers, rolling it over that it may be completely covered. Drop them into the frying-pan and fry quickly to a light brown. Do not let them remain in the pan an instant after they are done. Serve dry on a hot dish. Some omit the egg, and roll them well in meal, and fry in part lard and part butter.—*Mrs. H. R. Harris.*

SCALLOPED OYSTERS.

Drain the liquor from the oysters into a stewpan, and place on fire. Watch very closely, and skim the moment it reaches the boiling point. When cool, add to it one pint of rich milk. Have ready one quart of cracker crumbs. Place in the bottom of a well-buttered baking-dish a layer of crumbs; moisten well with the prepared liquor, then a layer of oysters, season with salt, pepper, and a generous supply of butter. Alternate the layers in the same way until dish is filled. Pour over the top, which must be of cracker crumbs, a dressing made of a well-beaten egg and a cup of milk, adding the liquor if any is left. Cover dish, and bake three-quarters of an hour; remove cover fifteen minutes before serving to brown.—*Mrs. Jane A. Humphrey.*

"It is not how much we have, but how much we enjoy, that makes happiness."

OYSTER FRITTERS.

Sift two cupfuls of flour and one heaping teaspoonful of baking powder and a little salt into a bowl. Stir two well-beaten eggs into two cupfuls of sweet milk, and mix with the flour. Chop one pint of oysters fine and add to this batter. Drop the batter by spoonfuls into very hot fat, and fry a delicate brown.

SCALLOPED OYSTERS.

Butter a baking-dish, and put in a layer of cracker crumbs, then a layer of oysters seasoned well with butter, pepper, and salt, and so on, until dish is filled. Sprinkle cracker crumbs over top, and pour over a cupful or more of cream or rich milk. Bake half an hour.—*Mrs. Edna J. Humphrey.*

OYSTER OMELET.

Beat until very light five eggs; mix with them one-half cupful of cream, salt, and pepper. Put one tablespoonful of butter in a hot skillet; when melted, pour in the eggs and cream. Before the eggs set, put in one dozen or more small oysters. Fry not too fast a nice brown, fold, and serve hot.

OYSTER PIE.

Line a deep pie-dish with a good rich paste; arrange in this a crumpled, clean napkin in a way to hold up the top crust; then lay on the top crust, and bake. Cook one pint of seasoned oysters on top of the stove, adding butter and a very little corn starch or flour to thicken the gravy. When the crusts are done, remove the top one, take out the napkin, pour in the hot oysters, lay on the top crust, and serve at once.

“Though we travel the world over to find the beautiful, we must carry it with us or we find it not.”

OYSTER PATTIES.

One pint rich milk, three tablespoonfuls of butter, two tablespoonfuls of flour; rub flour smooth with a little of the milk. Cook all together until very thick, then season highly with salt and pepper (cayenne preferable); add oysters from one can, stir until very crimp, then stir in a well-beaten egg slowly. Serve hot in freshly baked patty-shells.

OYSTER SAUTE.

Put in a skillet two tablespoonfuls of butter, and as it melts add an onion and green pepper finely chopped. When hot, put in enough oysters to cover the bottom of skillet, and fry until a light brown on each side. Remove oysters to a hot dish, and add to what remains in the skillet two tablespoonfuls of tomato catsup, one teaspoonful of Worcestershire sauce, three tablespoonfuls of the oyster liquor, salt, and pepper, if needed. Let come to a boil, place the oysters on hot buttered toast, pour gravy over them, and garnish with slices of lemon. Serve with crisp crackers or rye bread and butter.

OYSTER COCKTAIL.

This makes a good appetizer for the beginning of a meal. Place five small fresh oysters in tall punch-glasses, add a dash of cayenne and a pinch of salt; then into each glass put one and one-half tablespoonfuls of tomato catsup, one teaspoonful of Worcestershire sauce, a few drops of lemon-juice, and a little fresh horse-radish. Serve very cold.

“What do we live for if not to make the world less difficult for each other?”

ICES, ICE-CREAMS, AND SHERBETS.

PINE-APPLE ICE.

Two cans of shredded pine-apple, juice of two lemons, four teacupfuls of sugar, one-half gallon boiling water; when cold, add whites of two eggs beaten stiff. Freeze until firm.—*Mrs. O. J. Harris.*

LEMON ICE.

Four large juicy lemons, one pint of water, two oranges, one and one-fourth cupfuls of sugar, or enough to suit taste. Put the sugar and water on to boil, chip yellow rind from the lemons and oranges, add to the syrup, boil five minutes, and stand away to cool. Squeeze the juice from the lemons and oranges, add it to the cold syrup, strain it through a cloth, and freeze.—*E. G. L.*

ORANGE ICE.

Boil three-fourths pounds of sugar in one quart of water; when cold, add the juice of six oranges and juice of one or two lemons. Freeze same as ice-cream.

PINE-APPLE SHERBET.

Grate two pine-apples and mix with two quarts of water, one pint of sugar, juice of two lemons, and beaten whites of four eggs. Freeze.

LEMON SHERBET.

One pint sugar, one and one-half pints of water, two lemons, white of one egg. Boil sugar until it threads;

“Much of the best in life has come to us through sorrow.”

then add water and juice of lemons, putting the white of egg in last.—*Mrs. Laura K. Sparks.*

LEMON SHERBET.

Boil one quart of sugar and one quart of water until it draws a hair; then remove from fire, and add three pints of cold water and the juice of three lemons; strain through a cloth. When it begins to freeze, add the beaten whites of two eggs.—*Mrs. Clara N. Davis.*

WE THREE.

Boil three cupfuls of water and three cupfuls of sugar; when cold, add the juice of three lemons, three oranges, three bananas, cut fine. When almost frozen, add beaten whites of three eggs.

BISQUE.

Take one quart of cream, sweeten and flavor with vanilla; add one-half pound of stale macaroons ground fine, and freeze.

CHOCOLATE ICE-CREAM.

One quart cream, one pint milk, two cupfuls sugar, two eggs well beaten, six tablespoonfuls grated chocolate rubbed smooth in a little milk. Heat the milk almost to boiling, then pour it very slowly into the beaten eggs and sugar. Stir in the chocolate, and beat well two or three minutes; then place in a double boiler and heat until it thickens well, stirring constantly. Take from the fire, cool, and flavor with vanilla. When quite cold, beat in the cream, and freeze.

EXTRA ICE-CREAM.

One quart of cream, one cupful of sugar, flavor with vanilla. Put the sugar and half the cream on in a farina

“Why gather the thistle, the weed, the rue,
When flowers are blooming of every hue?”

boiler, and scald. Stir constantly for ten minutes. Take from the fire, and when cold add the remainder of the cream, the vanilla, and freeze.—*E. G. L.*

STRAWBERRY ICE-CREAM.

Crush one quart of strawberries in an earthen bowl with one pound of sugar. Let stand one hour; rub through a colander, add one quart of sweet cream, and freeze immediately.

ICE-CREAM.

Put one quart of new milk into a double boiler; add to it two tablespoonfuls of corn starch mixed smooth with a little of the milk; let boil five minutes, then remove from the fire, strain, and cool. Beat well two eggs, add to them one and a half cupfuls of sugar, beat thoroughly together; add this to the mixture, then pour in one pint of cream, one tablespoonful of vanilla, stir all together, and freeze.

ICE-CREAM.

One quart of cream, one pint of milk, one cupful of powdered sugar, one and one-half teaspoonfuls of vanilla, white of one egg. Beat the egg, mix all together, and freeze.

GRAPE FRAPPE.

One quart of water, two cupfuls of sugar; boil ten minutes, then add one and one-half cupfuls of grape-juice, and juice of two lemons. Freeze to a slush.—*Mrs. Maude R. Scranton.*

PEACH SNOW.

Seven cupfuls of water, three cupfuls of sugar, whites of two eggs well beaten, one quart of peaches, juice of two lemons. Freeze.—*Mrs. Lucian Harris.*

"Forget mistakes; organize victory out of mistakes."

CHOCOLATE SAUCE.

Melt one-fourth cake of unsweetened chocolate with three-fourths cupful of powdered sugar and one-half cupful of boiling water. Cook in double boiler, stirring constantly, until the consistency of molasses. When cold, pour over vanilla ice-cream. It is also good served hot as pudding sauce.

"A legitimate ambition to get ahead in the world is an essential ingredient of real happiness."

"To maintain one's self on this earth is not a hardship but a pastime, if one will live simply and wisely."

"The little sharp vexations and the briers that catch and fret, Why not take all to the Helper who has never failed us yet?"

"The foundation of content must spring up in a man's own mind."

"As you begin the day let the sun shine into the soul."

JELLIES, JAMS, AND PRESERVES.

. Cook jellies in porcelain or granite ware. Select fruits not quite ripe. Avoid using much water in cooking the fruit. Pour into a three-cornered bag to extract juice, as the weight of the fruit in the larger part causes the juice to flow freely at the point. Do not press the bag if clear jelly is desired. If the bag is dipped in water before pouring in fruit, it will prevent waste, and also expedite the process of straining. Never make over two pints of jelly at a time. As a rule, allow equal measure of juice and sugar. Observe this rule save when an extra amount of water has been used in cooking the fruit, then use less sugar. Boil juice ten minutes before adding sugar (some heat the sugar before adding it to the juice), then boil ten minutes longer. To tell when it is done, drop a little on a saucer, and set in a cool place. If it does not spread, but remains rounded, it is ready to pour into glasses. Boiling should be brisk, but not violent. Skim only just before pouring into glasses.

APPLE, CRAB-APPLE, PEACH, AND QUINCE JELLY.

For all these larger fruits, wash, cut in pieces, remove cores and all defective parts, add water to cover them, boil gently until tender, then pour into jelly-bag and hang to drain over night. Proceed with pint for pint, or if the juice seems watery three-fourths of a pint of sugar to one pint of juice. When quinces are scarce, cook the peelings and cores with tart, juicy apples (it will make a

"Nothing great was ever achieved without enthusiasm."

nice jelly), and save the quinces for preserves. Some add a few of the cracked kernels to peaches when cooking for jelly. Lemon-juice may be added to crab-apple jelly, the juice of one lemon to two pints of juice.

BLACKBERRY, RASPBERRY, GRAPE, PLUM, AND CUR- RANT JELLY.

Put all small fruits on to cook with as little water as possible, and stir often to prevent burning. Then proceed with the jelly-making according to directions. Jellies are all made alike after the juice is obtained. It is preferable rather than to squeeze the jelly-bag, thus causing the jelly to be cloudy. After the draining, turn the fruit out of the bag into a colander, rubbing through, and to the pulp thus obtained add equal amount of sugar and make into jam. Some mix apples and plums (one part plums to two parts apples) for making jelly. Also make jam of the pulp.

"Strew gladness on the paths of men,
You will not pass this way again."

JAMS.

BLACKBERRY, RASPBERRY, CURRANT, AND STRAWBERRY JAM.

Pick over carefully, and thoroughly mash the fruit before cooking. Boil fifteen minutes; then add three-fourths of a pound of sugar to one pound of fruit, and boil from thirty minutes to one hour longer. Stir almost constantly. It is sufficiently cooked if, when taken out on a plate to cool, it is not watery around the edge, but looks dry and glistening. Put up in cans, and seal while hot, like canned fruits. Raspberries and currants mixed (one-third currants to two-thirds raspberries) make excellent jam.

RED RASPBERRY JAM.

Make a syrup of three pounds of sugar and one cupful of water; let boil until almost ready to turn back to sugar; then stir in three pounds of mashed red raspberries, and boil together ten minutes.

PLUM JAM.

Wash the plums, cut them nearly to the stone, add very little water, and place on moderate fire. Stir, and remove the stones as they separate from the pulp. When the plums are tender, rub through a sieve. Add three-fourths of a pound of sugar to one pound of plum pulp. Boil together for twenty minutes, then seal in glass cans.

PRESERVE MAKING.

Use time and care in making preserves. Make a small amount at a time. Boil gently that the sugar may thor-

“The sweetest songs on earth have been sung in sorrow. The richest things in character have been reached through pain.”

oroughly penetrate the fruit. The rule is, three-fourths of a pound of sugar to a pound of fruit. It has been said that glass marbles placed in the bottom of the kettle will prevent preserves, jams, and marmalades from sticking to the bottom of the kettle.

QUINCE HONEY.

Quarter's worth of granulated sugar, one pint of water, six large grated quinces. Cook fifteen minutes after it boils.—*Mrs. Maude R. Scranton.*

APPLE AND PEACH PRESERVES.

Peel, halve, and remove pits from peaches; if apples, quarter. Take three-fourths of a pound of sugar to one pound of fruit; make a syrup of the sugar with one pint of water to a quart of sugar; let boil until thick, then add a little of the fruit at a time, and boil in the syrup until transparent. Skim out into can; add more, and so on, until all are done; then drain the thin syrup from the cans into the kettle, and boil the syrup until thick, and pour boiling hot over the fruit, and seal.

To apple preserves lemon-juice or sliced lemon may be added. For peach preserves some boil pits in the water before adding the sugar, to give flavor.

CHERRY PRESERVES.

Having seeded cherries, drain off all juice. Take same amount of sugar as you have cherries, putting them layer about until you have the amount you wish to cook at one time. Let stand one hour or until juice rises over them. Cook until juice becomes thick, which will be a very short time.—*Mrs. Wilber Harris.*

"To live the greatest number of good hours is wisdom."

PEAR AND QUINCE PRESERVES.

For pear preserves, peel, halve, and core; for quince preserves, peel, quarter, and core. In either case steam over boiling water until perfectly tender. Measure the water over which the fruit has been steamed, and add twice that amount of sugar, and boil until thick, then drop in as much of the steamed fruit as can be managed without crowding, and cook until fruit is transparent. When done, take out and boil down syrup a little, and pour over them. Seal while hot.

PEAR CHIPS.

Five pounds of pears sliced thin, five pounds of sugar, juice of three lemons, grated rind of one, one ounce of ginger root chopped fine, and three-fourths of a cupful of water. Cook until clear, then seal in jelly glasses.

CHERRY PRESERVES.

Take two pints of granulated sugar with just enough water to dissolve it, place over a hot fire, and boil until clear; add to this three pints of seeded cherries, and boil until juice thickens. This fills one quart can.—*Mrs. J. H. Harris.*

BLACKBERRY AND RASPBERRY PRESERVES.

Blackberry and raspberry preserves may be made precisely as the above cherry preserves.

PLUM PRESERVES.

Wash, prick, and place in a jar the plums. Allow equal amount of sugar and fruit. Make syrup of sugar and little water; boil, skim, and pour over the fruit. Next day drain off syrup; boil, skim, and return. Repeat this

for three days. On the fourth day place plums and syrup together in preserving kettle, and boil very slowly for half an hour. Seal in cans.

STRAWBERRY PRESERVES.

Make a rich syrup of two pints of sugar and one-half pint of boiling water; when thick, add three pints of strawberries, and cook gently until fruit is clear; then place berries in cans, and keep hot, while the syrup is boiled down thick. Before pouring on the thick syrup, pour off into a sauce-pan the thin that has risen on the fruit, which may be boiled and canned to use for sauces and drinks. Now pour over the thick syrup, and seal. Some sprinkle the sugar over the fruit. Let stand several hours or over night; then pour off the syrup, boil until thick, add berries, boil fifteen minutes, and seal.

TOMATO PRESERVES.

Scald, peel, and, to have them nice, remove the seeds; add an equal amount of sugar by weight; let stand over night; then pour off all juice into a preserving kettle, and boil until thick; add tomatoes, and boil gently until they look transparent. A little root ginger or sliced lemon may be added, if desired.

GRAPE BUTTER.

Separate the skins from the pulps; cook the pulps until soft, then rub through a colander to remove the seeds. Add a little water to the skins, and cook until tender; then add the pulp and three-fourths of a pint of sugar to a pint of the grapes, and cook until thick. Put in glasses the same as jelly. Some prefer cooking the grapes and putting through a colander, leaving out the skins and seeds.

"Make up your mind that you will increase your capacity for enjoying life by trying to find the sunny side of every experience of the day."

QUINCE MARMALADE.

Imperfect fruit may be used. Pare and cut into small squares, cover with water, and boil until tender; then remove the quinces and add three-fourths as much sugar as quinces; let boil a few minutes; add the quinces; let boil twenty-five or thirty minutes, then dip out and put in jars. Pour syrup over it. Seal.

PEACH MARMALADE.

Choose extra ripe fruit that is too soft for preserves. Peel, pit, and quarter; place in preserving kettle with a little water, and boil till tender, stirring constantly; then add the sugar, three-fourths of a pound to a pound of fruit, and boil together until thick and smooth.

PEACH BUTTER.

Peaches too ripe for other use make excellent butter. Peel, pit, and cook with as little water as possible until soft; then rub through a colander. To each quart of pulp add one pint and a half of granulated sugar. Boil gently for one hour. Stir almost constantly. When done, season with cloves, cinnamon, and allspice, if desired.

When all our hopes are gone,
'T is well our hands must still keep toiling on
For others' sake;
For strength to bear is found in duty done,
And he is blest indeed who learns to make
The joy of others cure his own heartache.

"Sorrow, if accepted with resignation and trustfulness, will carve the soul into forms of beauty."

MEATS.

The first essential is to see that the fire is in no way clogged. A bright glowing fire is necessary for perfect results. Remember that, in order to preserve the juices, all fresh meats must be put to cook in boiling water. Never fail to remove the scum as soon as it starts to boiling. Then remove the pot to the back of the stove where it will cook gently but constantly. The more gently meat boils, the more tender it will be. Always add boiling water if more is needed. For making soup, salt and put to cook in cold water, and never neglect the skimming. Salt and smoked meats must be put on in cold water in order to freshen them. In roasting meats, be sure of a thoroughly hot oven before putting in, so as to form at once a crust on the outside that will retain the juice. Baste often. Never prick with a fork. Observe the same rule for broiling and frying; that is, contact with extreme heat at the beginning to preserve juice and flavor.

ROAST BEEF WITH YORKSHIRE PUDDING.

Wash and rub well with salt and a little pepper a five or six pound standard rib roast. Dredge with flour, place in a baking-pan with a pint of boiling water, and put in a very hot oven. Baste often. Bake three hours. One hour before it is done, place in the pan as many peeled potatoes as desired for the meal. One-half hour later pour into one end of the pan a batter made with two cups (scant) of flour, one teaspoonful baking powder, pinch of salt, one-half pint of milk, and two eggs.

“But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run and not be weary, and they shall walk and not faint.”

STEAMED ROAST.

Rub well with salt and pepper. Place in double steamer; peel two onions and put on it. Cover tightly; steam four hours. When done, remove roast, pour the drippings into a skillet, and, if too much for gravy, boil down to the proper amount, and thicken.—*Miss Ella Drake.*

ROAST BEEF.

Take roast from upper part of loin, or short porterhouse (thick as possible); cut small bits of suet, and lay on top of meat after it has been dredged with salt, pepper, and flour. The pan and oven should be very hot, and same temperature should be kept up so the meat seems as if burning. In this way three-fourths of an hour will be sufficient to render it tender.—*Mrs. Rev. J. F. Dennis.*

POT ROAST.

Have a kettle very hot; put a tablespoonful of lard into the kettle; then slice in it a small onion, and let brown a little; now lay in the roast, and keep turning until browned on both sides; then salt and pour in a small quantity of water to prevent burning, and add a little water at a time when required, until done, which will be about two hours for a small roast.—*Mrs. Harriet Wade.*

SPICED TONGUE.

Wash and scrape a beef tongue thoroughly; then put in kettle of water with a teacupful of salt and a small red pepper. Keep the kettle well filled with water, and boil constantly for at least four hours. Have ready in another

"There is a wonderful medicinal effect in good cheer."

vessel three pints of vinegar, three tablespoonfuls of sugar, and two tablespoonfuls each of stick cinnamon and whole cloves. Let come to a boil; then put in the tongue, after the skin has been removed, and let simmer on stove for half an hour. Put away in this vinegar until used, keeping covered.—*Mrs. C. G. Beymer.*

FRIED BEEFSTEAK.

Trim fat from the steak, cut in small bits and put into a skillet; when fat is done, remove and add a little fresh lard. Cut steak into pieces the size you wish to serve, pound, season with salt, pepper, and roll in flour. Place in the skillet of smoking hot grease, and fry a nice brown on both sides; take out on a hot platter and keep hot while making the gravy. Add to the grease two tablespoonfuls of flour, stir smooth, then add one pint of cold water (or milk if preferred) and stir until it boils; add a little salt.

BROILED BEEFSTEAK.

Have frying-pan smoking hot; rub lightly with butter or suet. Lay in the pounded steak, in a moment turn, that both sides may be well seared, so as to retain the juice. The pan may then be drawn aside where not so hot, but still sufficient to cook the steak quickly. Remove to steak-dish; season with salt, pepper, and butter.

BEEFSTEAK SMOTHERED IN ONIONS.

Pound steak. Place in skillet with a little hot fat; cover with thinly sliced onions; season with salt and pepper. Cover the skillet. When the steak begins to brown, remove the onions, turn the steak, and replace the onions. It should be a nice brown, but care must be taken not to burn.

“Shun all that is disquieting and distracting, both within and without.”

SWISS STEW.

For this secure a round steak cut about two inches thick. Place a tablespoonful of lard in a skillet; when hot, add the steak; season with salt and pepper, and as soon as steak is nicely browned on both sides, pour over it a quart or more of boiling water. Cover, and draw to one side where it will boil slowly for about two hours. When ready to serve, add to the liquor two or three tablespoonfuls of flour mixed smooth with a little cold water or milk. Pour part of the gravy over steak; serve the remainder in bowl.

HAMBURGER STEAK.

To each pound of lean steak have one-fourth pound of nice fat. Cut all in strips, season with salt and pepper, and put through meat grinder (also grind with it a little onion, if desired). Form into cakes less than an inch in thickness. Avoid having them thick in center and thin at the edge. Place in skillet with a little hot lard. Fry (covered) until brown; then turn, and brown on the other side. Remove to a hot platter, and, unless a thickened gravy is desired, pour off all the fat but about two tablespoonfuls; add to this a little boiling water, and pour over meat.

BACON AND LIVER.

Place in a baking-dish a layer of thinly sliced bacon, then a layer of evenly sliced liver; sprinkle with salt and pepper, then add another layer of bacon. Pour in about a teacupful of hot water, adding a little more hot water occasionally if needed. Bake two hours. The liver should be soaked over night in salt water, taken out, rinsed, and scalded before using.—*Mrs. Maude Espey.*

"I have found 't is good to note the blessing that is mine each day."

BAKED HAM.

Make a thick paste of flour (not boiled), and cover the ham with it, bone and all; put in the pan two muffin rings or anything that will keep the ham an inch from the bottom. Bake in a hot oven. If a small ham, it will require fifteen minutes to each pound; if a large one, twenty minutes. The oven should be hot when put in. The paste forms a hard crust around the ham, and the skin comes off with it.—*Mrs. H. R. Harris.*

SCRAPPLE.

Scrapple is a most palatable dish. Take the head, heart, and any lean scraps of pork, and boil until the meat slips easily from the bones. Remove the fat, gristle, and bones, then chop fine. Set the liquor in which it was cooked aside until cold. Take the cake of fat from the surface, and return liquor to the fire, when hot enough, strain into another vessel to be rid of any bones or sediment. Now add the chopped meat, and season well with pepper and salt. Let it boil again, then thicken with corn-meal as you would in making ordinary corn-meal mush, by letting it slip through the fingers slowly to prevent lumps. Cook an hour, stirring constantly at first; afterwards putting back on the range in a position to boil very gently. When done, pour into pan and mold. In cold weather this can be kept for several weeks. Cut in slices when cold, and fry brown as you do mush. Is a cheap and delicious breakfast dish.—*Mrs. Emma Keeney Peiler.*

ROAST PORK.

Wash a loin of pork (three or four pounds), rub thoroughly with salt, sprinkle with pepper. Place in baking-

“Transfigure the drudgery of duty by the glory of your own spirit.”

pan with pint of boiling water. Put in very hot oven, allowing it gradually to cool to a moderate heat. Baste often. Bake two and one-half hours. Peel potatoes, and lay around roast about an hour before serving. Some add a dressing made as for turkey, which is very nice.

BACKBONE POT-PIE.

Have the backbone cut into pieces four or five inches in length; then proceed precisely as for chicken pot-pie. Spare-ribs or chops make nice pot-pie also.

FRIED PORKSTEAK.

Grease the skillet, then put in the steak; season with salt and pepper. Fry longer and more slowly than beef-steak. A sprinkle of powdered sage may be added.

BAKED SPARE-RIB.

Saw the rib across the middle, salt, pepper, and place in baking-pan with little water. Bake in moderate oven one hour. Turn over so as to bake both sides a rich brown.

PORK PIE.

One pound of pork chops; one quart of water; add a little salt, and boil until tender; then thicken the broth with two or three tablespoonfuls of flour rubbed smooth with a little water. Have prepared a nice rich biscuit dough; line baking-dish with crust. First place in a layer of meat, then a layer of the crust cut in strips; another layer of meat; add the thickened broth, which should be about a pint; season with salt, pepper, and a little butter. Put on the top crust, and bake thirty minutes in a moderate oven. A few sliced potatoes may be added.

“Maintain a holy simplicity of mind, and do not smother yourself with a host of cares, wishes, or longings under any pretext.”

FRIED PICKLED PORK.

Cut in rather thin slices; pour boiling water over the slices. Let stand half an hour. Drain, roll in flour, and fry till crisp and a light brown. Remove to platter. Pour off part of the grease from skillet, stir into remainder of grease, while hot, two tablespoonfuls of flour; add about one pint of new milk; salt and pepper; let boil, and pour into gravy dish. Excellent served with potatoes boiled in jackets.—*H. S. Espey.*

HEAD CHEESE.

Split hog's pates in two; chop off the snouts. Thoroughly clean by removing eyes, ears, brains, and digging out all cavities well; then scald and scrape. Soak over night in strong salt water. Next morning wash in fresh water, and put on to cook in enough water to cover. Skim often. Boil until flesh leaves the bone. Dip from water, remove every particle of bone, and chop fine in a wooden bowl; season with salt and pepper. Pack in colander, cover with plate, and place on it a weight. When cold, slice and serve as needed. Set aside the liquor in which they were cooked; when cool, remove the cake of fat to be used in cooking.

PICKLED PIG'S-FEET.

Thoroughly clean by first cutting off the horny parts of the feet and toes; then singe, scald, and scrape well. Completely cover with strong salt water, and soak over night. Wash in fresh water, and place in kettle with plenty of water, a little salt, and cook until the bones will pull out easily. Place in jar; when cold, cover with good cider vinegar. Will be ready for use in a few days.

"Life's a mirror: if we smile,
Smiles come back to greet us."

When wanted for the table, some prefer heating them by placing a sufficient quantity in a sauce-pan, adding more vinegar, and boiling until thoroughly heated. Nice served hot for breakfast.

VEAL LOAF.

Three pounds of veal chopped fine or put through grinder, one-half pound of ham chopped fine or put through grinder, three eggs beaten, without separating, until light, one-fourth cupful of butter (melted), three tablespoonfuls of cream, one-half cupful of crackers rolled, or fine bread crumbs, one teaspoonful of black pepper, two teaspoonfuls of salt, one teaspoonful of onion-juice, one-half teaspoonful of allspice. Mix all together thoroughly. Form into a loaf, and bake two hours in a moderate oven, basting occasionally with melted butter.—*Mrs. H. R. Harris.*

BAKED BEEF OR VEAL HEART.

Thoroughly wash and clean, removing the valves and all the blood. Soak over night in salt water. Wash with fresh water, then boil two hours. Remove, and stuff with dressing same as for chicken. Bake three-quarters of an hour; make a nice gravy, and serve.

MEAT LOAF.

One pound beef chopped fine or put through a meat grinder, one pound pork chopped fine or put through a meat grinder, one cupful of crackers rolled fine, three eggs well beaten, butter the size of a walnut, one and one-fourth cupfuls of cream, salt and pepper. Mix together, and make into a loaf. Bake forty-five minutes.—*Mrs. Rev. J. F. Dennis.*

"When thou seest misery in thy brother's face, let him see mercy in thy eye."

CREOLE DRIED-BEEF.

Pour boiling water over thinly sliced dried-beef, and let stand for fifteen minutes; then drain. Put tablespoonful of butter in pan; when melted, throw in the beef, and stir until thoroughly heated, then dust over it one scant tablespoonful of flour; mix, then add one-half pint of milk. Stir constantly until boiling. Push to back of stove, and let simmer five minutes. An egg may be added. Nice served with friend mush.

VEAL LOAF.

Two pounds veal chopped fine, or better, put through a meat grinder; two coffee-cupfuls of bread crumbs, two eggs, one even tablespoonful each of salt and pepper, sage to taste, a little butter. Bake about one hour and fifteen minutes in moderate oven. Slice quite thin. The secret of having it slice off thin without breaking is pressing it down very firmly in the dish before baking.—*E. H.*

VEAL CUTLETS.

Pound the steak, and season well; cut the outer edges to prevent curling. Roll in beaten egg, then thoroughly cover with cracker crumbs. Have a lump of butter and lard mixed hot in a skillet. Put in the meat, cover, and let cook slowly for half an hour, browning nicely on both sides. If a gravy is wanted, sprinkle a little flour in the hot grease; add salt, pepper, and little water; let boil, and pour over the cutlets, or serve separately.

VEAL CROQUETTES.

Boil one and one-half pounds of veal-steak until tender, avoiding too much water. When cold, put through

**"Build thee more stately mansions, O my soul,
As the swift seasons roll."**

meat grinder with one onion. Rub two tablespoonfuls each of butter and flour together. Pour over it one cupful each of sweet milk and veal broth. Cook until smooth and thick; add salt, pepper, one tablespoonful of chopped parsley and juice of half a lemon, and stir into the ground meat and onion. When cold and stiff form into balls, dip into a beaten egg and tablespoonful of hot water mixed; roll in cracker crumbs. Fry in hot lard a light brown.

SWEET BREADS A LA CREME.

One pair of sweet breads, one tablespoonful of butter, five mushrooms, one tablespoonful of flour, one pint of cream. Parboil sweet breads fifteen minutes; pick them to pieces, rejecting all fine membrane, then chop rather fine. Chop mushrooms very fine. Put butter on to melt (be careful not to brown); add flour, mix until smooth. Add milk, stir constantly until it boils. Add mushrooms and sweetbreads; stir over steam of kettle five minutes. Add half teaspoonful of salt, dash of white pepper, and serve in silver shells.

BOILED LEG OF MUTTON WITH CAPER SAUCE.

Wash a leg of mutton and rub well with salt. Plunge into boiling, salted water, and cook three hours. Serve with caper sauce, made as follows: Make a drawn butter as much as amount of meat will call for; add to it one large tablespoonful of finely chopped capers.

ROAST HAM OF MUTTON.

Wash a ham of mutton, and thoroughly rub with salt and sprinkle with pepper. Place in dripping-pan with quart of boiling water. Put in very hot oven, allowing the heat to gradually decrease to a moderate heat. Baste

"Cheerfulness is a duty we owe to others."

often. Add more boiling water, if needed. Cook three or four hours, according to size of ham. Serve with sauce desired.

MUTTON CHOPS.

Season with salt and pepper; dip each chop in beaten egg, then in cracker crumbs. Place in skillet with tablespoonful of hot lard, and fry until tender and nicely browned on both sides? Nice served with green peas.

CHICKEN POT-PIE.

Prepare a young hen as for frying. Place in deep kettle, season, and cover with water. If desired, add a slice of pickled pork to improve the flavor. Be sure to remove all scum at the moment it reaches the boiling point; watchful care at this juncture will insure a nice clear gravy, free from specks. Add three small potatoes cut in halves about an hour before serving. Just before adding the dumplings, mix smooth with cold water three or four tablespoonfuls of flour, and stir in to thicken the liquor for gravy. If cooked down too close to make sufficient gravy, add as much more boiling water as needed. For the dumplings, sift one pint of flour, teaspoonful of baking powder, and a little salt together. Mix quickly with enough milk to moisten flour; you want dough, not batter. Drop from spoon over the top of the chicken. Cook slowly for fifteen minutes without lifting the lid during the time.

FRIED CHICKEN.

Thoroughly wash a well-dressed young chicken. Invert a saucer in the bottom of a crock, and place the chicken on this, that it may drain well. Season with salt and pepper. Put two or three tablespoonfuls of lard in a

"Our thoughts would pleasantly agree,
If I knew you and you knew me."

skillet; when very hot, place in this the chicken well dredged with flour (roll each piece in flour until completely covered). Cover skillet, and draw back where it will not fry too fast. Turn over and brown evenly on all sides. It will require about an hour to cook thoroughly, unless the chicken is very small. When done, remove to a hot platter. Make a gravy by stirring two tablespoonfuls of flour in the hot fat; when smooth, add one pint of cold water and a little salt. Stir until it boils a few moments, then turn out in a bowl. Some prefer milk gravy.

CHICKEN PIE.

Dress a spring chicken or hen, cut up as to fry, cover with water, and boil until tender. Line a well-greased pan with short biscuit dough; put in the cooked chicken, salt, pepper, and butter the size of an egg, and water to nearly fill the pan. Cover with part of the dough, and bake three-quarters of an hour.—*Miss Grace Harris.*

CHICKEN PIE.

Cut up a chicken, season with salt, pepper, and butter, and parboil. Take out the chicken, and set away the water in which it was stewed for gravy. Make a batter of one pint of milk, one and one-half cupfuls of flour, one and one-half tablespoonfuls of melted butter, one and one-half teaspoonfuls of baking powder, two eggs, and a little salt. Put a layer of chicken in bottom of dish, then cover with batter; thus alternate until dish is full. Bake one hour in moderate oven. Beat an egg and stir into gravy, thicken with flour, and boil.—*Mrs. Hannah L. Harris.*

“A laugh is just like sunshine for cheering folks along.”

DEVEILED CHICKEN.

Two cupfuls of cooked chicken (finely chopped), two tablespoonfuls of butter (melted), one-half cupful of cream, two tablespoonfuls of bread crumbs, three drops of onion extract, two eggs hard boiled (the whites and yolks pressed through a sieve), two tablespoonfuls of parsley (chopped), salt and pepper to taste. Mix well, and stir until the mixture is heated; then take from the fire and put in individual souffle dishes; cover with greased bread crumbs, and brown in a quick oven. Curry powder, paprika, and other seasonings can be added at will.—*Mrs. H. R. Harris.*

CHICKEN PATTIES.

Pick the meat from a cold chicken and cut in small pieces. Put into a sauce-pan with a little milk, butter, salt, and pepper. Thicken with a little flour and yolk of an egg. Line some patty-pans with crust, not too rich, and yet not tough; rub them over with the white of an egg, and bake. When done, fill with the chicken and send to the table hot. Cut out round cakes of the crust for the tops of the little pies, and bake on a common baking-pan.—*Mrs. H. R. Harris.*

STEWED CHICKEN.

Stew chicken until tender, in enough water to cover well, removing all scum as it starts to boil. Lay pieces in deep baking-pan. Thicken the broth and pour over the chicken. Make a rather rich baking-powder biscuit dough. Roll out and cut in strips; lay these on top of chicken, and bake until brown. Serve on a platter with the chicken in the center, the dumplings arranged about it, and the gravy poured over all.—*Miss Phillips.*

"One of the secrets of happiness is found in the habitual emphasis of pleasant things."

CHICKEN FOR LUNCH.

Season and boil a chicken very tender, take out bones and chop fine. Put into a mold alternate layers of sliced cold boiled eggs and chicken, having put a layer of egg first. Aim to have about a cupful of liquor, which pour over the chicken. Lay a weight on the top, and let stand until cool. When turned from the mold and garnished with greens, looks very inviting.

PRESSED CHICKEN.

Proceed as in the above recipe, save that the feet should be dressed and cooked with the chicken, for the reason that they will somewhat jelly the liquor in which it is cooked, hence will cause it to slice more smoothly. Omit the eggs; add a handful of finely rolled cracker crumbs, and thoroughly mix through the chicken. When turned from the mold, serve in slices.

CHICKEN CROQUETTES.

Put two tablespoonfuls of butter into a sauce-pan; when melted add two tablespoonfuls of flour, rub smooth, then add one pint of rich sweet milk; season with salt and pepper. Let boil. Now add two large cupfuls of cooked, cold chicken, chopped fine, and a small handful of cracker crumbs. Mix well. A beaten egg may be added, if desired. Some like them more highly seasoned, and add one-half tablespoonful of celery seed, a few drops of onion-juice, one tablespoonful of chopped parsley, one tablespoonful of lemon-juice. When cold, form with the hand into the shape and size desired; roll in egg, then cracker crumbs, and fry in boiling fat deep enough to cover them. Serve hot.

“Have a great deal of hope in the heart, and wear a radiant smile.”

ROAST TURKEY AND DRESSING.

Thoroughly wash, inside and out, a turkey that has been nicely dressed the day before. Drain well, then rub well with salt and a little pepper inside and out; bend the wings under the back, tie the legs down close to the body, and place without stuffing in dripping-pan, adding a quart or more, according to size of pan, of boiling water. Be sure that the oven is hot enough to brown the skin quickly, then allow it gradually to cool to a moderate heat. Allow three hours for a ten-pound turkey. Baste often. Never prick with a fork. Unless a double pan is used, after it is nicely browned on all sides, keep covered with a clean white cloth to prevent burning. Some place thin slices of salt pork on the breast of the turkey, removing it just long enough before serving to delicately brown the breast. As soon as turkey is in the oven, place giblets in sauce-pan with quart or more of water and a little salt. Cook until tender, remove from water, chop fine, and set aside for the gravy. Have ready in a crock two or three quarts of broken-up bread of different kinds, removing all hard crusts. The greater portion should be salt-rising bread, but it improves the dressing to have a few cold biscuits, a few handfuls of broken crackers, and a few muffins, if you chance to have them. Sprinkle with salt, pepper, and sage to taste, and a generous supply of butter. Pour over this the water in which the giblets were cooked, and cover tightly until needed. About one hour before serving mix this fine with the hand to be sure there are no hard lumps; if not moist enough, add water until it suits you for moistness. It is an improvement to stir through it two or three well-beaten eggs. Now place in one end of the baking-pan with the turkey. When a light

"The 'why' of things our hearts would see,
If I knew you and you knew me."

brown, take out both the turkey and dressing, add the chopped giblets to the pan gravy, and thicken with a little flour rubbed smooth in cold water.

OYSTER DRESSING FOR TURKEY OR CHICKEN.

Take one loaf of bread, cut into small squares with a sharp knife; sprinkle with salt, pepper, and sage to taste. Melt in one pint of the liquor from the fowl three large tablespoonfuls of butter; when cool, pour over the bread; add one can of fresh or cove oysters and the whites of five eggs beaten to a stiff froth. Stir lightly to distribute the oysters evenly through the mixture, using a fork. Bake forty minutes. This is nice for a leg-of-mutton roast. Have the butcher take out the bone; stuff it with the dressing, with a thick layer of the same on the top of the roast. Baste often.—*Mrs. Fleta Hainer Ward.*

CHESTNUT STUFFING.

Boil the chestnuts and shell them; then blanch them and boil until very tender; mash them fine, and mix well with bread crumbs; moisten with stock, season with salt, pepper, butter, and a little sweet cream. Excellent for roast turkey.

"Nothing contributes more to the highest success than the formation of the habit of enjoying things."

PASTRY.

Make pastry as quickly as possible. Use very cold water. Work the lard or butter into the flour before adding water. The under crust should be a little thicker than the upper crust.

In making fruit-pies dust a little flour on the bottom before putting in the fruit. In all pies with top crust make air-holes of some fanciful shape to prevent the crust bursting. Wet the edges of the lower crust before putting on the upper crust; then put on upper crust and press them well together. Pie-crust can be kept for several days in a cold place. When you wish to keep it, grease the top with lard to keep it from getting hard. Practice is the best teacher in pie-making.

COMMON PIE-CRUST.

One cupful of lard and butter mixed, three cupfuls of flour, one-half teaspoonful of salt; mix with cold water into a moderately stiff dough. Handle as little as possible. Enough for three or four pies.

A GOOD PIE-CRUST FOR BEGINNERS.

Place in a bowl six tablespoonfuls of melted lard, three tablespoonfuls of cold water, one-half teaspoonful of salt; add flour enough to make a rather soft dough, and mix with a spoon; then turn out on board and roll thin, and bake in pie-tins with any filling desired.

PASTE FOR PIES.

One cupful of lard, three cupfuls of flour, one teaspoonful of baking powder, and one teaspoonful of salt. Mix with cold water.

"We have the command to a great extent over our own lot."

CREAM PIE.

Beat thoroughly together whites of two eggs, one-half cupful of sugar, one tablespoonful of flour; then add one cupful of rich milk, part cream. Bake with a bottom crust, and grate nutmeg on top.—*Mrs. H. R. Harris.*

CREAM PIE.

Yolks of three eggs well beaten, two tablespoonfuls of flour, one cupful of sugar, one tablespoonful of butter, two cupfuls of cream. Beat and sweeten the whites of three eggs, spread on the pies after they are baked, return to the oven and brown.—*Mrs. Benjamin E. Harris.*

CREAM PIE.

Bake a lower crust, and when cold put in a thin layer of berry jam and cover with whipped cream prepared as follows: Two-thirds cupful of rich cream, chill and whip with egg-beater until it thickens; add two tablespoonfuls of sugar, pinch of salt, one-third teaspoonful of vanilla. Beat until stiff, and keep cool until used.—*Mrs. Rev. J. F. Dennis.*

CREAM PIE.

One egg, one pint rich milk, two tablespoonfuls of flour; mix the dry flour with sugar, and nutmeg to taste; add a pinch of salt, and moisten with a part of the cold milk, then add the beaten yolk of the egg. Put the remainder of the milk into a sauce-pan, and put on the stove in a vessel of boiling water, and, when hot, add the mixture, stirring constantly until as thick as wanted; then pour it into a rich under crust previously baked, and cover with the white of the egg beaten stiff; add sugar, and flavor with lemon extract. Place in the oven, and brown.—*Mrs. R. L. Thiebaud.*

“Add to your blessings all you can, but meanwhile do not be discontented with those you have.”

CREAM PIE.

Bake crusts for two pies. Yolks of three eggs, one cupful of sugar, three-fourths cupful of flour. Stir together and add a little milk, three cupfuls of milk, one tablespoonful of butter; boil together. Then add other ingredients to this, and cook. Remove from stove, and flavor with lemon or vanilla. Fill crusts and bake. Beat the whites of three eggs, sweeten, spread on tops of pies, return to the oven and brown.—*Mrs. Alice Elfers.*

CREAM PIE.

Heat one pint of milk, thicken it with two tablespoonfuls of flour which has been mixed smooth in cold milk, add half teacupful of sugar. Line pie-pan with rich pie-crust, and fill with the cream. Put grated nutmeg and small bits of butter over the top. Bake in a quick oven. Serve warm.—*Mrs. Frank F. Espey.*

FRENCH CREAM PIE.

Yolks of two eggs, one pint of sweet milk, two tablespoonfuls of sugar, one tablespoonful of flour, lump of butter the size of a walnut. Cook until thick like custard, then pour it into a baked crust. Beat and sweeten whites of two eggs, spread over pie, and brown.—*Mrs. Hannah Stewart.*

LEMON PIE.

Yolks of two eggs, one cupful of sugar, one cupful of sweet cream, two tablespoonfuls of melted butter, two tablespoonfuls of flour, or one level tablespoonful of corn-starch, one lemon. Grate the rind; then peel off the thick white skin and grate the rest of the lemon, being careful to remove the seeds. Beat the whites of two eggs to a

“To live happily, the exercise of no small degree of art is required.”

stiff froth, add a tablespoonful of sugar; put this on the top after the pie is baked, and return to the oven until it is a delicate brown. This makes one pie with one crust.—*Mrs. L. C. Harris.*

LEMON PIE.

Juice of one lemon, one cupful of sugar, one heaping tablespoonful of flour, two eggs, one cupful of water. Mix sugar and flour thoroughly, add the eggs, and beat the mixture. Grate the yellow peel of the lemon. Add water. Bake in one crust.—*Mrs. Addie M. Davis.*

LEMON PIE.

Juice and grated rind of one lemon, one cupful of sugar, one cupful of sweet milk, yolks of two eggs, two tablespoonfuls of corn starch, butter size of a walnut. Cook; then pour into a previously baked crust. Beat whites of two eggs with one tablespoonful of sugar; spread over top, return to oven until it is a delicate brown.—*Mrs. Hannah Stewart.*

LEMON PIE.

Juice and grated rind of one lemon, one cupful of water, one tablespoonful of corn starch, one cupful of sugar, one egg, piece of butter the size of a small egg. Boil the water, wet the corn starch with a little cold water and stir in; when it boils, pour it over the butter and sugar; after it cools add the egg and lemon. Bake with under and upper crusts.—*Mrs. H. R. Harris.*

GRAPE PIE.

One cupful of sugar, one egg, one tablespoonful of flour, two heaping cupfuls of ripe uncooked grapes, but-

“Labor and toil may be associated with the highest thoughts and the purest tastes.”

ter size of a walnut. Beat egg and sugar together; then add the grapes, flour, and butter. Bake with two crusts. This makes two pies.—*Mrs. Jane Humphrey.*

GRAPE PIE.

One egg, two tablespoonfuls of flour, one cupful of sugar, a small piece of butter, two heaping cupfuls of grapes which have been seeded and cooked. Bake with two crusts.—*Mrs. Wilber Harris.*

VINEGAR PIE.

Ten tablespoonfuls of water, seven tablespoonfuls of sugar, one tablespoonful of flour, three tablespoonfuls of vinegar, yolks of two eggs, a small piece of butter, a pinch of salt. Beat the yolks of eggs, add the other ingredients, and cook until thick; then add one tablespoonful of extract of lemon, and pour into a baked crust. Beat whites of two eggs, sweeten, spread over top of pie, and brown.—*Mrs. Katie G. North.*

VINEGAR PIE.

One cupful of brown sugar, two tablespoonfuls of flour, two-thirds cupful of cold water, three tablespoonfuls of vinegar, one teaspoonful of vanilla, butter the size of a walnut. Cream butter and sugar together as for a cake; add the flour, then the vinegar and water. Bake in crust with strips across the top. Be careful not to fasten them to the under crust. Bake in a slow oven, for if baked too fast it will boil over.—*Mrs. Viola Higbee.*

VINEGAR PIE.

One cupful of boiling water, one cupful of sugar, yolks of two eggs, one tablespoonful of flour, one table-

“We can cherish happy thoughts; we can regulate and control our tempers and dispositions to a considerable extent.”

spoonful of butter, vinegar and nutmeg to taste. Rub flour and sugar together; then add yolks of eggs, and rub until smooth; add butter, then the boiling water; stir it well; add vinegar and nutmeg. Pour into the crust and bake. Beat and sweeten the whites of two eggs; spread over the top, return to the oven, and leave until a delicate brown.—*Mrs. Lou B. Keeney.*

CARAMEL PIE.

One and one-half cupfuls of sugar, one cupful of butter, five eggs, one cupful of jam, any kind; vanilla to flavor. Stir sugar and butter to a cream, add yolks of eggs, jam, and flavoring; then beat whites of eggs and add them. Bake with one crust, spread with whipped cream. This is enough for three pies.

COOKED MEAT OF MINCE PIES.

In order to succeed in having good mince pie it is quite essential to cook the meat properly so as to retain its juices and strength of flavor. Select four pounds of lean beef, the neck piece is as good as any. Wash it and put it into a kettle, with just water enough to cover it; take off the scum as it reaches the boiling point; add hot water from time to time until it is tender; then season with salt and pepper. Take off the cover, and let it boil until almost dry, or until the juice has boiled back into the meat. When it looks as though it was beginning to fry in its own juice, it is time to take up and set aside to cool. This should be done the day before it is needed. Next day, when making the mince-meat, the bones, gristle, and stringy bits should be well picked out before chopping.—*Mrs. Emma Keeney Peiler.*

“He most lives, who thinks most, feels the noblest, acts the best.”

MINCE PIES.

Four pounds of lean boiled beef chopped fine; twice as much chopped, green, tart apples; one pound of chopped suet, three pounds of seeded raisins; two pounds of currants, washed and dried; one-half pound of citron, cut fine; one pound of brown sugar, one quart of molasses, two quarts of sweet cider, one pint of boiled cider, one tablespoonful each of salt, pepper, mace, and allspice, four tablespoonfuls of cinnamon, two grated nutmegs, one tablespoonful of cloves. Mix thoroughly, and heat through. Remove from fire, and when nearly cool stir in a pint of good brandy and one pint of Madeira wine. Put into a crock, cover it tightly, and set in a cool place where it will not freeze, but keep perfectly cold.—*Mrs. Emma Keeney Peiler.*

MINCE MEAT.

Six pounds of beef boiled and chopped, two pounds of suet boiled and chopped, five quarts of chopped apples, three pounds of raisins, two pounds of currants, one and one-half pounds of citron chopped, six pounds of brown sugar, four tablespoonfuls of cinnamon, four level tablespoonfuls of allspice, juice of six oranges, one grated nutmeg, one quart of canned grape-juice. Mix all together, heat thoroughly, and can the same as fruit.—*Mrs. A. L. North.*

MINCE MEAT.

One pound of boiled beef chopped, three-fourths pound of suet chopped, one pound each of chopped apples, raisins, currants, and brown sugar; one teaspoonful of salt, one-half ounce of cloves, one-half ounce of cinnamon, two nutmegs grated, juice and grated rind two lemons,

“I count this thing to be grandly true, that a noble deed is a step toward God.”

juice and grated rind two oranges, one pound of citron cut fine, one-half pint of whisky. Mix and seal. Before baking into pies add a little warm water, sugar, and whisky.—*Mrs. Rebecca Green.*

MINCE MEAT.

Three pounds of lean beef, boiled and chopped; one small measure of apples chopped; three-fourths pound of suet, boiled and chopped; one-half pint of New Orleans molasses, one pound of raisins, one pound of currants, one-half pound of citron chopped, juice of two oranges, sugar, cinnamon, and cloves to taste. Thin with sweet or boiled cider. Cook all together.—*Mrs. Laura K. Sparks.*

APPLE PIE.

Line pie-pan with good crust, sprinkle with sugar and a trifle of flour; fill with sliced apples, cover with sugar and a sprinkle of flour. A cup of sugar is the right amount to use. Put bits of butter over top of pie; add three tablespoonfuls of water, unless the apples are very juicy; flavor with cinnamon or nutmeg. Put on top crust and bake.—*Mrs. Maria S. Ford.*

APPLE-CUSTARD PIE.

Peel sour apples, stew until soft, and rub through a colander. To one quart of apple add the yolks of two eggs, the white of one, sugar and melted butter to taste; flavor with nutmeg or lemon. Bake with one crust. Remove from oven, cover with beaten white of egg, return to oven and brown.—*Mrs. Nettie Tinker.*

DEEP APPLE PIE.

Pare and quarter enough tart apples to fill baking-dish; sweeten to taste. Make a biscuit dough as soft as

“Better is a dinner of herbs where love is, than a stalled ox and hatred therewith.”

can be handled; do not roll the dough, but pat it into shape and spread on top of apples. Stew until the apples are tender, and the dough is cooked through by the steam. As the apples must cook some time, care must be taken that they do not scorch. Serve with cream.—*Miss Phillips.*

CHOCOLATE PIE.

Two large cupfuls of milk, four tablespoonfuls of flour, beaten yolks of four eggs, one cupful of sugar, butter the size of an egg, a pinch of salt. Mix all together, and boil; then stir in four tablespoonfuls of chocolate, one and a half teaspoonfuls of vanilla. Bake with one crust. Spread beaten and sweetened whites of four eggs on top, return to oven, and brown.—*Mrs. Jane Harris.*

BOURBON PIE.

One tablespoonful of flour, one cupful of sugar, rub together; one tablespoonful of butter, yolks of two eggs, rub together; one cupful of sweet milk; flavor to taste. Bake in one crust. Beat whites of two eggs, add sugar to taste, place on top of pie when done, and brown slightly.—*Mrs. Lou B. Keeney.*

PUMPKIN PIE.

Six eggs, one cupful of sugar, one quart of pumpkin, three pints of milk, one tablespoonful of salt, one and one-half tablespoonfuls of ginger, one tablespoonful of cinnamon. This recipe is for six pies.

STEWED PUMPKIN.

To stew pumpkin, cut it into small pieces, put into a kettle with one-half pint of water; stir often to prevent

"Honor and shame from no condition rise;
Act well your part, there all the honor lies."

scorching. Stew until it is quite dry. A medium-sized pumpkin should be stewed six or eight hours. When done, remove from stove and put through a colander.

CANNED PUMPKIN.

Stew pumpkin and put through colander. Make a syrup of one pint of coffee "A" sugar; add one quart of pumpkin, ginger, cinnamon, and salt to taste, and can while boiling hot. Before baking into pies, add eggs and milk.

CHERRY, BLACKBERRY, RASPBERRY, AND CURRANT PIE.

Line a pie-tin with rich crust; sprinkle the bottom with a little flour; nearly fill with fruit (seeded, if cherries), sweeten according to the tartness of the fruit; sprinkle a tablespoonful of flour evenly over the top, put on upper crust, and bake in a moderate oven.

COCOANUT PIE.

One pint of milk, one cupful of grated cocoanut, one-half cupful of sugar, yolks of two eggs. Beat yolks of eggs, add sugar; then cocoanut, stir in the milk. Bake with one crust. Beat whites of two eggs, add two tablespoonfuls of sugar, spread over pie, return to oven, and brown.

RHUBARB PIE.

Mix one-half teacupful of sugar and one heaping teaspoonful of flour together; sprinkle over the bottom crust, then add the rhubarb; cut fine, but do not peel it; sprinkle over this another half teacupful of sugar and heaping teaspoonful of flour. Bake in a moderate oven with two crusts.

“Strive to realize a state of inward happiness, independent of circumstances.”

BUTTERSCOTCH PIE.

Put into a pint-cup one-fourth of a teacupful of sugar, yolk of one egg, butter the size of a walnut, and two heaping tablespoonfuls of flour ; mix all together ; then pour in enough maple syrup to fill the cup. Bake with one crust. Make a frosting of the beaten and sweetened white of one egg, spread over the top, and return to the oven, and brown.—*Mrs. Maude R. Scranton.*

CUSTARD PIE.

Two eggs beaten, one pint of milk, three level tablespoonfuls of sugar ; flavoring. Bake with one crust.

PEACH PIE.

Line a pie-tin with a crust, fill with sliced peaches, sprinkle well with sugar ; put on upper crust, and bake.

BROWN BETTY.

Into a buttered baking dish put a layer of thinly sliced cooking apples, sprinkle with sugar, a little cinnamon or nutmeg, then a layer of bread crumbs and a few bits of butter, and so on, until the dish is full, having the top layer of bread crumbs. If the apples are not juicy, add three tablespoonfuls of water ; cover, and let bake forty or fifty minutes, then remove the cover, and let brown. Serve with cream.

DEEP FRUIT PIE.

Fill a shallow baking dish with any kind of fruit suitable for pies, sweeten to taste ; add a tablespoonful or two of water, if necessary ; if apples are used, add a little cinnamon, cover the top with a good pie-crust which has been pricked with a fork. Bake in a moderate oven about forty-five minutes.

"Alas! for him who never sees
The stars shine through his cypress-trees."

STRAWBERRY SHORTCAKE.

Three tablespoonfuls of white sugar, four tablespoonfuls of butter, three teaspoonfuls of baking powder, one quart of flour. Make into a soft dough with sweet milk. Make three layers, spread each one with butter, place them on top of one another, and bake in a moderate oven. Mash the berries, and sweeten well. Let stand while the cake is baking. When done and cool, spread the berries between the layers and sprinkle white sugar over the top.—*Mrs. L. C. Harris.*

STRAWBERRY SHORTCAKE.

Make good biscuit crust, bake in two tins of same size. Mix berries with plenty of sugar, open the shortcake, butter well, and place berries in layers, alternate with crust; have the top layer of berries, and, if desired, over all put whipped cream.—*Mrs. Laura E. Rice.*

PEACH SHORTCAKE.

Two cupfuls of flour, one-half cupful of sugar, two teaspoonfuls of baking powder, one-half teaspoonful of salt, sift all together; one egg, two-thirds cupful of milk, three tablespoonfuls of melted butter. Beat all together, and then stir in the flour, etc. Put in a pan, and bake forty minutes; spread peaches or berries on top. Serve warm with cream.—*Mrs. Jane Harris.*

BAKED APPLE-DUMPLINGS.

Add to two cupfuls of sour milk one teaspoonful of soda, a little salt, half cupful of butter or lard, and flour enough to make a dough little stiffer than biscuit, or make a good baking-powder crust. Peel and core good cooking

“Kind nature calls from her varied halls:
‘I will give you balm for sadness.’”

apples, roll out crust, incase each apple with the crust, fill cavity with sugar, press edges together tightly; put them in a dripping-pan with the rough sides down and not touching one another, and partially cover with hot water. Bake in a moderate oven. Serve with sauce.—
Mrs. Mary E. Sedam.

CUSTARD SHORTCAKE.

Roll a piece of good biscuit dough until about the thickness of a biscuit, and bake in a pie tin; when done, split and put a thick layer of boiled custard between and on top.

A SMALL SWEET WAY.

“There’s never a rose in all the world
But makes some green spray sweeter;
There’s never a wind in all the sky
But makes some bird wing fleeter;
There’s never a star but brings to heaven
Some silver radiance tender;
And never a rosy cloud but helps
To crown the sunset splendor;
No robin but may thrill some heart,
His dawnlight gladness voicing.
God gives to all some small, sweet way,
To set the world rejoicing.”—Selected.

PUDDINGS.

JAM PUDDING.

One cupful of sugar, one-half cupful of butter, three tablespoonfuls of milk, three eggs, one and one-half tea-cupfuls flour, two teaspoonfuls baking powder, one tea-cupful jam (or instead of jam may be used one cupful of raisins and one cupful of hickory nut kernels). Bake in a loaf and serve with any kind of sauce. Good cold with a hot sauce.—*Mrs. Addie M. Davis.*

PLUM PUDDING.

Two and one-half pounds raisins (seeded), two pounds of currants, two pounds of suet finely chopped, one and one-half pounds of citron cut in fine bits, two pounds of sugar, two and one-half loaves of bread (dried and rolled into crumbs), six ounces candied lemon-peel, two nutmegs, one tablespoonful of cinnamon; three-fourths pint brandy, jelly, cider, or fruit-juice; one-half pound almonds chopped fine, rind of two lemons and juice of one-half lemon, sixteen eggs beaten separately. Prepare the fruit and flour well. Mix suet, bread crumbs, and water to make as moist as fresh bread; add sugar and spices and three-fourths pint liquor (the kind desired), and mix well; add eggs well beaten, then the fruit. Grease molds or pans well, and dust with fine bread crumbs; steam or bake eight or nine hours, or divide and cook four hours. Line pans with greased paper. Make sauce as needed. Steaming it makes it moist, and it will keep for months. Make before Thanksgiving, and have ready for

“Reflect upon your present blessings, of which every man has many; not on your past misfortunes, of which all men have some.”

use all winter. This makes four very large puddings. Serve with sauce prepared as follows: One cupful of sugar, one tablespoonful of butter, one egg, grated rind of one and juice of half a lemon, four tablespoonfuls of boiling water.—*Mrs. E. Hathaway.*

CORN-MEAL OR INDIAN PUDDING.

One quart sweet milk, reserving one-half pint with which to wet meal; three tablespoonfuls of meal heaping; wet with the one-half pint of cold milk three tablespoonfuls of sugar heaping (half brown and half white); three eggs well beaten, one teaspoonful of ginger (heaped), one tablespoonful of butter, one teaspoonful salt (scant), three-fourths cupful raisins. Let the milk come to a boiling point; then add the meal, previously wet with the milk, stirring constantly until it boils up thick. Then add sugar, butter, ginger, raisins, and lastly the well-beaten eggs. Bake three-quarters of an hour. Serve with sauce prepared as follows: One-fourth cupful of butter, one cupful sugar, one egg, one tablespoonful of flour, one cupful of boiling water, one wineglass of wine or brandy. Cream butter, sugar, and egg together, beating thoroughly, then pour the boiling water over all, and stir well; simmer ten minutes. Add wine last.—*Mrs. C. G. Beymer.*

PRUNE PUDDING.

One and one-half cupfuls of cooked Santa Clara prunes, chopped fine; one tablespoonful of powdered sugar, whites of four eggs beaten stiff. Bake in quick oven ten minutes. Served with whipped cream.—*Mrs. Hannah L. Harris.*

“Even the faults which thou hast committed should only humble, but not disquiet thee.”

HANDY PUDDING.

Three eggs, one cupful of sugar, one cupful of preserves, three tablespoonfuls of sour milk, one teaspoonful of soda, one teaspoonful of cinnamon, one cupful of flour. Bake in moderate oven. Serve with sauce.—*Mrs. L. C. Harris.*

SPICE PUDDING.

Three teacupfuls of bread crumbs, three teacupfuls of apples chopped, one cupful of sugar, one-half pound of raisins, one-fourth pound of currants, a little citron if desired, two tablespoonfuls of whisky (may be omitted if preferred), one tablespoonful of cinnamon, one-half teaspoonful of cloves, two eggs beaten separately, one pint of sweet milk. Put crumbs in the milk, and set on back of stove until very soft; then add the rest of the ingredients, with the beaten whites lastly. Bake about thirty minutes in a moderate oven. Serve with sauce or whipped cream.—*Miss Polly Green.*

STEAMED BREAD PUDDING.

One pint of bread crumbs, one cupful of molasses, one cupful of water, one cupful of flour, one cupful of raisins (seeded), one teaspoonful each of butter and soda. Steam two hours.

Sauce: One cupful of sugar, one-half cupful of butter, one egg. Beat, and cook slowly on back of stove one hour.—*Mrs. Rev. J. F. Dennis.*

SUET PUDDING.

One cupful of suet chopped fine, one cupful of sour milk, one-half cupful of molasses, two cupfuls fruit, either raisins or currants, or one cupful of each; four

“There ’s a smile on the fruit, and a smile on the flower,
And a laugh from the brook that runs to the sea.”

cupfuls of flour, a little salt, two teaspoonfuls of soda. Steam two and a half hours.

Sauce: One pint of sugar, one-half cupful of butter, one and one-half pints sweet milk, corn starch enough to make it the consistency of cream; flavor to taste.—*Mrs. W. Bennett Harris.*

WOODFORD PUDDING.

Three eggs, one cupful of sugar, one-half cupful of butter, one-half cupful of flour, one cupful of preserves, three tablespoonfuls of sour milk, one teaspoonful of soda dissolved in the milk, cinnamon and cloves to taste. Bake slowly in pudding-pan. Serve with sauce.—*Mrs. Bernice North.*

STEAMED CHERRY PUDDING.

One tablespoonful of butter, one tablespoonful of sugar, one egg, one pint of flour, two teaspoonfuls (level) of baking powder, enough milk to make a drop batter. Butter cups; put a layer of batter, then cherries; then batter, having cup but a little over half full. Steam one hour.—*Mrs. Lucian Harris.*

CHERRY PUDDING.

One-half cupful of sugar, one-half cupful of butter, creamed together; two eggs well beaten, one pint of buttermilk, two-thirds teaspoonful of soda, two teaspoonfuls of baking powder (heaping), enough flour to make a batter thicker than cake dough. Pour one-half of the dough into pudding-pan that has been well greased and sprinkled with flour. Now sprinkle flour over the dough to prevent the cherries from sinking to bottom; then scatter the cherries, which must be well drained, thickly

"Gather the beautiful by your way,
It was made for the soul's adorning."

over the dough. Sweeten lightly; then put the remainder of dough on top, and bake in moderate oven for one-half hour or longer.

Sauce: One quart of water (or less according to amount of cherry juice), one and one-half cupfuls of sugar, two tablespoonfuls of butter. Add the juice drained from the cherries, put on stove, let come to a boil, then thicken with four teaspoonfuls of flour mixed smooth with a little water. When done, remove from the stove and flavor with vanilla.—*E. H.*

GOOSEBERRY PUDDING.

Stew slowly for an hour one quart of gooseberries with one cupful of sugar; then rub through a colander, and to the pulp thus made add one-half cupful each of butter and sugar, two cupfuls of bread crumbs, and three beaten eggs. Pour into a buttered earthen dish, and bake thirty minutes. Serve with either powdered sugar or any good sauce.

STEAMED FRUIT PUDDING.

Make a batter with one pint of flour, tablespoonful of butter, one-half cupful of sugar, two eggs beaten separately, one heaping teaspoonful of baking powder, a little salt, one cupful of milk; lastly, either one pint of berries or one cupful of seeded raisins dredged in flour. Turn into a well-greased pail, and boil in kettle of water for two hours. Serve with sauce desired.

COTTAGE PUDDING.

One cupful of sugar, one tablespoonful of butter, two eggs, one-half cupful of sweet milk, two cupfuls of flour,

"He prayeth best, who loveth best
All things, both great and small."

two teaspoonfuls of baking powder. Pour into greased pan, and bake three-quarters of an hour in moderate oven.

Sauce: One and one-half cupfuls of sugar, one tablespoonful of flour, two tablespoonfuls of butter, one pint of boiling water. Cream butter and sugar, blend in the flour, then pour over it the boiling water. Let boil a few moments, stirring constantly. Flavor to taste.—*Mrs. Jane A. Humphrey.*

TAPIOCA PUDDING.

One cupful of old-fashioned tapioca, cover with water, and soak over night; one-half cupful of sugar, beaten yolks three eggs, one quart of fresh milk, one cupful of raisins. Pour in buttered baking-dish and bake one hour. Remove from oven; stir all through it the whites of the three eggs beaten to a stiff froth, sweetened and flavored to taste. Serve hot with hard sauce.—*Mrs. Lucian Harris.*

SPICE PUDDING.

One cupful of molasses, two tablespoonfuls of butter, two tablespoonfuls of sugar, four tablespoonfuls of milk, one and one-half cupfuls of flour, one-half teaspoonful of soda dissolved in a very little boiling water, one-half teaspoonful each of cinnamon and cloves, one cupful of raisins or currants, or one-half cupful of each. Steam two hours.

SUET PUDDING.

One cupful of chopped suet, three cupfuls of flour, one cupful of raisins, one cupful of sour milk, two tablespoonfuls of molasses, one teaspoonful of soda, one tablespoonful of cinnamon, pinch of salt. Cover with wet cloth, and steam three hours.

Sauce: One-half cupful of butter, one pint of sugar

“Laughing cheerfulness throws sunlight on all the paths of life.”

(scant), one teaspoonful of flour (level), two tablespoonfuls of beaten eggs. Cream it good. Pour boiling water over it (about one pint), and stir constantly. Flavor with nutmeg.—*Miss Phæbe Espey.*

NAVY PUDDING.

One cupful of suet chopped fine, one cupful of raisins chopped and dredged with flour, two cupfuls of sweet milk, one-half cupful of sugar, one-half cupful of molasses, one quart of flour, one teaspoonful of soda. Add the chopped and well-dredged raisins last. Pour in well-greased pail, and boil in kettle of water three hours. Serve with hot sauce.

MINUTE PUDDING.

One quart of sweet milk; six eggs, whites and yolks beaten separately; nine tablespoonfuls flour made smooth with a little of the milk at a time, a little salt. Add the well-beaten whites last. Pour into a well-greased square pan, and bake from twenty to thirty minutes in a moderate oven. Cut in squares, and serve with any good hot sauce.

GUESS PUDDING.

One cupful of sweet milk, enough flour to make a batter thicker than cake dough, one-half (scant) cupful of sugar, two teaspoonfuls (level) of baking powder sifted with flour, pinch of salt. Lastly, add the well-beaten whites of two eggs. Chopped raisins dredged with flour may be added. Steam one hour. Serve with sauce.

SUET PUDDING.

Two cupfuls of sugar, two cupfuls of raisins, one cupful of suet, four and one-third cupfuls of flour, two tea-

"If solid happiness we prize,
Within our breasts this jewel lies."

spoonfuls of baking powder, pinch of salt. Mix well. Boil four hours in bag.

Sauce: To the water in which the pudding was boiled add lump of butter size of a walnut, one or two table-spoonfuls of vinegar, pinch of salt, one tablespoonful of flour, sugar to taste; flavor with lemon.—*Mrs. Maude R. Scranton.*

APPLE-BATTER PUDDING.

Place sliced apples in a pudding-dish with a little water and sugar, and put in oven. When nearly tender, pour over them a batter made with one egg, two table-spoonfuls butter (melted), one-half cupful of sugar, one cupful of milk, two cupfuls of flour, a little salt, and two teaspoonfuls of baking powder. Bake thirty minutes, and serve with either sweetened cream or a pudding sauce.

DRIED-APPLE ROLL.

Stew and mash fine dried apples or peaches; sweeten and flavor with spice or cinnamon to taste. Prepare a nice, rich biscuit dough, using one pint of flour; roll thin, and spread fruit on quite thick; roll up as jelly roll, place in a deep pan of boiling syrup made of one cupful of sugar, one pint of water, and one tablespoonful of butter. Bake one-half hour; or roll and cut biscuit dough in squares, and on each piece place either sliced apples, peaches, berries, or cherries; then gather the crust up around them, pressing well together, and drop into the hot syrup, and bake. Excellent dumplings, and are quickly and easily prepared. If canned fruit is used, drain off the juice well.

SAUCES.

CHERRY SAUCE.

One cupful of canned cherries, three-fourths cupful of sugar, one and one-half cupfuls of boiling water, lump of butter, one teaspoonful of corn starch, dissolved in a little water.—*Mrs. Lucian Harris.*

WHIPPED CREAM SAUCE.

Whip one pint of thick cream, add the beaten whites of two eggs, a scant cupful of powdered sugar, and flavor to taste. Fruits may be added.

LEMON SAUCE.

One cupful of sugar (scant), two tablespoonfuls of butter, creamed together; one egg, beat well with butter and sugar; one tablespoonful of corn starch (level). Pour over this mixture one pint of boiling water, and stir over the fire until thick. Take from fire, and add the juice and grated rind of one lemon.

HARD SAUCE.

Cream one cupful of butter, then sift into the butter two cupfuls, or more, of powdered sugar, and beat until very light. Flavor to suit taste. Some add the beaten whites of two eggs.

MOLASSES SAUCE.

One cupful of molasses, one cupful of brown sugar, two tablespoonfuls of butter, one teaspoonful of flour rubbed smooth in water, juice of one lemon, one stick of

“But who can paint like nature? Can imagination boast, amid its gay creation, hues like hers?”

cinnamon, five cloves, one-fourth of a nutmeg grated, pinch of salt, one cupful of boiling water. Boil until clear, stirring most of the time.

BLUE GRASS SAUCE.

Two cupfuls of brown sugar, one-half cupful of butter, add yolks of three eggs, beat together until very light; one cupful of cream or rich milk. Heat over hot water, stirring all the time until it is foaming all through, then add flavoring. Serve at once.

CHOCOLATE SAUCE.

Melt in a sauce-pan five tablespoonfuls of chocolate, then pour over it a syrup made by boiling one cupful of sugar and three-fourths of a cupful of water for five minutes. Stir well, then add one cupful of rich milk in which has been blended one teaspoonful of corn starch. Boil a few minutes, add flavoring, and strain.

CREAM SAUCE.

One-half cupful of powdered sugar, two tablespoonfuls of butter, yolks of two eggs; beat to a cream, then add three-fourths of a cup of cream or rich milk, and cook over hot water until the mixture thickens; then add tablespoonful lemon-juice, a little nutmeg, and the beaten whites of the two eggs, and stir well.

FRUIT SAUCE.

To each pint of any kind of fruit-juice (fresh or canned) add one cupful of sugar, juice of a lemon, one tablespoonful of corn starch, rubbed smooth in a little cold water. Boil a few moments, stirring all the time.

"How blessings brighten as they take their flight!"

MERINGUE SAUCE.

Boil together two cupfuls of sugar and one-half cupful of water until it draws a hair; then pour it slowly over the well-beaten whites of two eggs, stirring briskly all the time; now add one-half cupful of cream, and flavor to taste.

VINEGAR SAUCE.

One tablespoonful of butter, one tablespoonful of flour, rubbed together; one-half cupful of vinegar, one-half cupful of molasses or brown sugar, one-half cupful of sugar, one cupful of cold water; flavor with nutmeg. Stir until it boils. Serve hot.

CURRANT SAUCE.

One-half cupful of currant jelly, one cupful of boiling water, two tablespoonfuls of butter, four tablespoonfuls of sugar, one teaspoonful of corn starch (level), wet with cold water. When it boils, add the juice of a lemon and a little nutmeg. Serve hot.

BANANA SAUCE.

Boil one cupful of sugar and one cupful of water until it draws a hair. Then add four bananas cut in small pieces, and the juice of one lemon. Beat until the bananas are mashed smooth, remove from the fire, and stir in two well-beaten eggs.

GOOD SAUCE.

Cook one cupful sugar and half cupful of water until it begins to thicken; then remove from fire, and stir in first two tablespoonfuls of butter, then the well-beaten yolks of two eggs; return to fire, let boil a few moments, remove, and stir in the well-beaten whites.

"A man's task is always light if his heart is light."

MAPLE SAUCE.

Boil two cupfuls of mashed maple sugar and half cupful of water until it draws a hair. Pour this slowly over the well-beaten whites of two eggs, stirring vigorously all the time; lastly, add half cupful of good cream. A good sauce is made the same way by using granulated sugar and flavoring with vanilla, lemon, or orange extract.

"What is the work I have done to-day?
Have I left a mark upon the way,
A kindly word, or a cheery smile
That has lingered in some heart awhile;
Straightened a path or a crooked road,
Lightened the weight of a weary load,
Into the shadows of some one's night
Sent even a tiny ray of light?"

PICKLES, CATSUPS, AND SAUCES.

Always use porcelain or stoneware vessels in the preparation and making of pickles and catsups. Salt, vegetable juices, and vinegar rapidly corrode all kinds of metals, rendering the pickles poisonous. Use none but the best cider vinegar. The best way to put up pickles of all kinds is in glass or stoneware, and seal while hot. Keep in a dry, cool cellar. Neither canned fruits nor pickles will keep well in a damp cellar. The moisture of a damp cellar may be absorbed and the air purified by placing in each corner a crock filled with chlorid of lime. Fresh lime should be put in every month or two.

CUCUMBER PICKLES.

Select medium-sized cucumbers and all as near the same size as possible; wash and pack in stone jar, sprinkle over the top one cupful of salt to one peck of cucumbers; pour over them enough boiling water to cover, lay a cloth over the jar and let stand until the next day; then drain off the water, place pickles in porcelain kettle on stove with enough weak vinegar to cover. Place on stove in another vessel two quarts of good cider vinegar, to which add scant cupful of sugar, and spices or not as desired, a few red and green peppers sliced, a little horse-radish cut in small pieces. When pickles come to boiling point, take out and pack in glass cans or bottles; when full, cover well with the boiling hot vinegar and spices from the other kettle. Seal while hot.

"We have a great deal more kindness than is ever spoken."

TOMATO CATSUP.

One-half bushel ripe tomatoes. Cook until soft. Rub through colander. Return to kettle and cook until quite thick. Then add four tablespoonfuls of salt, three tablespoonfuls of black pepper, two tablespoonfuls of cinnamon, one-half tablespoonful of ground cloves, one teaspoonful of cayenne pepper, one pint of vinegar, one teacupful of sugar. Let come to a boil and bottle while hot.—*Mrs. Katie G. North.*

CHILI SAUCE.

Thirty ripe tomatoes, three large onions, three mangoes, one quart of vinegar, two tablespoonfuls of salt; one tablespoonful each of allspice, cinnamon, and cloves; two nutmegs, one cupful of sugar. Chop onions and peppers very fine. Cook tomatoes first, then mix thoroughly.—*Mrs. Rev. J. F. Dennis.*

GRAPE CATSUP.

Six pounds of grapes; cook and run through sieve; two and one-half pounds of sugar, one level tablespoonful each of salt, allspice, cloves, and black pepper; two sticks cinnamon, one pint of vinegar. Cook altogether for a short time, and can or bottle.—*Mrs. Sarah Stevenson.*

COLD TOMATO SAUCE.

One-half peck ripe tomatoes, peeled, chopped, and drained slightly; one teacupful (scant) black and white mustard-seed mixed, one-half teacupful salt; two red peppers cut fine, three green peppers cut fine, one of each without seeds; one large onion cut fine, one ounce celery seed, two teaspoonfuls black pepper, two teaspoonfuls

"Grumbling does no good. Shun the habit as you would the plague."

cinnamon, one teacupful sugar, one and one-half quarts vinegar. Put into bottles and seal.—*Mrs. Sarah Stevenson.*

CHILI SAUCE.

Eight quarts tomatoes chopped fine, two cupfuls onions chopped fine, three cupfuls sugar, one cupful salt (scant), one and one-half quarts vinegar, three teaspoonfuls each of cloves and cinnamon, two teaspoonfuls each of ginger and nutmeg, peppers chopped fine, and added to taste. Boil three hours, bottle, and seal. Very fine when well cooked.—*Mrs. Laura E. Rice.*

GOOSEBERRY CATSUP.

Six quarts gooseberries, nine quarts sugar, one pint vinegar, one tablespoonful each of cloves, allspice, and cinnamon. Put the berries in a kettle with half the sugar and a little water; boil three or four hours. When nearly done, add the remainder of the sugar. When done set off and add the vinegar and spices.—*Mrs. O. J. Harris.*

SPANISH PICKLES.

One peck green tomatoes; after chopping squeeze out all juice before mixing; four heads of cabbage, medium sized, chopped; five mangoes chopped, one dozen large cucumbers sliced or large pickles cut fine, one dozen large onions sliced very fine, one ounce white mustard seed (three rounded tablespoonfuls), one ounce celery seed, one-half ounce turmeric, four pounds brown sugar, three-fourths cupful salt. Mix together, and cover with vinegar. Cook only thirty minutes after it begins to boil.—*Mrs. E. Hathaway.*

"I have bought golden opinions from all sorts of people."

TOMATO CATSUP.

One peck ripe tomatoes, one cupful sugar, one-half cupful salt, one quart good cider vinegar, spices to taste. Cook well.—*Mrs. L. C. Harris.*

MIXED PICKLES.

One-half peck green tomatoes sliced, one-half peck cucumbers sliced, one-fourth peck onions sliced. Cook all in salt and water until tender, but avoid getting too tender; then drain off water, mix well together, and to every one-half gallon of good cider vinegar add one pint of brown sugar, ten cents' worth of mixed spices, and a few red peppers sliced. Put all back on stove, and when hot, seal.—*Mrs. Rebecca Green.*

CHOPPED PICKLES.

One peck green tomatoes, one-half peck ripe tomatoes, one-half dozen onions, three large heads of cabbage, one-half dozen green peppers, one pint salt. Chop all fine, mix with salt, and let drain twenty-four hours. Have ready in a preserving kettle one cupful of grated horse-radish, one tablespoonful each of black pepper, white mustard, black mustard, celery seed, sugar enough to suit taste, and good vinegar enough to cover. Let simmer twenty minutes.—*Mrs. Eustatia K. Torrance.*

MUSTARD PICKLES.

One-half dozen peppers cut fine, one quart of small onions (whole), one quart of carrots cut fine, three quarts of cauliflower cut in small pieces, two dozen small cucumbers. Onions, carrots, and cauliflower should be boiled in salt water and thoroughly drained before putting in dressing.

"It lies in our own power to attune the mind to cheerfulness."

Dressing: One-half gallon vinegar, one-half pound ground mustard, one-half pound sugar, two tablespoonfuls salt, one cupful flour, five cents' worth turmeric and celery seed. Mix ingredients well and boil in the vinegar until thick as Dutch mustard, take from the stove, and stir in the prepared vegetables.—*Mrs. Olive Posten.*

AUNT HELEN'S PICKLES.

One peck ripe tomatoes, one-half peck green tomatoes, two heads of cabbage, three green and three ripe peppers, six onions. Chop all fine, but separately, then mix all together with one teacupful of salt; put in a bag and drain five hours. To each gallon of vinegar add three pounds of brown sugar, three tablespoonfuls of mixed spices. Boil all together for twenty minutes. Can while hot.—*Mrs. Viola Higbee.*

UNCOOKED CHILI SAUCE.

One-half peck ripe tomatoes chopped, three stalks celery cut fine, one cupful horseradish grated, two red peppers chopped fine, one cupful onions chopped fine, one cupful salt, one cupful mustard-seed, one cupful white sugar, one teaspoonful each of cloves and mace, two teaspoonfuls cinnamon, one quart strong vinegar. Stir all together; do not cook. Keep in Mason jars.—*Mrs. Viola Higbee.*

SLICED TOMATO PICKLES.

One gallon of sliced tomatoes that are just turning white and have been scalded in salt and water sufficient to make them tender. One tablespoonful each of ground pepper, mace, cloves, mustard, cinnamon, two tablespoonfuls of celery-seed or celery salt, one pod of green pep-

“Worry was never intended to be a part of the mental structure of man.”

pers, four onions chopped fine, half pint of grated horse-radish, and one pound of sugar. Mix all together. Put a layer of tomatoes and a layer of this mixture till all is used, and cover with good vinegar.

GREEN TOMATO SOY.

Slice a peck of green tomatoes, sprinkle through them one pint of salt, and let stand over night. Drain well, and place in granite kettle with about two quarts of vinegar, one pint of sugar, twelve chopped onions, two heaping tablespoonfuls of mustard mixed smooth in little water, one tablespoonful each of pepper, allspice, cloves, one-fourth of a tablespoonful of cayenne pepper, and three tablespoonfuls of mustard-seed. Mix all together, and cook to a jam, being careful not to burn. The cooking will require several hours.

CHOPPED PICKLES.

Two quarts cucumbers, two quarts onions, six large green peppers, three large green tomatoes, two large heads of cauliflower or cabbage. Boil in salt water until tender, then drain.

Dressing: Put three quarts of vinegar into a kettle. To another quart of vinegar add one pound of mustard, six cupfuls of sugar, two cupfuls of flour. Add this to the three quarts of vinegar. Boil until thick, then pour over pickles. Either chop or slice the vegetables.—*Mrs. Rose Stewart Berkshire.*

CHOW CHOW.

One peck tomatoes, one cupful sugar (small), four large onions, three red peppers, one tablespoonful black

"It is not the work but the worry
That makes us troubled and sad."

pepper, four cupfuls of vinegar, one tablespoonful of salt, two tablespoonfuls cinnamon. Add spices and vinegar when almost done.—*E. H.*

MADE MUSTARD.

Two tablespoonfuls of ground mustard, one teaspoonful of flour (two if mustard is very strong), one teaspoonful sugar, one teaspoonful salt. Mix thoroughly. Pour one-third of a cupful of boiling water on these, and mix into a smooth, thick paste; then add one-third of a cupful of vinegar.

HOT TOMATO SAUCE.

To one quart of tomatoes add eight or ten whole cloves and one small red pepper; put over the fire and boil until flavored sufficiently. Strain the tomatoes and return them to the fire. Add black pepper, sugar, and salt to taste; also make a batter of flour and water, and thicken to the consistency of thick gravy. This is a fine relish to serve with warm roast.—*E. H.*

CAPER SAUCE.

Make a drawn butter as much as amount of meat will call for; add to it one large tablespoonful of finely chopped capers. This is nice to serve with boiled or roast mutton.

DRAWN BUTTER.

Rub one cupful of butter and one scant tablespoonful of flour together. When well mixed, put into a double cooker with three tablespoonfuls of water and a pinch of salt. Cover, and place on fire. Shake it constantly till melted and beginning to boil. Never set vessel on stove

"A merry heart goes all the day,
Your sad tires in a mile-a."

and allow it to boil, as it renders it oily and spoils it. An excellent sauce for fish is the drawn butter to which has been added one tablespoonful of chopped parsley and two hard-boiled eggs chopped fine. A variety of sauces may be made for all kinds of meats by adding different herbs to the drawn butter. Chop the herbs fine, throw them into boiling water; then they are ready to add to the drawn butter.

ANCHOVY SAUCE.

This is made by adding two teaspoonfuls of anchovy extract (kept by all grocers) to a half pint of drawn butter sauce, and stir well.

HOLLANDAISE SAUCE.

Make a drawn butter; when taken from the fire, gradually add beaten yolks of two eggs, juice of one-half of a lemon, teaspoonful of onion-juice, tablespoonful of chopped parsley. Nice served with salmon croquettes.

HORSERADISH SAUCE.

One tablespoonful (level) of flour, one teaspoonful each of sugar and salt. Mix, then add three beaten egg yolks and stir smooth. Pour over this mixture one cupful of boiling vinegar. Return to the fire, and let come to a boil. While hot, stir in the beaten whites of the eggs. If too thick, thin with a little sour cream. This will dress considerable horseradish. Keep the dressing and horseradish in separate cans and keep horseradish covered with vinegar. Mix together as needed. Horseradish dressed this way makes an excellent sauce for any kind of meat. Some like it on bread and butter as a sandwich filling.

"True contentment does not interfere with advancement."

CRANBERRY SAUCE.

One quart of cranberries, one pint of boiling water, three cupfuls of sugar. Carefully look over and wash the berries, place them in a granite kettle with the boiling water, and cook about ten minutes. Remove from the fire, rub through a colander, add the sugar, return to the fire, and cook a few moments and turn out to cool.

CRANBERRIES IN MOLDS.

One quart berries, one-half pint water, three and one half cupfuls of sugar. Cook ten minutes slowly. Pour into wine-glasses to cool, and to each person serve a mold inverted on a plate, or they may be molded in round cans, and served in thick slices, or poured in shallow tins, and cut in squares when cold.

**"There are briers besetting every path,
That call for patient care;
There is a cross in every lot,
And an earnest need for prayer;
And the lowly heart that trusts in Thee
Is happy everywhere."**

SALADS.

Salads are one of the greatest delicacies of the table. In salad-making, remember that the materials should be of the best quality,—vegetables fresh and crisp, meats or fish well seasoned and cold, the oil pure and sweet, and, as a rule, the dressing should be added just before serving. The making of the dressing is the most important part of the salad. The most skillful cooks sometimes have the unpleasant experience of having a mayonnaise curdle, which is usually caused from some fault in the material, but it may be remedied as follows: Beat a fresh egg yolk, and add the curdled mayonnaise very carefully as you would oil. It is not necessary to do it drop by drop as so many people think. Begin with two or three drops, then twice as many, a little more, until teaspoonfuls, and finally tablespoonfuls, are added. One learns the trick only by practice. A rotary egg-beater is preferable to a spoon or fork in making salad dressing. Bear in mind that it is as important to have the salads thoroughly chilled as to have soups perfectly hot. Salads should be stirred lightly with a fork, and never packed. They should be served the day they are prepared. In salad, veal is a good substitute for chicken, and is often mistaken for it. There is no end to the salad combinations. The French say that salad can be made of anything. Fresh lettuce-leaves make the daintiest garnishing for salads of all kinds. Fruit salads are nice served in apple, orange, and lemon cups, which are made by scooping out the meats of these fruits with care not to break the shell.

**"How far that little candle throws his beams!
So shines a good deed in a naughty world."**

Meat salads are nice served in tomato-jelly rings, which are made as follows: Cook for ten minutes half a can of tomatoes with a bay leaf, two or three cloves, and half a small onion sliced. Strain, and pour boiling hot over half a package of gelatine which has been soaked for thirty minutes in water enough to cover it. Stir until thoroughly dissolved, then pour into small ring molds. If these are not at hand, pour into small saucers; keep very cold until time to serve, then invert carefully on individual plates, cut the center out neatly, mix the jelly, which has been removed, lightly into the salad, then fill daintily into the rings.

FRENCH DRESSING.

Three tablespoonfuls of olive oil, one tablespoonful of vinegar, one-half teaspoonful of salt, one-fourth teaspoonful of pepper or paprika. Mix salt, pepper, and oil together in a bowl until dissolved; add the vinegar, and beat well; then thoroughly mix through the vegetables to be dressed.

GOOD BOILED SALAD DRESSING.

Yolks of eight eggs (raw), one tablespoonful mustard, one cupful of sugar, one tablespoonful salt, one tablespoonful pepper and a little cayenne, one-half cupful of cream. Beat the eggs, add sugar, mustard, salt, and pepper. Mix smooth, then add the cream. Bring to a boil one and one-half pints vinegar, one cupful of butter, and pour over the above mixture; stir well, then return to the stove and boil until the consistency of thick cream. When cool, put away in glass can for use. It will keep for weeks.—*Mrs. Jane A. Humphrey.*

"Neither a borrower nor a lender be."

SALAD DRESSING.

Cream together two tablespoonfuls of sugar, two tablespoonfuls of butter, one tablespoonful of mustard, one tablespoonful of salt. Then add yolks of eight eggs well beaten, one cupful of milk, one and one-half cupfuls of vinegar stirred in gradually, one-half cupful of water. Cook in double boiler. Stir constantly until thick as cream.—*Mrs. Jennie L. Keeney.*

COOKED MAYONNAISE DRESSING.

Yolks of three eggs beaten light, two level teaspoonfuls of salt, one level teaspoonful of mustard, one level teaspoonful of corn starch, two tablespoonfuls of sugar, two tablespoonfuls of melted butter, one-half cupful of cream, one-half cupful of vinegar, a pinch of cayenne pepper. Beat all together, add the cream, then the hot vinegar, and cook in double cooker.—*Mrs. Lucian Harris.*

BEEF SALAD.

One quart of beets, after cooked and chopped; one quart of new cabbage chopped, one cupful of sugar, one cupful of horseradish grated, one tablespoonful of salt, one teaspoonful of black pepper, one-fourth teaspoonful red pepper. Cover with cold cider vinegar. This is nice, because you can seal it in jars and use when wanted.—*Mrs. Kate Ward Young.*

CHERRY SALAD.

Two cupfuls plump, ripe, sour cherries (seeded) two cupfuls of English walnuts. Chill the cherries, then add the nuts; serve on lettuce leaves with the salad dressing desired; or, if you prefer, fill each cherry with a filbert or peanut, and serve with the following dressing: Yolks

"The noblest mind the best contentment has."

of four eggs, three tablespoonfuls of vinegar, one-half cupful of sugar, pinch of salt and pepper, one cupful of whipped cream. Beat sugar, salt, pepper, and eggs together well; then add vinegar, and cook until stiff. When cold, whip in the cream.

CABBAGE SALAD.

One pint of chopped cabbage, one pint of chopped celery, one pint of chopped pickles, six eggs hard boiled and diced. Mix the above together well, and add boiled dressing just before serving.

CHICKEN SALAD.

Boil one large chicken very tender. When cold, remove the bones and part of the skin, then chop moderately fine; add the same amount of chopped celery, or, if preferred, half celery and half cabbage. You may also add, or leave out as you like, seven medium-sized cucumber pickles and five hard-boiled eggs chopped fine. Carefully stir mayonnaise dressing through this mixture just before serving.

DATE SALAD.

Chop ten cents' worth each of dates, figs, and mixed nuts, and serve with mayonnaise dressing.

CELERY SALAD.

Chop equal amounts of celery and tart apples; serve on lettuce leaf with mayonnaise dressing.

MAYONNAISE DRESSING.

One teaspoonful mustard, one teaspoonful sugar, one-half teaspoonful of salt, one-fourth salt spoonful cayenne, yolks of two eggs (raw), one pint of olive oil, one table-

"Our doubts are traitors, and make us lose the good we oft might win, by fearing to attempt."

spoonful of vinegar, two tablespoonfuls of lemon-juice. Mix the first four ingredients in a small bowl; add the eggs, and stir well with a wooden spoon; add the oil a few drops at a time, stirring until it thickens. When the dressing is thick, thin it with a little lemon; then add oil and lemon alternately, and lastly the vinegar. When ready to serve, add a half a cupful of whipped cream, if you like. The cream makes it whiter and thinner.—
E. G. L.

GOOD DRESSING FOR FRUIT SALAD.

To one and a half dozen blanched sweet almonds add one-half dozen bitter ones; soak them in cold water an hour or two, then pound until fine; add a little salt, cayenne pepper, and lemon-juice. When all are ground fine, thin with sherry wine to the consistency of cream. Just before using, cold fresh cream can be stirred into it, if desired.

AN EXCELLENT DRESSING FOR LETTUCE SALAD.

To equal amounts of lemon-juice and cold water add a little salt and pulverized sugar.

ORANGE SALAD.

Tart oranges cut into small pieces and English walnuts served with mayonnaise dressing.

NUT SALAD.

One pint of chopped nuts, hickory nuts, almonds, and English walnuts; one pint of chopped celery, one-half pint of chopped pickles, one-third teacupful seeded raisins, four hard-boiled eggs chopped. Mix well, and cover with boiled dressing just before serving.

“Every kind act you bestow will have its influence, and eternity will reveal it.”

APPLE SALAD.

Five large apples cut in dice, one-half pound English walnuts chopped, one-half pound almonds chopped, one stock of celery chopped. Serve with mayonnaise dressing.

FRUIT SALAD.

One large banana cut in small pieces, one cupful green grapes cut in small pieces, one large orange cut in small pieces, one and one-half cupfuls of nut meats. Mix all together, and serve with dressing.

SARDINE SALAD.

Three-fourths pound crackers rolled fine, two boxes sardines minced fine, one large onion chopped fine, three hard boiled eggs chopped fine, five pickles chopped fine, two tablespoonfuls of mustard, one tablespoonful black pepper, pinch of salt, one stock of celery chopped fine, or celery-seed. Mix all together; add just enough cold vinegar to moisten. Lobster may be used instead of sardines, but instead of vinegar use salad dressing.

HAM SALAD.

One pint of cold ham minced fine, one onion chopped fine, two cucumber pickles chopped fine, three hard-boiled eggs chopped fine, one cupful rolled crackers. Mix well, and serve with salad dressing, or slightly moisten with good vinegar in which has been dissolved a little sugar and mustard.

POTATO SALAD.

Six potatoes, boiled, peeled, and diced; two onions chopped, two cucumber pickles chopped, one stock celery

"Fortunate is the one who can see the bright side of things."

chopped, salt and pepper. Mix all together well with cooked salad dressing, and garnish with cold boiled eggs and celery leaves. This is a good salad with the pickles and celery omitted.

A LA BISMARCK SALAD.

Two cupfuls apples, one cupful of celery, one-half cupful seeded raisins, one-half pound blanched almonds. All cut fine save the raisins. Mix lightly with cooked salad dressing.—*Mrs. Lucian Harris.*

CUCUMBER SALAD.

One cucumber, place in cold water to become crisp, then cut in dice; one head of celery cut fine, one-half pound English walnuts. Mix with mayonnaise dressing.—*Mrs. Lucian Harris.*

CHERRY SALAD.

Take California canned cherries and seed them. Put filberts in the cherries. Serve on lettuce leaves, with a teaspoonful of mayonnaise dressing on the cherries. Serve wafers with the salad.—*Mrs. Lucian Harris.*

SHRIMP SALAD.

One can of shrimp washed and picked to pieces, one bunch of celery chopped fine. Line a dish with lettuce leaves or parsley; add the salad and pour over it cooked salad dressing.—*Mrs. Lucian Harris.*

OYSTER SALAD.

One can of cove or lynch oysters, four hard-boiled eggs chopped fine and salted. Add enough rolled cracker crumbs to make stiff; mix all with mayonnaise dressing.—*Mrs. Lucian Harris.*

"We are too easily tempted to bluster and violence. We forget that gentleness is greatness as well as goodness."

OYSTER SALAD.

One can cove oysters, same quantity chopped celery, double handful crushed crackers, four finely chopped pickles, one-fourth pound English walnuts chopped fine. Serve with cooked salad dressing.—*Mrs. Harry Harris.*

CELERY SALAD.

Wash and scrape the tender stalks of celery, cut them into one-quarter inch pieces, or into straws two inches long, or cut one and a half inches long and slice them in small strips nearly to the end, and place them in ice-water for a few minutes to curl them. Mix with mayonnaise dressing and garnish with lettuce leaves or celery tops.—*Mrs. Lucian Harris.*

PEANUT SALAD.

Five cents' worth of peanuts, five medium-sized sweet pickles, two hard-boiled eggs. Put all through meat grinder, first the peanuts, then the eggs, and last the pickles. It is preferable to put on coarse grinder for the pickles.

Dressing: Rub together one tablespoonful sugar and one tablespoonful of butter; add teaspoonful prepared mustard and a sprinkle of salt, pepper, and celery salt; then add one well-beaten egg. Put on stove and add vinegar until about the consistency of gravy, stirring all the time.—*Mrs. W. C. Blades.*

SALMON SALAD.

One can salmon (pick out all the bones), add the same amount of bread crumbs; two good-sized cucumber pickles chopped fine, two hard-boiled eggs cut fine.

"We are happy when we have resource within ourselves."

Dressing: Take one-half pint vinegar, one egg beaten light, two tablespoonfuls of thick cream, a small lump of butter. Boil this mixture, and when cold pour it over the first, and mix thoroughly.

SALMON SALAD.

One can of best grade salmon mixed, two onions chopped, six hard-boiled eggs, chop four of them. Mix all together well, and season with salt, pepper, and vinegar. Garnish with the remaining two eggs sliced.—*Mrs. Bernice North.*

WALDORF SALAD.

Two cupfuls of apples, one cupful of celery, one cupful English walnuts. Cut each of the above in small pieces so as not to bruise them (as chopping would do). Mix all together with cooked salad dressing, and serve on a lettuce leaf.

LETTUCE AND CHEESE SALAD.

Cut crisp lettuce into thin strips with a pair of scissors; heap it on individual plates. Strew grated cheese over it with several maraschino cherries on each plate. Pour over the whole a French dressing of oil, vinegar, salt, and cayenne pepper. Serve very cold.—*Mrs. Mary Harris Thiebaud.*

TOMATO SALAD.

Peel and halve smooth ripe tomatoes. Arrange neatly on a glass salad dish with ice and lettuce leaves. Have on table by your side, in pretty sauce dish, mayonnaise dressing. As each plate is served with the tomato on lettuce leaf, pour over it some of the dressing.

“Every moment of worry weakens the soul for its daily combat.”

VEGETABLE SALAD.

Select even-sized, ripe but firm tomatoes, peel, then cut around the top and empty with a spoon, being careful not to break the cup. Now chop fine, separately, equal amounts of fresh celery and crisp cabbage, several fresh cucumbers, and a few green peppers and a little onion, if liked. Season lightly with salt and pepper, and put to drain. When ready, mix all together, and fill each tomato cup, and serve on a fresh lettuce leaf with mayonnaise or cooked dressing as preferred. Always bear in mind to keep vegetables cold in the preparation, scald tomatoes quickly, then plunge in cold water, other vegetables laid on ice after washing until ready to chop.

CHICKEN SALAD.

Boil chicken until tender, and chop into small pieces. Chop also the whites of eight hard-boiled eggs; add two teacupfuls of chopped celery. Mash the yolks of the eggs fine, add two tablespoonfuls each of sugar and butter, teaspoonful of mustard, with salt and pepper to taste; finally add one-half cupful of cider vinegar.—*Mrs. Rev. J. F. Dennis.*

COLE SLAW.

One small head of cabbage chopped fine; one cupful of vinegar, dilute with water if too strong; two eggs well beaten, one teaspoonful salt and a little pepper, one teaspoonful mustard, two tablespoonfuls sugar, three tablespoonfuls sweet cream, one tablespoonful butter. Mix together butter, salt, sugar, pepper, and mustard; add egg and cream last. Have vinegar boiling; add other ingredients, stirring all the time, and boil until it begins to thicken. Pour over cabbage while hot.

“And this our life, exempt from public haunt,
Finds tongues in trees, books in the running brooks,
Sermons in stones, and good in every thing.”

SALMON SALAD.

One can salmon, from which take the bones; cut salmon in small pieces; one small head of cabbage chopped fine, one dozen small cucumbers chopped, two hard-boiled eggs chopped. Mix well together. Heat to scalding one pint vinegar, with salt, pepper, and mustard to taste. Chopped celery may be added.—*Mrs. Rev. J. F. Dennis.*

OLIVE SALAD.

Twenty-five olives, stoned and chopped; two small cucumbers chopped, two beets cooked and cut in dice, two potatoes boiled and cut in dice. Season with salt and pepper. Mix well, and serve on lettuce leaf, with the dressing preferred. Decorate with hard-boiled egg, if desired.

RASPBERRY SALAD.

One cupful of red raspberries, one cupful of pineapple cut in dice, one-half cupful of English walnuts. Serve on lettuce leaf with either mayonnaise or cooked dressing, as preferred.

DEVILED TOMATOES.

Scoop out the inside of round, smooth tomatoes. Chop this with hard-boiled eggs, nuts, and celery. Put all back into tomatoes. Serve on lettuce leaf with dressing preferred.

HICKORY NUT SALAD.

One cupful of hickory nut kernels chopped fine, two cupfuls of apples chopped fine. Cover with mayonnaise dressing. Can use a small amount of celery, or celery seed, if desired.—*Mrs. Frank F. Espey.*

“There is so much need of that inner sunshine in the heart that radiates gladness and bids defiance to needless worry.”

GRAPE AND ORANGE SALAD.

Cut oranges into small pieces and place on a lettuce leaf on plate. Cover with seeded grapes; then sprinkle with two or three tablespoonfuls of English walnuts cut fine. Pour over it a salad dressing. Serve with wafers.

HERRING SALAD.

Soak four herring in cold water over night; then drain, and cut into small pieces, and mix with a little chopped cold beef or veal; then add four hard-boiled eggs, four boiled potatoes, three apples, two cucumbers, and two pickled beets, all cut in small squares. Serve with the dressing preferred, and garnish with chopped hard-boiled eggs.

MACKEREL SALAD.

May be made the same as herring salad, using mackerel instead of herring; or to two-thirds of cooked mackerel picked fine, add one-third of boiled potatoes and celery cut in dice.

FISH SALAD.

To two cupfuls of cooked fish add one cupful of boiled potatoes cut in dice, one-fourth of a head of cabbage cut fine, and a few finely chopped pickles or cucumbers. Serve with any good dressing.

CHICKEN SALAD.

Two cupfuls cooked chicken, one cucumber chopped, one cupful English walnuts chopped, one can French peas cooked low, and one cupful of celery cut small. A mayonnaise dressing.

“Worry is spiritual near-sightedness; a fumbling way of looking at little things, and of magnifying their value.”

TURKEY SALAD.

Three cupfuls of the dark meat cut in small pieces. One cupful of chestnuts after they are prepared. Prepare by boiling thirty minutes, then shell them, and put in cold water to remove the inner brown skin; cut into quarters, and salt lightly. Four good apples peeled and cut in dice. Do not mix until ready to serve. Serve with the dressing preferred.

EGG AND SARDINE SALAD.

Mash the yolks of hard-boiled eggs with the meat of an equal number of sardines; add a little salt, pepper, and enough cream to make a thick paste; thin with a little vinegar. Pour this over celery cut in narrow strips, salted, and mixed with the shredded whites of the boiled eggs.

PORK SALAD.

Lean, fresh pork that is tender and white when roasted, prepared as chicken salad is excellent; or it may be cut in small pieces and mixed with equal quantities of celery and fresh crisp acid apples cut in dice, and served with any good dressing.

CORNED BEEF SALAD.

Two cupfuls of nice, tender corned beef (free from gristle and too much fat), cut fine, and sprinkle with grated horseradish, or horseradish vinegar; add two cold boiled potatoes and one beet cut in dice. Serve with French dressing.

SUMMER SALAD.

Shredded lettuce, spring onions, tender radishes, and fresh cucumbers, all sliced thin. Serve with dressing.

"The growing good of the world is largely dependent upon cheerfulness, for worry lowers the moral tone."

EGYPTIAN SALAD.

Peel smooth, medium-sized ripe tomatoes, cut out the inside quite deep, and add to it an equal amount of fresh, crisp cucumbers cut in dice; season with salt, vinegar, oil, and chopped parsley. A little onion may be added. Mix well, and place in the tomatoes. Serve on lettuce leaves with mayonnaise dressing. These are nice filled with sweetbreads boiled, cut into small pieces, and mixed with the meat of nuts, or hard-boiled eggs mixed with lettuce, or any kind of meat or fish salads. Cooked beets may be used in the same way by cutting a small piece off the bottom so they will stand upright, and taking care not to break the outer walls when scooping out the inside.

CUCUMBER BOATS.

Place medium-sized cucumbers in cold water for several hours, then peel and scrape out the seeds. Keep on ice until ready to serve, then fill with tomatoes and celery cut in small pieces. Add a few drops of onion-juice and mayonnaise dressing, or they may be filled with any good salad mixture. Serve on lettuce leaves, garnish with thin slices of red radishes.

CUCUMBER AND TOMATO SALAD.

Arrange in alternate layers sliced tomatoes and cucumbers. Serve with French or mayonnaise dressing.

MACEDOINE SALAD.

Boil young carrots, new beets, new potatoes, and young turnips in separate salted waters until tender; have twice as much beet as any other vegetable, then drain. When cold cut into dice, cubes, strips, slices, triangles,

“To see the good in people is not so much a matter of charity as of justice.”

and balls. Arrange on lettuce leaves, sprinkle with chopped pickle, garnish with hard-boiled eggs. Serve with dressing preferred.

BIRD'S-NEST SALAD.

Have three bowls containing cottage cheese seasoned to suit taste; to first add a little spinach-juice to color a light green; to second add a little beet-juice to give it a pink tinge; let the third remain pure white. Form into small eggs, and speckle with coarse black or red pepper. A few eggs may be made of the yolks of hard-boiled eggs moistened with cream to serve with these. Arrange five or six in nests of shredded lettuce. Use dressing preferred. Serve with cheese straws.

CARDINAL SALAD.

Flake cold cooked fish, and cover with vinegar off of pickled beets; when colored, drain and add same amount of cooked beets cut in dice and a little chopped red cabbage. Serve on red cabbage leaves with dressing desired; garnish with hard-boiled eggs.

GREEN AND WHITE SALAD.

Select small even sized white turnips (young), peel and boil in salted water until tender; when cold scoop out the center making shallow cups. Fill with cold French or green peas mixed with mayonnaise dressing and serve on lettuce leaves.

SWEET-POTATO SALAD.

Cut equal amounts of boiled sweet potatoes and celery into dice, and serve with any good dressing.

SANDWICHES.

PEANUT SANDWICHES.

Thin slices of entire wheat bread, cut circular and buttered. The filling should be made of finely chopped roasted and salted peanuts mixed with sufficient mayonnaise dressing to spread easily.—*Mrs. Jennie L. Keeney.*

CHEESE AND WALNUT SANDWICHES.

Melt one cupful of grated cheese, stir in two tablespoonfuls of cream and one-half cupful of finely chopped English walnuts; season with a little salt and pepper, and spread over thinly sliced bread. Cover with another piece of bread, and press lightly together. A little mayonnaise may be added.

A GOOD SANDWICH FILLING.

One cupful of cooked ham, one cupful of nut meats, four hard-boiled eggs. Sprinkle with a little mustard, salt, and pepper. Put all through a meat grinder. Moisten with mayonnaise dressing enough to spread well.

EGG AND CHEESE SANDWICHES.

Mix three tablespoonfuls of grated cheese and a little mustard with a tablespoonful of creamed butter. Chop fine three hard-boiled eggs; season with salt and pepper; mix to a paste with a tablespoonful of creamed butter; butter lightly thin slices of bread, spread on one piece the cheese mixture, and on the other the egg, and put together.

"Half the meaning would go out of Nature if no storms ever dimmed the light of stars or vexed the calm of summer seas."

HAM SANDWICHES.

Grind cold ham and a few pickles, add mustard, pinch of cayenne pepper, and sugar. Mix well with a large quantity of melted butter, spread on fancy-shaped slices of bread, which may be made by putting two thin slices of bread evenly together and cutting with fancy cutter.

OLIVE SANDWICHES.

Pour boiling water over twelve large olives, let stand five minutes, drain, and put in ice-water until cold and crisp; then dry, stone, and chop very fine. Add two tablespoonfuls (level) each of cracker dust and thick mayonnaise dressing. Mix and spread on thinly sliced bread without butter.

CLUB-HOUSE SANDWICHES.

One cupful of boiled ham, four small cucumber pickles, four sardines. Put all through meat grinder, or chop very fine. Mix well with a teaspoonful each of mustard and catsup; add a little vinegar, salt, and cayenne. Spread evenly between thin slices of buttered bread.

OYSTER SANDWICHES.

Put into a sauce-pan two tablespoonfuls of butter and three tablespoonfuls of cracker crumbs; add one pint of solid raw oysters chopped very fine; season well with salt, pepper, and a dash of cayenne. When hot, add one-half cup of cream with the well-beaten yolk of two eggs; stir until the mixture thickens. Remove from fire; add little lemon-juice, if desired. When cold, spread between thin slices of buttered bread.

"The day is dark only when the mind is dark; all weathers are pleasant when the heart is at rest."

SALMAGUNDI SANDWICHES.

One Holland herring, wash, skin, and bone; one-half cupful of breast of roast chicken, one-third cupful of ham, three hard-boiled eggs, one small onion; put all through a meat grinder. Mix well with French dressing, spread between thinly sliced buttered bread.

SARDINE SANDWICHES.

One box of sardines, remove bones and skin and chop fine; three hard-boiled eggs, chopped fine and seasoned with one-half teaspoonful each of French mustard and grated horseradish. Mix well, and spread between thin slices of buttered bread or cold biscuit.

"Why shadow the beauty of sea or of land
With a doubt or a fear?
God holds all the swift-rolling world in His hand,
And sees what no man can as yet understand,
That out of life here,
With its smile and its tear,
Comes forth into light, from Eternity planned,
The soul of good cheer.
Do n't worry—
The end shall appear."

SOUPS.

CONSOMME.

Put two tablespoonfuls (level) of granulated sugar into a kettle, and let melt until almost black, but avoid burning; then add one pint of cold water, and let boil ten minutes. Now add a nice joint of veal, two pounds of lean beef cut in small pieces, and four quarts of water. Place on fire where it will boil very slowly. Use great care to remove every particle of scum the moment it begins to boil. Keep it just simmering for four hours; then add one onion, one carrot, one turnip, all cut in small pieces, also a bunch of herbs, made as follows: After all have been thoroughly washed, lay several large sprays of parsley on the table, and place upon them a sprig each of thyme, marjoram, and summer savory, two bay leaves, one leek, four cloves, and a small red pepper-pod; fold parsley around all, and tie tightly with thread and drop into kettle; add tablespoonful of salt (heaping), and continue the simmering for two hours. If fresh herbs can not be had, add tablespoonful of kitchen bouquet in their place (it comes in bottles). When done, *strain* and set aside where it will cool rapidly. When cold, remove cake of fat from top. It will keep several days in a cool place. Reheat when wanted for use. If from neglect to skim or too fast boiling it is not perfectly clear, it must be made so by adding the broken shell and white of one egg, slightly beaten, to each quart of cold stock. Place on fire, let come to a boil and simmer a while and strain again. The seasoning should be perfect, the flavor good, amber color, very clear, and served hot in bouillon cups.

"There is no substitute for thoroughgoing, ardent, sincere earnestness."

BOUILLON.

Make just the same as consomme, except omit the sugar browning process, which was done to give the consomme its rich amber color. Also omit the veal and use four or five pounds of lean beef cut in small pieces. Serve very hot in cups with warm croutons, which are made by cutting stale bread in small squares, toast and butter while warm.

CHICKEN SOUP.

Cut up chicken as to fry. Put on to cook in three quarts of cold water; add a little salt. Should be brought to a boil quickly, as by so doing the meat will retain more nourishment for salad, croquettes, or creamed chicken. Skim carefully the moment it boils. When the meat is tender remove it from the kettle, take the meat from the bones, and put the bones back into the kettle, as they will add flavor to the stock; a few slices of bacon will also improve the flavor. One hour before serving add a half cupful of rice, one-half of a small onion, one celery stock; salt and pepper to taste. Just before serving add one tablespoonful of flour rubbed smooth with little milk, and one cupful of cream. Put through sieve. Nice served in bouillon cups in which have been placed one spoonful of whipped cream.

CREAM OF ASPARAGUS SOUP.

Two quarts of beef stock, one pound of asparagus, cut in small pieces, one tablespoonful of chopped onion, one celery stock, and a spray of parsley. Cook all together thirty minutes. Rub through a puree sieve as nearly all this mixture as possible; add salt and pepper to taste. To the well-beaten yolks of two eggs add one

cupful of thin cream. Stir one cupful of the hot soup into the egg and cream mixture to heat it, then add it to the soup. Now return to the fire, and let just come to a boil, stirring constantly, and serve at once. Soups thickened with egg must never be allowed to stand after the egg has been added.

**PEA, CORN, CARROT, CAULIFLOWER, POTATO, PARSNIP,
AND CELERY SOUP.**

Each of these soups is made precisely as cream of asparagus soup, substituting the vegetable desired for asparagus, and using either beef or chicken stock. A cupful of cooked rice or a pint of mushrooms to a quart of stock, with suitable seasonings, give good results also. The vegetable will be smoother if rubbed through puree sieve with a wooden pestle.

BEEF SOUP.

Cover a nice joint of beef with cold water, and put to cook early in the morning. Watch carefully, and remove all scum the moment it reaches the boiling point. One hour before serving add two small peeled and sliced onions, three peeled and sliced potatoes, a small handful of cabbage cut in fine shreds, one tablespoonful of pearl barley, and one-half cupful each of tomato and turnip; salt and pepper to taste. When done, the soup may be put through a potato ricer or not as preferred, and a cupful of rich milk may be added last, if desired. Some add dumplings made by sifting scant cupful of flour and half teaspoonful baking powder and little salt into a bowl, and making into a very stiff dough with little sweet milk. Drop from spoon into soup; let boil fifteen minutes, keeping covered.

“One by one thy duties wait thee,
Let thy whole strength go to each;
Let no future dreams elate thee,
Learn thou first what these can teach.”

BEAN SOUP.

Carefully look over and wash one quart of beans. Cover well with cold water, and place on fire. When they reach the boiling point, add one-half teaspoonful of soda; let boil five or ten minutes, then drain off the water and pour over them fresh warm water; stir well and drain again. Add one-half pound of either fresh or pickled pork, gashing it four times nearly through; if fresh pork is used, a tablespoonful or more salt must be added. Cover with water and return to fire. Cook until the beans mush, adding more boiling water if needed. When done, remove the meat to a skillet; slice and brown nicely on both sides. Place on plate, then put into the skillet part of the beans dipped from the soup, and let brown. If there should be too much of the meat fryings to season the beans well, part of it may be poured into the soup. Soup may be put through colander or not as preferred. Add dumplings as for beef soup, if desired. Some add cupful of rich milk and let boil just before serving.

BEAN SOUP WITH ONIONS.

Parboil one teacupful of beans, drain off the water, pour on more water, and rinse the beans; then add fresh water, and boil until very soft. About thirty minutes before serving put tablespoonful of butter into skillet, in which fry two small onions (sliced thin) a light brown, and season with salt and pepper. Just before turning this into the soup sprinkle with flour (tablespoonful), and stir well. Last thing before serving, add cupful of thin cream to soup, and let boil.

"Seek peace, and pursue it."

OYSTER SOUP.

Place colander over granite kettle. Pour into it one quart of oysters; let liquor drain through; then pour over them scant quart of cold water to rinse them well. Place kettle over fire, and watch carefully to remove all scum when soup boils. Add one quart of fresh milk; when it boils, season well with butter, salt, and pepper; then pour in the oysters, let boil, and serve at once. Two tablespoonfuls of flour mixed smooth with milk, and the well-beaten yolks of three eggs, may be added.

POTATO SOUP.

Peel five medium-sized potatoes, and put on to boil in quart of water. When done, put through potato ricer and return to the water cooked in. Add one pint of fresh milk, one tablespoonful of butter, salt, pepper, and onions, which have been cooked as follows: Put tablespoonful of butter in skillet, add four medium-sized onions sliced thin, salt, pepper, and a little water; fry a nice brown. When done, add one tablespoonful of flour and milk or water to make a gravy. Add this to the soup, let boil, and serve.

TOMATO SOUP.

Boil one quart of tomatoes and one quart of water twenty minutes; add one teaspoonful of soda, and put through a colander. Then add one quart of milk, season to suit taste with butter, salt, and pepper. Boil a few minutes and serve.—*Mrs. Rev. J. F. Dennis.*

VEGETABLE SOUP.

After boiling a piece of beef, add to the broth boiling water to the amount of soup wanted. Add three sliced potatoes, two sliced onions, one-half cupful of grated tur-

**"Beautiful eyes are those that show,
Beautiful thoughts that burn below."**

cup, one-half cupful cabbage chopped fine, one cupful of tomatoes, one-half cupful of cooked rice, a small piece of red pepper, salt, and pepper. Cook half an hour, strain, rubbing all the vegetables through. If desired, add teaspoonful of flour made smooth with milk, a well-beaten egg, and half cupful sweet cream. Let boil, and serve with crackers.

VEGETABLE SOUP.

Run lean beef through meat grinder several times; cook this long and slowly. Put vegetables through grinder and add after first hour. Season, and serve without straining.

VELVET SOUP.

To the well-beaten yolks of four eggs add one-fourth of a cupful of cold milk, and pour over this mixture one cupful of cream boiling hot. Add this to one quart of any rich, well-flavored stock, season to taste, and serve in cups. Boiled chestnuts or blanched almonds pounded to a paste may be added.

A GOOD SOUP.

After removing a standard rib roast from the baking-pan, pour the liquor in which it was cooked into a vessel and set away for soup the next day; there should be about one pint and a half of it with the water with which the pan has been rinsed. When ready to make the soup, add to this stock one quart and a half of water, and half of a small onion, chopped, and place on fire. Cook in separate vessel one pint of tomatoes, season highly with salt, pepper, butter, and half cupful of sugar. Just before serving add tomatoes to the soup, stir well, and boil a few moments.

SWEET PICKLES.

WATERMELON SWEET PICKLES.

Prepare the rinds by first peeling and then cutting into fanciful shapes; lay in weak salt water for twenty-four hours; then drain and put into weak alum-water for twenty-four hours; then make a strong ginger tea of the white-root ginger, and boil the melon in it until thoroughly flavored with ginger; after taking from the ginger tea plunge the melon in ice-water; when cold, dry each piece with a soft towel, and put into a syrup made of one and one-fourth pounds of sugar to one pound melon, add stick cinnamon, mace, and celery-seed, and white mustard-seed to taste; add one pint of vinegar, and boil until the melon is tender and clear; put in jars, and seal. The syrup will be thick.—*Mrs. Rebecca Green.*

SWEET CUCUMBER PICKLES.

Ripe cucumbers cut in two, scrape out seeds; cut into strips, and soak over night in salt water. To every quart of vinegar add one pound of sugar. Boil and skim; then add cucumbers, and boil until tender and transparent. Take out cucumbers, and boil syrup with a small muslin bag of mixed spices one and one-half hours; then pour over cucumbers; cover and put away.—*Mrs. Rev. J. F. Dennis.*

SPICED CHERRIES.

For six pounds of seeded cherries make a syrup of four pints of sugar and one quart of vinegar, two table-spoonfuls each of cinnamon and cloves, a little salt, and

"Beautiful lips are those whose words
Leap from the heart like songs of birds."

a small piece of preserved ginger root; add the cherries to the syrup, and boil slowly for about an hour. Seal in glass cans.

SWEET PICKLED PEACHES.

For seven pounds of fruit (the clingstone preferable) make a syrup of four pints of sugar and one quart of vinegar. Boil and skim, then add the peaches (peeled), and boil until tender, but not soft, skim out, place in jar, pour the boiling syrup over them. Heat the syrup three times (every other day), and pour over boiling hot; the third time add two tablespoonfuls each of whole cloves and cinnamon bark, and boil all together from five to fifteen minutes according to the firmness of the fruit. Put in glass jars and seal.

SWEET PICKLED PEARS.

Pare and cut fruit in halves, or quarters if very large, and if small leave whole. Put into a preserving kettle five pounds of fruit with one quart or three pints of water, and boil until tender. Dip out the pears, and add to the juice one pint of vinegar and three pints of sugar, two tablespoonfuls each of cloves and cinnamon. Boil and skim; put in the pears and boil them until syrup thickens; then put pears into a jar, and after the syrup has boiled a little longer, pour it over them. If, after standing a few days, the syrup should become thin, pour it off and boil it again.

SWEET PICKLED PLUMS.

Wash and prick with a fork seven pounds of plums, and place in a jar. Make a syrup of one quart of vinegar and four pints of sugar; boil, skim, and pour over the

“Beautiful hands are those that do
Work that is earnest and brave and true,
Moment by moment, the whole day through.”

fruit. Repeat the boiling five mornings, the last time boiling the fruit and two tablespoonfuls each of cinnamon and cloves about twenty minutes. Apple pickles may be made the same way.

SPICED GRAPES.

Pulp seven pounds of grapes; cook pulp, and strain through a sieve. Boil skins until tender, and add the strained pulp, five pints of sugar, one pint of good vinegar, three teaspoonfuls each of cinnamon and allspice, and one teaspoonful of cloves. Boil about half an hour. Pour into glass jars.

SPICED TOMATOES.

Place in a preserving kettle seven pounds of peeled and sliced tomatoes with four pounds of sugar; add one quart of vinegar and one ounce each of mace, cloves, and cinnamon. Mix and cook slowly for three or four hours. Seal in glass cans. Nice sauce for game.

MARASCHINO CHERRIES.

Carefully wipe one cupful of cherries and place in a bowl. Cook three minutes a syrup made of one cupful of brandy and one cupful of sugar, and pour boiling hot over the cherries. Cover, and let stand until cold. Pack the cherries in small jar, and fill this to overflowing with equal parts of boiling brandy syrup and maraschino. Seal, and keep in a cool, dark place until wanted.

TUTTI FRUTTI.

As soon as cherries are ripe put one pint of alcohol into a stone jar, then add one pint of cherries seeded, one

"Whatsoever thy hand findeth to do, do it with thy might."

pint sugar, one pint strawberries and one pint of sugar, one pint raspberries and one pint sugar, one pint oranges and one pint sugar, one pint pine-apple and one pint sugar, one pint blackberries and one pint sugar, one pint currants and one pint sugar, one pint gooseberries and one pint sugar, one pint peaches and one pint sugar. When all the fruits are in, pour over them another pint of alcohol and set away for six weeks; then it is ready for use.

JOY.

"Take joy home,
And make a place in thy great heart for her,
And give her time to grow, and cherish her;
Then will she come and oft will sing to thee
When thou art working in the furrows; ay,
Or weeding in the sacred hour of dawn.
It is a comely fashion to be glad:
Joy is the grace we say to God."

VEGETABLES.

Always have vegetables as fresh as possible. When the quality of turnips, beets, peas, and corn is not as good as desired, they may be improved by adding just a little sugar. Vegetables should be put in as soon as the water reaches the boiling point. All vegetables should be thoroughly cooked, and require a longer time late in the season. Do not allow them to remain in water after they are done. Potatoes should be peeled very thin, as the best part is nearest the skin. Old potatoes should be left in cold water a short time before cooking and after they are peeled. The most essential thing in cooking potatoes is to take them up as soon as they are done. For baking or boiling, select potatoes near the same size. Hold onions under water while handling them, to prevent them bringing tears to your eyes.

PEA PATTIES.

Cook one quart of peas in water for one-half hour, or until tender, then drain off water and add salt, pepper, tablespoonful of butter, and a dressing made of one cupful of milk and two well-beaten eggs; let boil a few moments, and serve hot in freshly baked pattie shells or in bread cases made as follows: Slice stale bread two inches thick, cut slices with a biscuit cutter; then cut them again with a smaller cutter almost to the bottom; scoop out the inner cutting, leaving walls as thin as possible. These may be fried in hot fat until a light brown, or brushed over with melted butter and browned in a moderate oven. They are nice filled with creamed vegetables, oysters, chicken, or veal.

“Cast thy bread upon the waters; for thou shalt find it after many days.”

GREEN PEAS.

Shell, wash, and put on to cook in cold water and very little sugar; let simmer about half an hour. Avoid having much water in them when done. Season highly with butter, cream, and salt. Add a little thickening; boil up and serve. Canned peas are prepared in the same way, save that the liquor should be poured off, the peas rinsed, and put to cook in fresh water.

CORN CROQUETTES.

Stir one egg, one cupful of cracker crumbs, one teaspoonful of sugar, salt and pepper to taste, into one can of corn; form into croquettes, roll in beaten egg, then in cracker crumbs, and fry in deep, hot fat in a wire basket. This will make twelve croquettes.—*Mrs. W. Bennett Harris.*

CORN ON COB.

Use nothing but fresh sugar-corn. Husk, silk, place in boiling water with a little sugar and salt. Cook twenty minutes and serve at once.

STEWED CORN.

Prepare corn as directed for fried corn; then place in stew-pan with little water or milk, cover, and cook gently twenty minutes. Stir often to prevent sticking. Just before serving, season highly with butter, salt, and pepper. Cook canned corn the same way, save that no water should be added, and cook only a few moments; then add cream, butter, salt, and pepper. Dried corn should be soaked over night, then stewed in the water it has been soaked in; when tender, season highly, and add a little thickening.

"Time is the most precious of all possessions."

FRIED CORN.

Much depends upon the way it is cut from the cob. If young, cut grains half in two, then scrape the cob; if older, cut tips from grains, then scrape, leaving husks of the grain on the cob. Fry in skillet about three slices of pickled pork, then pour into the grease a quart or more of this corn, rinse the vessel with about a pint of water, and add to the corn; cover, and cook gently for twenty minutes. This is excellent, if properly done.

FRIED TOMATOES.

Do not pare them; cut in slices; dip in pounded cracker, sifted. Fry in butter.—*Mrs. Clara Ford Snyder.*

BAKED TOMATOES.

Cover the bottom of a baking-dish with bread crumbs and a few bits of butter; add a layer of tomatoes, sprinkle with pepper, salt, and a little sugar; so continue until the dish is full with bread crumbs and butter on the top

CREAMED TOMATOES.

One-half can of tomatoes, heated and seasoned with salt, sugar, and butter. Just before turning on to small squares of hot buttered toast, add one-half cupful of cream, into which has been stirred a small pinch of soda.

TOMATOES IN BROWN BUTTER.

Brown three tablespoonfuls of butter in a sauce-pan or frying-pan. When the butter is a light brown, add one quart can of tomatoes, and stew ten or fifteen minutes; add salt, pepper, and sugar to taste.—*E. H.*

“Out of the abundance of the heart the mouth speaketh.”

A DAINTY DISH OF CABBAGE.

Take one head of cabbage and cut it into quarters ; put on in boiling water. When about half done, lay on top of it a slice of light bread, and let it remain until the cabbage is done. Cook cabbage only until tender, if cooked too long it will be colored and not so nice. Then remove the bread, and season with salt, pepper, and butter, and chop the cabbage fine. The object of the bread is to take up the usual strong and disagreeable taste of cabbage.—*E. H.*

BAKED CABBAGE.

Boil a firm head for fifteen minutes, then change the water for more boiling water ; boil until tender, drain, and set aside to cool. Mince some boiled ham ; mix with bread crumbs ; add pepper, one tablespoonful of butter, two eggs well beaten, and three tablespoonfuls of milk ; chop cabbage very fine ; mix all together, and bake in a baking-dish until brown. Serve hot.—*Mrs. Clara Ford Snyder.*

FRIED CABBAGE.

Slice the cabbage as for slaw ; wash well, put into a skillet, add salt and pepper, but do not put any water on it. Let it simmer on back of stove about twenty minutes ; then put in butter about the size of a walnut ; let simmer another twenty minutes. Just before taking up, add a tablespoonful of vinegar.—*Mrs. Frank Espey.*

SCALLOPED CABBAGE.

Wash and chop coarse one-half head of cabbage, put it into a kettle of boiling water, add a little salt, and boil twenty minutes ; drain in a colander. Put two tablespoonfuls of butter in a sauce-pan ; when melted, add two table-

“If we try for only a little time to keep our eyes turned from the dark things of life, it will be found an easy habit to acquire.”

spoonfuls of flour, one pint of milk, and a little salt and pepper. Stir continually until it boils; put the cabbage in a baking-dish, sprinkle with cracker crumbs, pour the sauce over it, and bake in a quick oven.—*Mrs. Edna J. Humphrey.*

CREAMED CABBAGE.

Cut cabbage fine as for cole-slaw; put in a sauce-pan, cover with water; keep closely covered and stew until tender; drain off the water, add pepper, salt, a small piece of butter, and a half cupful of cream or rich milk; let simmer two or three minutes, then serve.

BOILED CAULIFLOWER.

Trim, quarter if large, and soak for two hours in salted water to draw out any insects; then put into boiling salted water, and boil briskly for about thirty minutes, leaving sauce-pan uncovered. As soon as tender drain, place in a dish, and pour over it a sauce made by rubbing two tablespoonfuls of flour with a little milk until smooth; then add one and one-half cupfuls of rich milk, butter the size of an egg, and a little salt and pepper; or the sauce may be made and poured over the drained cauliflower, and all cooked together for a few moments.

SCALLOPED RICE.

Butter an earthen baking-dish; in the bottom place a layer of boiled rice, sprinkle with salt and pepper, and over it put bits of butter; then a layer of cracker crumbs, and sprinkle as before. Add alternate layers of rice and crumbs until the dish is two-thirds full, cracker crumbs being last. Over this, just before placing in the oven,

"Never despair. 'Lost hope is a fatal disease.'"

pour broth of beef, chicken, or veal, or milk, or hot water. A sprinkle of onion or parsley through the layers, if so desired, is an addition. Bake twenty or thirty minutes.—

Mrs. Alice Elfers.

SPANISH RICE.

Melt one tablespoonful of lard, add one teacupful of rice; cook slowly until brown, then add one quart of tomatoes, salt and pepper to taste, and cook slowly for one hour.—*Mrs. Hathaway.*

RICE.

Wash well one cupful of rice. Place in deep saucepan with about three pints of salted water; let boil gently for almost an hour; shake the vessel occasionally to prevent sticking, as stirring will break the grains. Ten minutes before serving add a little milk. Turn out in deep dish, sprinkle with sugar, bits of butter, and a little ground cinnamon. Serve hot.

ASPARAGUS ON TOAST.

Cook one bunch of asparagus in salted water for thirty minutes; then rub well together one tablespoonful of flour, one tablespoonful of butter, and one-half cupful of milk; pour over the asparagus; place in the bottom of a dish some nicely browned toast, and pour asparagus over it.

SCALLOPED POTATOES.

Put into a pan some butter, add a layer of thinly sliced potatoes; season with salt and pepper, and sprinkle thickly with flour; then add more butter, another layer of potatoes, and a little flour; pour over sufficient milk or water to almost cover. Bake until tender.—*Mrs. Mary E. Sedam.*

"A woman who creates and sustains a home, and under whose hands children grow up to be strong and pure men and women, is a creator second only to God."

CREAMED POTATOES.

Mix one tablespoonful of butter and one of flour, and add to it one pint of milk, one teaspoonful of salt, and a dash of pepper. Take one quart of cold, boiled, chopped potatoes, and stir in the sauce until hot. Put in a buttered pudding-dish and cover with a cupful of toasted bread crumbs and a little grated cheese. Bake until brown.—*Mrs. Frank F. Espey.*

CREAMED POTATOES.

The best result is obtained by using freshly boiled potatoes, creaming them while warm; chop the potatoes in small dice, and for every pint of potatoes make a pint of cream sauce as follows: Melt one tablespoonful of butter, add one tablespoonful of flour, mix until smooth; add two cupfuls of good milk or, better, one of milk and one of cream. Stir until butter and flour are well mixed with the liquid, then add the potatoes; put on back of stove, and cook, slowly stirring only occasionally, and then with care, until the potatoes have nearly absorbed the milk. If stirred often or vigorously the potatoes will become mashed and pasty, yet care must be taken that the milk does not scorch. Season just before serving with salt, pepper, and a tablespoonful of chopped parsley. If the salt be added to the potatoes before cooking in the milk, it often curdles it.—*Mrs. Belle Harris.*

POTATO CHIPS.

Peel and cut potatoes into thin slices; let stand over night in water; drain water off, and let potatoes dry between cloths. Heat smoking hot one quart of lard; drop

in slices of potatoes very carefully, a few at a time until light brown. When crisp, remove with a wire spoon, sprinkle lightly with salt; put away in a cool, dry place.—*Mrs. Rev. J. F. Dennis.*

POTATOES ON THE HALF SHELL.

Bake potatoes, and, as soon as they are done, remove a small piece of the skin lengthwise, scoop out potato carefully with a teaspoon, and put through a potato ricer. Beat the yolks of two eggs, add to them a half cupful of milk, stir well together, and pour over the potato; then add a lump of butter, season with salt, and beat until light; then put back into the potato shells, and bake until a light brown.—*F. S.*

POTATO OMELET.

To one pint of highly seasoned mashed potatoes add the well-beaten yolks of five eggs, a tablespoonful of sifted flour, a teacupful of milk, then the well-beaten whites of five eggs. Season with finely chopped parsley, if liked. Pour the mixture into a well-greased sauce-pan, bake, and serve hot.

NEW POTATOES.

Scrape the potatoes, boil until tender; pour off the water, add one pint of milk, one heaping tablespoon of flour, and one of butter, rubbed together; salt and pepper to taste. Let come to a boil, and serve at once.

BOILED OR BAKED POTATOES.

Wash thoroughly; cut off the ends; cover with boiling water, and keep boiling constantly until tender; then drain off water, shake the vessel to make them mealy, return to back of stove, and let stand but a few moments, uncov-

"Kind words and gentle acts make the happy home."

ered. To bake, place upon the grating of a moderate oven; let remain until tender, which will require some longer time than to boil. The secret of delicious baked potatoes is to have the oven just the right heat, and serve the moment they are done.

MASHED POTATOES.

Peel, and boil until done; then drain, mash, or, better, put through a potato ricer into a crock, in which has been made hot sufficient milk and butter for the quantity of potatoes. Beat thoroughly to have them nice, and serve very hot.

SWEET POTATOES.

Boil medium-sized potatoes until done, drain, and peel while hot; have ready a hot skillet, lay potatoes in it with butter enough to fry, sprinkle lightly with sugar, and put in the oven to bake, turning once or twice to brown evenly.—*Mrs. Rev. J. F. Dennis.*

FRIED SWEET POTATOES.

Peel, slice, and fry in hot lard and butter until a light brown; season with salt, pepper, and a very little sugar. Sweet potatoes are also good cooked with a pork roast. Some boil them until tender, mash, season with salt, butter, and a little sugar, beat until light, then place in oven, and brown.

BOILED ONIONS.

After peeling, let stand in cold water for an hour. If large ones, halve; put on to cook in boiling water, adding a pinch of soda; let boil fifteen minutes, then drain off the water, and rinse with boiling water. Return to the stove in boiling water, add salt, and cook until very ten-

"The books that help you most are those that make you think the most."

der. Just before serving, pour off water and add a dressing of one cupful milk, one teaspoonful flour rubbed smooth with a little of the milk, and one tablespoonful of butter. Season with salt and pepper to taste.

BAKED ONIONS.

Parboil the onions, place in a buttered baking-dish, salt and pepper to taste, cover with cracker crumbs, add a tablespoonful of butter, and almost cover with milk. Bake about forty minutes.

FRIED ONIONS.

Peel and slice; fry in drippings, or butter and lard, and a half cupful of water; season with salt and pepper.

BAKED BEANS.

One quart of marrow-fat beans, several slices of fresh pork, two teaspoonfuls of onion chopped fine, one teaspoonful of mustard, one-half cupful of molasses, salt and pepper to taste. The beans should be soaked over night or parboiled. Bake them in a baking crock; put the onion and mustard in the bottom of the crock; then a layer of beans, fresh pork, and seasoning; another layer of beans, with slices of pork on top. Cover well with hot water, and bake six or eight hours. The beans must be kept well covered with water until they become tender.—*E. H.*

DRY BEANS.

Parboil beans, then drain and cover with boiling water; add a piece of gashed pickled pork, and cook until tender, having but very little water left when done. Add a little salt, if necessary.

**"To thine own self be true;
And it must follow as the night the day,
Thou canst not then be false to any man."**

GREEN BEANS.

Never use the bunch beans if pole beans can be had. String well, break into one-inch pieces, wash and place in kettle with quart of water and about one-half pound of pickled pork, which has been scalded, scraped, and gashed three or four times to the rind. Cook three hours, watching to keep the proper amount of water on them. Half hour before serving lay peeled potatoes cut in halves on top of beans. To be good and rich, they must be cooked almost to the sticking point at the last.

SUCCOTASH.

Prepare and cook beans precisely as green beans; if a part of the beans are shelled, all the better. About thirty minutes before serving add a pint or more of corn that has been cut from the cob, by first cutting off the tips of the grains with a sharp knife, then scraping well. Allow the corn to cook on top of the beans, it will cause the beans to stick if stirred through them. Drop the potatoes in after the corn. A dish fit for a king if cooked down and made as rich as it should be.

BUTTER BEANS.

Place in a kettle one quart of shelled butter beans with about one quart of water and two or three slices of pickled pork, and boil an hour or more, according to the age and size of beans. Avoid having much water left on them when done. Just before serving add a little thickening, and season to taste with salt, pepper, and butter. Dried butter beans are cooked the same way, save that they should be parboiled several times before the meat is added, and cooked longer.

"There's so much bad in the best of us,
And so much good in the worst of us,
That it scarcely behooves any of us
To talk about the rest of us!"

JAMBALAYA.

Place in a skillet one large chopped onion and one teacupful of chopped smoked ham (the scraps from the last of a ham will do). Let fry until a rich brown; add one teacupful of cooked rice, one teacupful of tomatoes, a little salt and pepper; cook one-half hour. Add a little hot water occasionally, if necessary.—*K. G. N.*

BEETS.

Cut off the tops an inch or two from the beet; wash, using care not to break the skin or the little fibers. Cover with water and boil until tender; if old it will require four or five hours; if young, two hours. Dip out into a pan of cold water; slip off the skins with the hands. Slice in crock, sprinkle with salt, pepper, and little sugar; cover with vinegar, adding a few slices of horseradish to prevent the white scum on the vinegar. They are nice cut in small squares, sprinkled with salt and pepper, and served with a dressing made of one tablespoonful of corn starch, one-half cupful each of sugar, water, and vinegar, and lump of butter size of a walnut. Boil until it thickens, pour over the beets, and stir all together.

HOMINY.

Cover one pint of hominy with three or four pints of cold water, and cook in double boiler five hours; add salt the last hour, stirring it in very carefully so as not to break the grains. Serve hot, with a generous amount of butter. What is left over may be sliced and fried, or made into fritters or croquettes.

"Sorrow's best antidote is employment."

SQUASH.

Break hard-shelled squash into pieces of uniform shape and size, remove the seeds and steam for half an hour, then bake until done. Season with salt, pepper, and butter, and serve in the shell.

CREAM SAUCE.

Rub well together one tablespoonful of butter and one of flour, add a cupful of milk, and boil until it thickens. To be used for potatoes, cauliflower, or macaroni.—*Mrs. W. D. Cunningham.*

MASHED TURNIPS.

Peel, cut in slices, boil in as little water as possible about an hour; drain well, mash fine, and season with salt, pepper, and butter to taste.

BOILED TURNIPS.

There is no better way to cook turnips than the old-fashioned one of peeling, quartering, and dropping in with boiled fresh pork (preferable a shank bone), and boiling about two hours, or until tender, allowing them to cook down very close to insure their richness. Another way is to cut into small squares, boil in salt water until tender, drain, and add cupful of milk thickened with little flour; season to taste with butter, salt, and pepper.

FRIED PARSNIPS.

Wash, scrape, split them and boil until tender, which will require about two hours; add salt when half done. When perfectly tender, drain. Have ready in a skillet some ham or bacon drippings and butter; when hot, put in the boiled parsnips, and fry a rich brown.

"A world in which there were no labors to be accomplished, no burdens to be borne, no storms to be endured, would be a world without true joy, honest pleasure, or noble aspirations."

CREAMED PARSNIPS.

Wash, scrape, and slice as potatoes. Put on to cook with just enough boiling water to cover. To one quart of sliced parsnips add one heaping tablespoonful of butter, one teaspoonful each of sugar and salt. Stew, closely covered, until very tender, when the water should have quite boiled away. Just before serving add one teacupful of cream or rich milk in which has been blended one teaspoonful of flour. Cook five minutes and turn out in hot dish.

GREENS.

Pick over very carefully. Wash through several waters to be sure there is no sand or dirt left. Put on to cook with a little water and about half pound of pickled pork (wash and gash) or some like smoked hog's jowl better; cook two or three hours. If the meat cooked with greens is not relished, it is wise to cook them in salted water until tender; then, about half an hour before serving, fry three or four slices of meat in a skillet, and into this grease pour the greens, and let cook down until they are almost dry.

FRIED APPLES.

Peel and slice a deep dish full of good cooking apples. Have ready in a skillet a syrup made of a scant cupful of sugar, tablespoonful (heaping) of lard and butter mixed, and half pint of water; when it boils, put in the apples, cover, and cook until apples are tender and a nice light brown. Some slice the apples in skillet, add little grease, and sugar to suit taste; cover, and place on fire, and fry until done.

"Right thinking will produce right living."

FRIED EGG PLANT.

Cut in slices half an inch thick; peel each slice and lay it in salt water for an hour or more. Then dry, dip in egg, roll in bread or cracker crumbs, and fry a nice brown.

OYSTER PLANT.

Wash, scrape, and boil in salt water until tender; drain, slice, dip in egg, then bread or cracker crumbs, and fry a nice brown. Or, chop, return to the fire, add cupful of cream or rich milk in which has been blended a teaspoonful of flour; season with butter, salt, and pepper. Boil and serve at once. Or, they may be mashed, seasoned, and a beaten egg added, and enough flour to make them stick together. Make into cakes, and fry.

WILTED LETTUCE.

Examine carefully and wash the lettuce, lay in a deep dish, cut it crosswise several times, sprinkle with salt and pepper, and adding a few young onions in bits is an improvement. Let come to a boil half a cupful of vinegar and about two tablespoonfuls of ham or bacon fryings, and pour over the lettuce boiling hot. Cover the dish for a few moments. Before sending to the table garnish with sliced hard-boiled egg.

SAUER KRAUT.

Select firm, close heads of cabbage and cut on a slaw cutter in fine shreds, rejecting the core. To four gallons of cut cabbage sprinkle one pint of salt between the layers. Pack solid in a jar or keg, pounding down with mallet or potato masher. Cover it with a cloth, then a board cut to fit, and on top of this put a heavy weight. Until it

"Hate no one; hate their vices, not themselves."

ferments it should be kept in a warm place; a scum will rise, which must be removed by raising it out with the cloth, which should be washed in clear water and returned; also wash board and weight. Much depends on keeping the scum thoroughly removed. After it has become sour, it is better to freeze. If the juice is not sufficient to cover it, add enough soft water to cover well.

TO COOK SAUER KRAUT.

The most excellent way is to place kraut in kettle with boiling water, and lay on top of it enough smoked, stuffed sausage for the meal, and boil about two hours; cook down rather close. Or it may be boiled with any kind of a piece of pork or it may be fried. If the kraut is too sour it should be washed in clear water before cooking.

"Live in the sunlight, and help others out of the shadows."

FRAGMENTS.

HAM AND CHICKEN PIE.

This may be made from the scraps left from a roasted or boiled chicken and the remains of a ham. Line a baking dish with nice paste. Put in a layer of chopped ham, then a layer of either chopped or sliced chicken (the bones being removed), then another layer of ham, lastly the chicken, then a layer of hard-boiled eggs sliced or chopped. Over all this pour a rich gravy, covering the meat well. Sprinkle with flour. Put on top crust and bake forty minutes.

MEAT SALAD.

Chop fine cold meat—beef, chicken, fish, or any cold meat. To each cupful add a tablespoonful of tomato catsup, a little salt, one and a half tablespoonfuls of olive oil. Mix thoroughly, and then add, a little at a time, one tablespoonful of vinegar. Mix again. Peel and scoop out the centers of nice, even-sized tomatoes, and fill them with this mixture, covering the top of each one with finely chopped parsley. Serve on lettuce leaves.

COLD ROAST.

Cold roast meat cut in thin slices and heated in gravy makes a very palatable and easily prepared dish; or it may be chopped, put in sauce-pan with the gravy, heated thoroughly, and poured over dainty triangles of toast. Or dip the slices of meat in flour and place in skillet of hot meat drippings, or butter and brown nicely on both sides. It will be crisp and tender.

"The first test of a truly great man is humility."

LEFT-OVER MEATS AND COLD MASHED POTATOES.

Two or even more kinds of meat cut into moderate-sized pieces and made into a pie with left-over mashed potatoes for the crusts, in lieu of pastry, makes a nice dish. When there is not enough gravy for the purpose (it requires a considerable to make a pie as it should be), a good substitute is boiling water, with half a teaspoonful of good beef extract.

CHICKEN TIMBALES.

Put two tablespoonfuls (level) of butter into a saucepan; when melted, add one-half cupful of fine bread crumbs and half a cupful of rich milk. Then add one cupful of finely chopped cold boiled chicken, pepper, salt, and yolks of two eggs well beaten (a little chopped parsley and onion-juice may be added if desired). Mix thoroughly, remove from the fire, and stir in the whites of eggs beaten stiff. Bake in timbale cups, and serve with sauce.

A LEFT-OVER SALAD.

To be made of the remains of a chicken and left-over vegetables. Place on each salad plate a lettuce leaf; on these lay the minced chicken; on the chicken place the vegetable—whole, if green peas; if beans or beets, chopped fine. Pour over this a cooked or mayonnaise dressing as preferred. A chopped olive will improve its flavor.

CHICKEN MINCE.

From the bone of a cold roast, or chicken, cut all the meat and mince fine, chopping with it two hard-boiled eggs. Stir into this a cupful of gravy. Season with dry mustard, and bake.—*Mrs. Warren Harris.*

"He who tries to injure another injures himself more."

HAM LOAF.

Boil a ham shank until tender. Strain the liquor, and boil mustard greens in it. Cut the ham from the bone, and mince it fine. To three cupfuls of minced ham add one cupful of cracker, or bread crumbs (or the two mixed), one egg, one cupful of milk, one tablespoonful of soft butter, and a dash of pepper. Form into a loaf. Place in pan with cupful of water around it, and bake one hour. Serve hot with horseradish sauce.

OATMEAL SHORTCAKE.

Turn left-over porridge into a round mold. Sugar and mash either strawberries, raspberries, or blackberries. At serving time turn out the oatmeal, cut in slices, lay slice on dish, cover with fruit, put on another slice, then more fruit, and so on as high as desired. Dust with powdered sugar, and serve with cream.

TOMATO OMELET.

Beat four eggs without separating until well mixed. Add one cupful of left-over cooked tomatoes, salt, and pepper. Put a tablespoonful of butter into a skillet when hot; add the mixture; shake until set; fold and turn the omelet out on a hot platter. Left-over peas, corn, cauliflower, or asparagus may be utilized the same way; also chopped cooked oysters, flaked fish, minced ham, veal, lamb, or chicken.

BAKED HASH.

To one cupful of chopped cold beef, add two cupfuls of chopped raw potatoes, onion to taste, one or two well-beaten eggs; season with salt and pepper, moisten with milk or beef stock. Bake thirty minutes.

"Life is but one continual course of instruction."

A SUPPER DISH.

Cut hard-boiled eggs through the center. Remove the yolks, mash them, add salt, pepper, mustard, melted butter, a little cold minced ham, and lemon-juice if desired. Fill the cavities with this mixture. Cut a slice from the bottom of the whites to make them stand alone.

MUSTARD SAUCE.

To left-over vinegar, in which onions have been sliced, add a teaspoonful of sugar, a little salt and cayenne pepper, and enough mustard to thicken.

HASH.

Peel and slice six medium-sized potatoes and two onions. Place in skillet, cover with water, add salt, and cook until tender; then add cold beef cut in small pieces and little gravy. When done, pour it over biscuit cut in two and buttered.

BREAD PUDDING.

Butter a porcelain baking-dish, put in the bottom a layer of sliced stale bread, which has been soaked until soft in sweet milk, then a layer of very thinly sliced apples, then a layer of washed and stoned raisins; repeat until as much has been used as desired. Over all pour a custard made of one pint of milk, two beaten eggs, three tablespoonfuls of sugar, and nutmeg to suit taste. Bake until custard is firmly set.

STALE CAKE.

Any kind of cake that has become dry may be used as in directions for bread pudding, save that a little less sugar will be required in the custard, and it may be combined with either preserved or fresh fruit.

“Common sense is the knack of seeing things as they are.”

USES OF MELTED ICE-CREAM AND SHERBET.

Left-over ice-cream may be used in making cakes and cookies. Use the melted cream in lieu of milk, and to each cupful of cream leave out one tablespoonful of butter and one-fourth of a cupful of sugar; then make the cake according to directions. Make melted sherbet into jelly enriched by fruit and nuts if desired, and serve with whipped cream.

FISH CAKES.

Take the remains of any cooked, cold fish, and shred fine, removing skin and bones. Add an equal amount of mashed potatoes rubbed through a sieve, and to one cupful each of fish and potatoes add two well-beaten eggs, one tablespoonful of flour, plenty of seasoning, and just enough milk to make a paste that may be beaten; avoid getting it too thin. Drop by spoonfuls in smoking hot fat, and fry a delicate brown. Nice for breakfast or lunch.

COLD MEAT SALAD.

Put left-over beefsteak through a meat grinder; season with salt and pepper, add one or two finely chopped hard-boiled eggs, a little chopped celery or celery-seed, and moisten with vinegar.—*Miss Ella Drake.*

SCRAMBLED BREAD.

Soak scraps of bread in sweet milk, enough to moisten well; add a little butter, two or three beaten eggs, salt, and pepper, and fry in butter.

BAKED CABBAGE.

Chop cold boiled cabbage fine, stir in a little cream, and bake ten minutes.

"The cultivation of a hopeful disposition and the habit of always looking upon the brightest side of all questions will not only invite good digestion, but will also improve the health generally."

CHEESE STRAWS OF LEFT-OVER PIE-CRUST.

Gather up the scraps of pie-crust, roll out, and cut in strips about five inches long; scatter thickly over them grated cheese and bake. Or, roll out the pastry, sprinkle with cheese, fold over once, flatten slightly, sprinkle again with cheese, cut into strips, and bake.

EGGSHELL FOR CLEARING COFFEE.

Crush a clean eggshell, put into a bowl, add the coffee, moisten with cold water, and stir.

BREAD CRUMBS.

Put all the left-over bits of bread into a pan, put in the oven, and dry until crisp, then roll and sift them. Use the coarse for scalloped dishes, and the fine for meat loaf, croquettes, etc.

PUREE.

Left-over peas, corn, lima beans, tomatoes, beets, turnips, cauliflower, spinach, or potatoes may be used for puree. Rub through a sieve, and add one quart of boiling milk which has been thickened with two tablespoonfuls each of butter and flour. Season well. Let boil and serve.

POTTED MEAT.

Use fragments of any kind of cooked meats for potting. Remove skin and bits of gristle from the meat; grind, and then pound to a paste. Season highly with made mustard, salt, pepper, and cayenne, and moisten with a little melted butter, except in case of ham, when one-fourth of it should be fat. Pack this seasoned paste

“The mind grows narrow in the same proportion as the soul grows corrupt.”

in jelly glasses, pressing it in as hard as possible; set the glasses in a steamer, cover closely, and cook for forty minutes. Then press the cooked paste down again, and cover with melted butter to seal. Excellent for sandwiches.

COLD RICE.

Warm one cupful of rice sufficient to work smooth, then add one tablespoonful of melted butter and one beaten egg yolk, and stir well. Line well-greased pattypans with this mixture, pressing down firmly with the back of the spoon dipped in hot water. Bake in slow oven ten minutes. Cold meats of any kind, cut in dice and heated in a good cream sauce, are nice served in these shells; also cold peas, diced potatoes, or turnips heated in cream sauce. Cold mashed potatoes may be utilized in the same way.

COLD DRIED BEANS.

Rub through a sieve, add a spoonful of cream, form into cakes, sprinkle with grated cheese, and brown in oven; or omit the cheese, and fry in hot butter in skillet.

RICE GRIDDLE CAKES.

Left-over rice makes excellent griddle cakes. To one pint of buttermilk add a level teaspoonful of soda, pinch of salt, and scant cupful of rice; rub the rice smooth through the milk with spoon, then sift in enough flour to make a thin batter; lastly beat in an egg.

TO PRESERVE EGGS.

Select fresh eggs. Have ready a kettle of hot water. Place eggs in a wire basket and dip them in and out (quickly) of the boiling water three times; this will ren-

"The nearest approach to heaven is found in a true home."

der the shell air-tight. When dry, pack away, small end down in coarse salt, putting in first a layer of salt; stand the eggs in this, cover with another layer of salt, and so on. Some preserve eggs by carefully dropping strictly fresh eggs into a mixture made of six quarts of water, heaping pint of salt, and scant pint of lime. Let stand several days and stir occasionally before using.

TO PRESERVE BUTTER.

Make a brine of salt that will bear up an egg. Boil, skim, and strain. When cold, pour into a clean, sweet jar. Slice the butter and wrap each slice in clean cloth. When full, place a weight on top, and keep the jar covered.

"Reach out a hand of helpfulness to the stumbling ones, and speak a word of cheer to the discouraged."

FOOD FOR THE SICK.

Always consult the physician in regard to the character of food to be given to the sick. Serve it in small quantities and on dainty dishes.

BEEF BOUILLON.

Put one and a half pounds of roundsteak through a meat grinder; pour over it three pints of cold water, and let stand two hours; then set on back of stove two hours; then let come to a boil. Strain through a cloth thick enough to retain all small particles; season to taste with salt and pepper.

TO PREPARE AN EGG.

Beat the yolk and white separately until extremely light; add a pinch of salt, pour into a china cup, set the cup in a sauce-pan of hot water, and stir constantly until the egg is scalded but not cooked. The egg will thicken slightly and puff up until the cup is almost filled with creamy custard. Set in the oven a moment, then serve at once.—*Mrs. R. L. Thiebaud.*

TO SERVE A RAW EGG.

Beat a perfectly fresh egg until very light, put it into a glass, add a tablespoonful of brandy or whisky, and two pieces of loaf sugar; fill the glass with rich milk. This is a very nourishing dish, and may be taken in small quantities by the most delicate invalid. It is especially nice for aged or delicate people, and may be taken at any hour of the day or night.—*Miss Emma E. Keeney.*

"Moderation is the silken string running through the pearl chain of all virtues."

SOFT BOILED EGG.

Put a fresh egg into a quart cup, pour boiling water over it, let stand away from the stove for eight minutes. Serve at once.

POACHED EGG.

Serve a soft poached egg on a nicely browned and slightly buttered piece of toast.

STEAMED EGG.

Break into cup, and steam twelve minutes.

FOR FATIGUE.

Sip a glass of hot milk.

FOOD FOR INFANTS.

Let one quart of milk stand over night; then skim off the cream, and pour over the cream one pint of boiling water. In one quart of water let one tablespoonful of oatmeal boil two hours, and then strain. To one-half cupful of the cream and water add a tablespoonful of the oatmeal and water; sweeten just before giving.—*M. F.*

MUTTON BROTH.

Two pounds of lean mutton, boil slowly for two hours, skim well, add just a little salt. A little barley or rice may be added.

CHICKEN BROTH.

Take about five pieces of the dark meat of chicken, remove the skin, add one quart of cold water, let come to a boil, skim well; then boil slowly an hour and a half or two hours; season with salt and pepper.

“Struggle and anguish have their place in every genuine life, but they are the stages through which it advances to a strength which is full of repose.”

OYSTER BROTH.

Cut one pint of oysters into pieces, cover with one pint of cold water, simmer fifteen minutes; strain through a cloth, season with salt and pepper. Serve hot.

BEEF BROTH.

Take a piece of lean roundsteak, cut it in pieces, cover well with cold water, skim as soon as it comes to a boil, then boil slowly for an hour; season with salt and pepper.

FLAXSEED TEA.

On an ounce of unbruised flaxseed and a little pulverized liquorice-root pour a pint of boiling soft water; place the vessel containing the ingredients near, but not on the fire, for four hours; strain through a linen cloth; make it fresh every day. An excellent drink in fever accompanied by a cough.—*Mrs. Margaret Farley.*

EGG AND BACON.

Boil a fresh egg twenty minutes, fry two slices of bacon until very crisp; cut the bacon into very small pieces; add to it the yolk of the egg, and mix thoroughly with a fork.

BEEF-JUICE AND TOAST.

Take a small piece of lean beefsteak, season, and put in a skillet, and cook but slightly on both sides; then put it in a meat press and press out all of the juice. Take a nicely browned piece of toast, dip it quickly into boiling salted water, then lay it on a hot plate, and pour the meat juice over it.

"When a person is down in the world, an ounce of help is better than a pound of preaching."

RICE.

One-half teacupful of rice, pick over carefully and wash thoroughly through several waters, rubbing between the hands. Place in a double boiler with a scant quart of water and half teaspoonful of salt; cover tightly and cook for three hours without stirring. Half an hour before serving, stir in carefully half a cupful of rich milk. Serve hot on a dainty fruit saucer, placing in the center a small bit of butter, a teaspoonful of sugar, and a very slight dusting of cinnamon.

PANADA.

Take a few crisp crackers, butter slightly, put them in a bowl, and sprinkle with sugar and a little nutmeg; pour boiling water over them, enough to a little more than cover; add a dessertspoonful of whisky. A thin slice of nicely browned toast may be used in place of the crackers.—*J. A. H.*

TOAST WATER.

Slices of toast extremely browned, but not burned, enough boiling water to cover them; cover closely until cold, then strain the water, sweeten if desired, and put on ice to cool.

LEMONADE.

Put the juice of half a lemon and two teaspoonfuls of white sugar in a glass, fill the glass with cold water. If you wish hot lemonade, fill the glass with hot water.

LEMON JELLY.

Moisten two tablespoonfuls of corn starch, stir into it one pint of boiling water; add the juice of two or three lemons and half a cupful of sugar. Put in molds. A little of the grated rind of the lemons may be added.

HOUSEHOLD.

TO CLEAN SINKS.

To clean kitchen sinks, wash-bowls, bath-tubs, etc., rub with a rag which has been saturated in coal-oil.

TO CLEAN A VINEGAR CRUET.

Fill half full of hot suds, add a spoonful of shot, or carpet tacks, and shake vigorously; this will remove all stain and sediment, and make it beautifully clear.

TO CLEAN BOTTLES.

Put them into a pan of cold water and wood ashes; let boil, then rinse well.

TO REMOVE WHITE SPOTS FROM VARNISHED FURNITURE.

Rub with alcohol or with camphor.

TO REMOVE GRASS STAINS.

Use cream of tartar moistened with water.

TO REMOVE INK STAINS.

Soak the spots in sweet milk for eight or nine hours, changing the milk occasionally. Some use ripe tomato juice to remove ink stains.

TO REMOVE PAINT.

Use equal parts of ammonia and turpentine. If the paint is fresh, turpentine will do.

“Cheerfulness is an essential element in the make-up of a happy home.”

TO KEEP SALT SHAKER FROM CLOGGING.

Mix seven parts of salt to one part corn starch. There will be no noticeable taste of corn starch.

TO MEND LACE CURTAINS.

Wet a piece of lace in starch, place it over the rent on the wrong side, and iron until dry.

TO DRIVE AWAY FLIES.

A cluster of clover, if hung in a room and left to dry and shed perfume through the air, will drive away flies. So will nasturtium or sweet peas.—*E. H.*

TO REMOVE FRUIT STAINS.

Keep a bottle of whisky and gum camphor. Apply to fruit stains before sending clothes to be washed, or place the spot over a vessel and pour boiling water through it before it is washed.

TO GET RID OF ROACHES.

Get a box of “Stearn’s Electric Rat and Roach Paste” at a drugstore, and use as directed on box, and you will have no more trouble with them.

TO REMOVE TAR.

Rub the spot well with lard before sending to the wash.

FOR MILDEW.

Saturate the spot with lemon-juice; then rub salt over it, and lay the garment in the sun.

TO REMOVE MACHINE OIL.

Rub the spots with lard before sending to the wash.

“A pervading tone of cheerfulness is a magic oil, wonderfully reducing the friction of household machinery.”

TO WASH LACE CURTAINS.

First put clamps on curtain frames, making them the exact size of the curtains before they are wet. To wash, fill a boiler about two-thirds full of water, add to it two-thirds of a bar of thinly sliced Ivory soap dissolved in hot water, and three tablespoonfuls of coal-oil. Shake the dust from the curtains, fold each one, separately, a convenient size for placing in the boiler; put them into the boiler of cold water, and let boil fifteen minutes; then remove them to a tub, wash them through the suds, using no washboard, and handling lightly. Wash through a second suds, then rinse and starch. Use a wringer, and do not unfold the curtains until they are ready to dry. To put them in the frames, first fasten each corner, then the sides evenly, then the ends. Do not put more than three or four curtains in the frames at a time.—*J. A. H.*

HARD SOAP.

Put one quart of cold water into a large bowl, add to it one pint can of good potash. It will become very hot; allow it to cool and dissolve. Melt six pounds of grease; then put it through a sieve; return to the stove, and pour the potash slowly into the grease. Stir about eight minutes, or until it begins to thicken, then pour it into square pans, and, when cold, cut in cakes.

THE USES OF SODA.

Soda is one of the most useful things about a kitchen. If a dish or porcelain, baking or sauce pan or coffee-pot, has become stained, after washing, pour some soda on your dishcloth and rub the vessel well with it, and the stain will disappear. Occasionally place lamp burners

“Wake in the morning with a blessing for every living thing on your lips and in your soul.”

in a vessel, and cover with water made strong with soda, place on stove, and let boil for an hour or more. Then wash, rinse, and wipe, and they will be as good as new. Vessels in which fish, onions, or anything has been cooked which leaves a flavor, may be made sweet and clean by boiling in them soda and water.

FOR CHICKEN LICE.

Pour into a vessel of air-slacked lime some sulphur and crude carbolic acid; stir well. Close chicken-house tight. Stand at door, dip up the mixture with shovel and pitch into the house as high as possible. It will make so great a dust that one is forced to close the door occasionally and stand off from it. Then resume the task until enough has been used. The dust settles in every crack and crevice, which is sure death to the vermin. It is quickly and easily done, and should be used every few weeks during hot weather.

DOUGLASS MIXTURE FOR CHICKEN CHOLERA.

Put into a jug one gallon of water; into this put eight ounces of copperas. As soon as it is dissolved, add one-half (fluid) ounce of sulphuric acid. Shake well before using. This mixture is to be given in the drinking water, a teaspoonful to a pint, every two or three days. If there are any symptoms of disease it should be given every day. This is one of the best tonics known to the poultry fraternity.

TO WASH BLANKETS.

To a wash-boiler two-thirds full of water add one bar of shaved laundry soap and two tablespoonfuls of ammonia; let it come to a boil, and stir to dissolve the soap.

**"You can fill your lungs with the fresh, free air,
Forget all trouble, and fret, and care;
And your life is one sweet, grateful prayer,
Outdoors."**

Put a pair of blankets in a tub, pour the hot water over them, and let stand about twenty-five minutes; then rub them quickly through the suds and rinse. Take out of rinse-water and hang on line without wringing.

TO DESTROY BEDBUGS.

One ounce of corrosive sublimate, one ounce of gum camphor, one pint of spirits of turpentine, and one pint of alcohol. Keep in bottle; apply with a feather. Rank poison.

TO SWEETEN WASTE PIPES.

To one pound of copperas add one gallon of hot water. Use one quart or more for each pipe.

"There is a guidance for each of us, and by lowly listening we shall hear the right word."

THE PREVENTION OF TUBERCULOSIS.

BY. D. J. N. HURTY,

Secretary Indiana State Board of Health.

Why is it we must be almost knocked down and out by sickness, or suffer a period of ill health, before we can have a practical interest in keeping well? Less than a year ago I gave a lecture on the prevention of tuberculosis before an audience in a college chapel. Every one was very attentive, and I was greatly encouraged; but one of the professors on the front row had a quizzical expression on his face several times while I was talking, and I determined to ask him for the why. "Well," said he, "I thought you slightly overdrew the matter. We surely are not in such danger of having consumption as you say we are." "But," said I, "it is not a matter of opinion that one in seven of the people of Indiana die of consumption; it is a simple, hard, dry fact, and there is therefore no overdrawn or extra coloring." "Well, it do n't seem possible," was the reply; and the professor gave the subject no second thought. In less than three weeks from that time this same professor visited me at my office. He was evidently much worried, and with tears in his eyes handed me a letter to read. It was from a prominent physician, and it bore the news that the professor's daughter, who was working for her B. A. degree in a great university, had consumption. The diagnosis could not be doubted. The father was quite overcome. "The

“Smile, smile on all thy duties, and behold!
Thy life, like day, shall walk in robes of gold.”

situation must be faced,” said he, “and now I see you were not an alarmist when you said this awful plague is likely to strike any family at any time.”

It would be possible to detail instance after instance where warnings in regard to the possibility—nay, likelihood—of consumption appearing in our bodies at any time, were waved lightly aside with the remark, “O, I guess we ’ll get along all right; it has n’t touched us yet.” Many times this subject has been dismissed by terming the teller of the truth *a crank*; and all the time the user of the epithet was the real crank. It is not hard to understand this attitude, for no one finds pleasure in anticipating evil, and we are inclined to put aside the contemplation or action upon means to prevent possible ills. This, however, is surely the wrong way to look at the question. It would be better to say, “I want to be happy, and physical health is the first essential; therefore, I shall learn and obey the laws of health, and so secure the broad foundation of happiness.” This attitude of mind is obviously, eminently rational and practical, while the opposite attitude is weak and impractical.

WHAT CAUSES CONSUMPTION?

Consumption is caused by a minute vegetable, a parasite, which grows in the lungs. In growing and multiplying, it breaks down the material of the lungs, plows them up, as it were, and then pus-plants find opportunity to grow. Both plants must have room, and they feed upon the lung material. In growing, they make cavities and elaborate poisons. The poisons are absorbed into the blood, and make fever, cause night-sweats and all of the symptoms by which we know consumption. The great

"The most certain sign of wisdom is a continual cheerfulness."

Professor Koch discovered the consumption plant in 1882. He called it *Bacillus Tuberculosis*. It is indeed a small plant, for it requires very high power in a microscope to see it. The prodigious work it does seems incommensurate with its size, but lack of dimension is overcome by numbers. This microbe (the word means small life) must be beaten off by our bodies, and we must destroy all we can, if we are to escape consumption.

WHERE THE SEEDS ARE FOUND.

The seeds of consumption grow only in animals. They do not grow in slops or filth of any kind. Therefore we catch consumption from other animals, principally from other human beings, but certainly also from cattle. When a man develops consumption he takes to the house. The open air chills him, so the windows are closed, and the room is very frequently heated with an air-tight stove. Now commences a gradual decline and also the infection of the room. The miserable man coughs, coughs, coughs; and every time he coughs, he sprays into the air fine spittle which contains millions of the little consumption plants which are flourishing in his lungs. He also must spit continually, and unless particular care is taken, in this way, too, he throws out millions and millions of germs. These seeds become dry, float in the air, and finally settle upon everything in the room. Now, sweep the floor, shake the curtains or bed-clothing, and the air is filled with consumption germs. The house is therefore the home of consumption. In the house the germs are protected from the sunlight and the fresh oxygen, which in the open destroys them. In the dark corners, in the carpets, the curtains, bed-quilts, and like places, they live

“A merry heart doeth good like a medicine.”

for years, always ready to grow and cause consumption in any one in whom they may find entrance *and an opportunity to grow*. Only in one in seven persons is this opportunity afforded at this time. Now the question is, What is this opportunity? How is it created?

PREPARING THE SOIL FOR CONSUMPTION.

Before we can get a good crop of wheat to grow we must carefully prepare the soil. Seed-wheat will not grow, flourish, and produce a crop in a graveled road, or even in unplowed land. Let the seed-wheat be ever so plump and strong, it must have moisture, warmth, and a plowed soil, if a crop is to be secured. It is exactly the same with the seeds of consumption. If your health is good, if the mucous surface of your lungs is intact, the seeds of consumption can not grow in you, and that is the end of the matter. But how can we always be resistant? If possible, the bars must not be let down for a single instant, for we are likely to breathe in thousands of consumption seeds in the next house we enter.

KEEPING UP RESISTANCE.

Keeping up resistance is another term for keeping well. In the short space here available the entire story of how to keep well can not be told, but I shall try to give some of the leading points. *Breathe fresh, pure air, night and day*, is the first essential for good health and high resistance to disease. We can live thirty days without food, five days without water, and only three minutes without air. The best way in the world to induce headache, languor, loss of appetite, and such indications of departure from high resistance, is to breathe bad air. Colds, coughs, catarrhs, pneumonia, influenza (la grippe), and tubercu-

"Let the language of cheerfulness and of comfort dwell upon the tongue."

losis are almost always induced by breathing foul air. It is bad air that usually prepares the soil. We should always refuse to breathe foul air. If upon entering a room from out of doors your nose detects a stale odor, the air is foul; and as long as you breathe it, remember you are plowing your lungs and choking your blood with waste matter, and so making it possible for the microbes of coughs, colds, pneumonia, influenza, and *consumption* to grow. *Fresh air and sunshine* are the foremost and greatest health promoters. *Night air is purer and fresher than day air.* The pretty general superstition that night air is injurious must be dispelled, for it is a foolish error. At night we have night air only. There is no other kind. The chill is the only thing to be avoided at night. There is no subtle essence or a something in night air to cause disease. Malaria is not introduced into our bodies by breathing night air, as many suppose; for we now know positively that a comparatively rare mosquito, the anopheles, stings the malarial microbe into us. Doubtless the idea that night air is injurious has killed great numbers, because the belief has led to the shutting out at night of the life-giving air. Lack of thorough bed-room ventilation has caused thousands of consumption deaths.

That draughts cause colds is another error we must get away from. A man will ride in a buggy or wagon all day in a draught, never thinking of taking cold, and then at home fear a window draught. Window and buggy draughts are identical, and exposure to either will cause colds if we are perspiring or if we are not sufficiently protected with clothing. The way they cause colds is through the sudden lowering of temperature, the shock or blow, as it were, which lessens resistance. and so gives

"A word fitly spoken is like apples of gold in pictures of silver."

the cold microbes, which are everywhere, a chance to grow in our noses and throats. At the great consumption hospitals they have the patients sit in draughts so the pure air will blow over them continually. It is pure air in abundance they need, and draughts bring it.

DISSIPATION INDUCES CONSUMPTION.

Alcoholic dissipation is a great inducing cause of consumption. Drinking brings a diseased condition of the tissues, and they are less able to resist the attacks of the tubercle germs. Excesses in eating, in work, in study, in social affairs, indeed excesses of any kind, lower resistance, and give the consumption microbes an opportunity. The simple life is the best for body, mind, and soul. Avoidance of all excesses, simple plain food, simple pleasures, simple plain air and sunshine, all lead to health, long life, and happiness.

HOW TO CURE CONSUMPTION.

Go with me in imagination to the great Massachusetts Hospital for Consumptives, and see how that seventy out of every one hundred consumptives are restored to health. A regular, quiet, and simple life is made obligatory. The patient lives out of doors all day, and sleeps out of doors all night, no matter how cold. Only rain and sleet prevent the out-door life. When within the house the windows and doors are all open; for air—pure, fresh air in abundance—must always bathe the consumptive. No "consumption medicines" are given. Of course, simple remedies for ordinary ailments are used; but generally, all medicines and stimulants are hardly touched. The hygiene life is depended upon. In addition to having

"Dost thou love life, then do not squander time, for that is the stuff life is made of."

as much air and sunshine as possible, an abundance of plain, nutritious food is supplied. Nutrition must proceed properly; for consumption is a wasting disease, and if the balance between waste and supply is not on the side of supply, then the patient must die. In order, therefore, to keep digestion and appetite at the highest point, regular feeding and plain foods in proper quantities are necessary. Milk, eggs, bread and butter, and stewed fruit are the staples. Nutritious soup and plenty of pure soft drinking water, a not too large supply of fresh meats, and entire absence of pickles, salads, and such artificial stomach stimulants completes the regimen. It takes not less than six months of this plain, regular, out-of-door life, coupled with forced feeding, daily baths and exercise, to effect a cure. The very great value of the temperate and regular life with plain food is exemplified in prisons. Convicts are usually greatly run down in health when they first enter upon prison life. Such quickly recover, and get strong. Society duties, late suppers, rich dinners, bromides to cause sleep, wines, and the like, are all inducing causes of consumption, as are also insufficient food, excessive toil, too rapid child-bearing, and general poverty.

SPITTING.

The tuberculosis plant is mostly spread by spitting. It is true that simply coughing without holding a handkerchief, preferably a paper napkin, before the mouth, by those affected with the disease, throws millions of germs into the air. Still, spitting is the principal method for spreading the malady. Men do most spitting, and therefore men are the principal distributors of consumption plants. They are also the principal distributors of pneu-

**"Sweet are the uses of adversity,
Which, like the toad, ugly and venomous,
Wears yet a precious jewel in his head."**

monia, la grippe, coughs, colds, and all diseases of the air-passages; for these diseases are caused by different plants thrown off in the spit of those who are affected. The spitter in public places must go. He is nasty, he is offensive, he is a spreader of disease, he is a great nuisance. There is a fine of \$500 for spitting anywhere except in spittoons or into the gutters in New York. The law is enforced, too, and many persons have been made to suffer this severe penalty. I once saw a man spit upon the platform at an elevated station. A policeman warned him, and he replied by testily asking, "Where shall I spit?" The reply came quickly, "Be decent like women, and do n't spit at all." Why can't men be decent like women, and not spit? If a woman has catarrh, cold, or consumption, she carefully collects the infectious material, and does not permit its disease-causing germs to reach other people. A spitting man is the nastiest thing on earth, and he is a constant menace to public health. Consumption can not be successfully prevented where constant spitting prevails. Those who are compelled, on account of disease, to expel matter from the mouth, should deposit the same in the gutters or into spittoons, or, better, carry pocket spit-cups which can be cleaned by boiling, and the sputum destroyed by chemicals. A good procedure is to carry folding paper pockets, made expressly for the purpose, which may be bought at drugstores. These may be burned with contents at convenient times and places. It is, of course, somewhat of a hardship for a diseased person to care for his spit at all times, but it is a greater hardship for others to bear the nastiness and the diseases which promiscuous spitting produces.

THE HAVOC WROUGHT ANNUALLY IN INDIANA BY CONSUMPTION.

Doubtless there are some who will declare that all of this noise about consumption, its prevention and cure, is unnecessary and not warranted by the statistics. To such I wish to call attention to the actual statistics of the disease in Indiana in 1904. The figures are correct, for we have in the office of the State Board of Health a separate certificate for each death, which was made out at the death-bed. The total consumption deaths numbered 4,436; females, 2,620; males, 1,816. The mothers who died leaving young children (orphans) numbered over one thousand, and they left over two thousand orphans. The fathers who died leaving young children (orphans), numbered over six hundred, and they left over one thousand three hundred orphans. Over three thousand homes were invaded by the monster, and the cost to the people of the State was over \$10,000,000. Now, if consumption can be prevented, why not prevent and stop this awful loss? If one-tenth or one-hundredth of this havoc was wrought by tigers or panthers, we would all stop work and go hunting until the last "varmint" was slain. We would not ask the cost in time or money, but would go at it with energy. Why, then, do we sit supine in the presence of the monster consumption?

SUMMARY AND CONCLUSION.

Consumption is caused by a microscopic plant. If all of these plants were destroyed, there would be no consumption. Obviously all can not be destroyed, but we can destroy many, and so lessen the liability to infection. As these plants occur in our spit, and as so many have consumption sometimes for years before the disease becomes

"They are never alone that are accompanied with noble thoughts."

active and recognizable, then let all spit, of all persons, be destroyed all the time. This is impossible! Not at all. Women come very near doing it. What women can do, men can do also. It is really a mere matter of doing it.

Lead the simple life. Lead the hygienic life. By this is meant to be temperate in all things. Eat temperately, drink temperately, do n't drink strong tea or coffee, and, above all, leave alcohol alone; think temperately. Be cleanly. Go out of doors every day and enjoy the sunshine and air. Ventilate your home well, and especially your bed-room. See to it that your church is well ventilated. Refuse to go if it is not. See to it that the school-room where your children go to school is well ventilated. If the air in the school-room has even the faintest odor when you enter from the open air, then set up a kick, and keep on kicking until the trustee provides proper ventilating apparatus and the teacher uses it. Let the general cry be: *Pure air; pure, plain, well-cooked food; pure water; temperance; cleanliness.*

"Open wide the windows,
Sweet smells the rain-blest sod;
With the green of field and meadow,
And the enfolding blue above;
The clear call of the robin,
Silver thrush and gray-winged dove.
The seed dreams of the harvest
And the color's in the clod;
And the whole world breathes the beauty
Of the light and love of God."

REMEDIES.

Only simple and harmless remedies should be administered without the advice of a physician.

FOR CROUP.

One-fourth teaspoonful of allspice, one tablespoonful molasses; mix a quantity, and give a teaspoonful every fifteen minutes until relieved. You will find this to be very efficacious.—*Mrs. Rebecca Green.*

FOR CROUP.

Give a heaping teaspoonful of powdered alum mixed with molasses. This may be given every ten minutes until the child vomits freely.

FOR CROUP.

One-half teaspoonful of lard warmed and thickened with sugar. It may produce vomiting. Rub child's throat and chest with warm lard, and cover with flannel.

FOR TONSILITIS AND SORE THROAT.

Equal parts of iodine and glycerine applied to tonsils with a brush. Increase quantity of iodine, and remedy is quicker but more severe. Apply until disease disappears.—*Mrs. Alice McHatton.*

FOR SORE THROAT.

Bathe throat and all around the ear with camphorated oil, also apply it to sore spot in throat with a soft swab, and saturate a piece of cotton with the oil, and put in the ear.

“Go forth under the open sky, and list to Nature’s teachings.”

Camphorated oil will break up quinsy if its use is persisted in.—*Mrs. Lou B. Keeney.*

FOR SORE THROAT.

Use a gargle made of one-half teaspoonful of soda and one-half teaspoonful of salt dissolved in a half glassful of water.

TO BREAK UP FELON OR BOIL.

Cover spot with several thicknesses of soft cloth saturated in sweet spirits of nitre; keep wet until pain is relieved. This has been known to kill a felon when nearly ready to lance. It sometimes requires twenty-four hours to relieve a bad case.—*Mrs. Lou B. Keeney.*

FOR NEURALGIA.

Rub the skin with cotton which has been saturated with oil of peppermint.

FOR IVY POISONING.

Bathe the affected parts several times a day with sweet spirits of nitre.

FOR EARACHE.

Saturate cotton with arnica or sweet oil, and put into ear.

FOR TOOTHACHE.

Use cotton saturated in camphorated oil in cavity, if there is one, and bathe gums and face repeatedly.—*Mrs. Lou B. Keeney.*

FOR TOOTHACHE.

Fill the mouth first with very warm water, then with very cold.

"Happiness is a great love and much serving."

SALVE.

One-third pint of rosin, mutton tallow, and beeswax size of a hulled walnut, and one-half as much camphor gum; melt all together, then turn into a pan of cold water, and when cold enough to handle, pull like taffy, and make into sticks. This is an excellent salve, and much liked on the farm during the corn-gathering season. It is also an old and never-failing remedy for cold in the breast; if used in time one need never suffer from a gathered breast; spread on a piece of soft leather or fine oil-cloth, leave until it comes off, then cover breast with a piece of soft flannel.—*Mrs. W. Bennett Harris.*

AN EXCELLENT COUGH SYRUP.

One pint of honey, one-half pint of vinegar, one ounce of laudanum.—*Mrs. Pallie Clark.*

FOR A COLD IN THE HEAD.

Ten drops of camphor, two teaspoonfuls of sugar, and two-thirds glassful of water; stir until sugar is dissolved, and take a teaspoonful every fifteen minutes. This will give relief if taken in time.

FOR A COUGH.

Tie three tablespoonfuls of whole flaxseed in a piece of cheese-cloth, and dip it up and down in a pint of boiling water until the water becomes mucilaginous; then add the juice of one lemon and two tablespoonfuls of sugar, or sweeten with powdered rock candy. Take tablespoonful as often as cough demands.

FOR A COUGH.

Break one egg, shell and all, into a bowl; pour over it the juice of two lemons, and let stand in a cool place

"Pause oft by a flower in its leafy bower,
And feast thine eye on its beauty."

forty-eight hours; then strain, and add to it as much of each of the following ingredients as there is of the egg and lemon-juice: Honey, cod-liver oil, and whisky, making four equal parts. Shake well before taking. For adults, one tablespoonful four times a day after meals and at night. For children over two years of age, one teaspoonful. Keep in a cool but not cold place.

COUGH CANDY.

Fill a cup half full of whole flaxseed, and finish filling cup with boiling water. Fill another cup almost full of broken bits of slippery-elm bark, and finish filling it with boiling water. Let stand two hours; then put three cupfuls of brown sugar into a sauce-pan, strain into it through muslin all of the liquid from the two cups; boil and stir constantly until the candy seems on the point of turning back to sugar. Pour out into buttered plates and break into small pieces when cold.

FOR CHAPPED HANDS.

Eight ounces of rose-water, one-half ounce of borax, one ounce of glycerine, and one ounce of lemon-juice.—*S. S. Tull.*

A FINE HAND LOTION.

Fifteen cents' worth of glycerine, ten cents' worth of lavender or rose-water, one-half ounce tincture of benzoin, and juice of one lemon, strained.—*Mrs. Fleta Hainer Ward.*

FOR HEADACHE.

Put the feet in hot water, and apply a flannel wrung out of hot water to the back of the neck.

"True politeness is kindness of heart."

FOR SICK HEADACHE.

One level tablespoonful of charcoal (finely powdered) in half glass of water.

FOR GRIPPE.

Use very strong lemonade, hot or cold.

TO RELIEVE PAIN.

Apply a flannel heated very hot or wrung out of hot water.

TO PREVENT BED SORES.

Rub with alcohol, or make a small white flannel bag, fill with starch, and dust the skin freely with it, or use talcum powder. A circular pad with a hole in the center also helps to prevent bed sores.

FOR HIVES.

Bathe the affected part with soda-water, then rub well with castor-oil. Take a purgative, and avoid overheating the blood.

FOR A BOIL.

Use poultices made of brown sugar and soap.

FOR RUNNING SORES.

Apply poultices made of carrots which have been grated and boiled until soft.

BREAD-AND-MILK POULTICE.

Stir into boiling milk enough stale bread crumbs to make the desired thickness; then remove from fire, add a little lard, and spread the mixture on one-half of a soft cloth, and cover it with the other half of the cloth.

**“Errors like straws upon surface flow;
He who would search for pearls must dive below.”**

HOP POULTICES.

Put a handful of hops into a pint of water, cover, and let boil a few minutes; then strain, return the juice to the fire, and thicken it with meal. Remove from the fire, and add a little lard.

MUSTARD POULTICE.

Take equal parts of ground mustard and flour, make into a paste with hot water, and add a little lard. By using the white of an egg in the place of water, blistering will be prevented. Another way is to spread vaseline on a cloth and sprinkle it well with ground mustard.

FOR PNEUMONIA.

Chop fine eight or ten onions, put them into a skillet, add an equal amount of rye meal and vinegar enough to make a paste; stir thoroughly and let simmer ten minutes; then put into a bag large enough to cover the chest, and apply very hot. As soon as it gets cool, apply another, and so continue by reheating the poultices until perspiration starts freely from the chest.

LINIMENT FOR RHEUMATISM.

Aqua ammonia, one ounce; sulphuric ether, one ounce; spirits of turpentine, one-half ounce; olive oil, one-half ounce; oil of cloves, one-half ounce; chloroform, one ounce. Apply twice a day.—*Dr. L. Rice.*

LINIMENT FOR SPRAINS OR BRUISES.

Oil of sassafras, two ounces; oil of cedar, two ounces; oil of spike, two ounces. Apply twice a day.—*Dr. L. Rice.*

WHAT TO DO IN AN EMERGENCY.

When an emergency arises, do not lose your self-control.

RUSTY NAIL.

If a nail is run into the flesh, take old-fashioned live-for-ever leaves, bruise them, and bind on the wound. This will draw out the poison and relieve the pain.—*Mrs. Lou B. Keeney.*

FOR BROKEN LIMB.

Apply cloths wrung out of hot water to keep down swelling until the physician arrives.—*Mrs. Lou B. Keeney.*

FOR BURNS.

White of an egg, or two tablespoonfuls of soda and one-half cupful of water; wet a piece of linen cloth in the solution, and lay on the burn. If the burn is very deep, dredge the affected part with dry soda.—*Mrs. Laura E. Rice.*

TO REMOVE A TIGHT RING FROM THE FINGER.

Place the hand in very cold water at once.

FOR FAINTING.

Lay the patient down flat, and see that the head is not raised; loosen clothing, open windows, and sprinkle cold water on the face. If this does not give relief, apply cloths wrung out of hot water to the pit of the stomach and over the heart. A mustard-plaster placed over the heart is also good, and a hot-water bottle on pit of the stomach.

"One touch of Nature makes the whole world kin."

TO PREVENT SUFFOCATION FROM SMOKE.

Tie a wet silk handkerchief over the face ; do not fold it.

FOR ORDINARY CUTS.

Press firmly right upon the cut ; then wash it in warm water, to remove any foreign material there may be left in it. Now draw the edges together, and put strips of court-plaster across it. Do not use one large piece of the court-plaster, as pus may form.

FOR CHOKING.

Slap the patient violently on the back, thrust the fingers down the throat as far as possible, and try to remove the obstruction. If the case is serious, send for a physician at once.

FOR CHOKING CHILD.

Catch the child by the feet, and let the head hang downward, at the same time giving slight, but not too violent, jerks. This throws foreign particle out.—*E*.

FOR A SHOCK.

For a shock due to any cause, use heat and stimulants.

FOR SPRAINS.

Hold the joint in very hot water for an hour ; keep the water hot by adding more ; then bandage, and keep perfectly quiet ; or apply a poultice made of equal parts of salt and lard.

WHEN CLOTHING HAS CAUGHT FIRE.

Throw the victim down and roll him, covering him with a rug, blanket, coat, or anything of the kind that happens to be at hand.

"A soft answer turneth away wrath."

FOR A STING OR BITE FROM AN INSECT.

Suck the wound to draw out the poison, then apply ammonia.

FOR DOG-BITE.

Wash the wound thoroughly, then apply a poultice made of pickled pork or bacon and onions chopped fine. It is well to suck the poison out of the wound, if possible.

OBSTRUCTION IN THE EAR.

If a bean or pea gets in the ear, never use water as that will cause it to swell and be more difficult to remove, but try to reach it with a small scoop. If an insect, put a few drops of sweet oil in the ear; this will kill the insect; then wash it out with warm water.

OBSTRUCTION IN THE NOSE.

Smell pepper or tickle the opposite nostril to cause sneezing.

WHEN A CHILD HAS SWALLOWED A BUTTON OR TACK.

If a button, leave him alone. If a tack or something with rough edges, give him plenty of potatoes, cheese, or bread. Never in any case give him physic. Chewing slippery-elm bark to a pulp and swallowing it is also said to be good. If the child is too young to chew the bark, use the ground bark by stirring it to a mush with warm water. Give a cupful within the first hour and continue giving every two or three hours.

FOR SNAKEBITES.

Suck the wound at once to draw out the poison, but do not swallow the saliva, and give alcoholic stimulants freely.

"The mind free from worry is in the best condition to make plans which are to lead to success."

FOR POISONS.

Stir into a glass of warm water a teaspoonful of mustard and one of salt, and give it at once. If this does not cause vomiting, give another glass, and continue until the patient vomits very freely. Afterward, if the nature of the poison is not known, give the patient milk and raw egg. If the poison is arsenic, after the vomiting give two or three tablespoonfuls of melted lard; if laudanum, give strong coffee.

FOR FROST BITES.

Keep away from the fire until circulation has been restored; rub the frozen part, and take hot tea in small quantities.

FOR NOSEBLEED.

Lie on the back without a pillow, and put the hands over the head.

FOR PARTICLES IN THE EYE.

The point of a knife-blade, a broken needle, or any particle of steel may be removed by applying a magnet. A cinder or anything of that sort may be removed by dropping one or two drops of castor oil into the eye. A piece of rotten apple bound on the eye has been used with success.

FOR BRUISES OR BUMPS.

To prevent discoloration of the skin, rub with butter immediately.—*E. H.*

FOR CONVULSIONS.

Do not stop to remove all the clothing, but place the child in a very warm bath as quickly as possible, and dip a cloth in cold water and lay on his head.

**“Behold, how good and how pleasant it is for brethren
to dwell together in unity!”**

FOR DROWNING.

First loosen the patient's clothing, then place him upon his face with his head resting upon one of his arms. Put a coat or anything at hand under his chest; see that the tongue is thrown forward; then press gently between the shoulder-blades and on the sides. This will cause the water to flow from the mouth. Wipe the mouth and back of the throat with a handkerchief.

**“Hoping you may live as long as you want,
And want not as long as you live.”**

SEP 11 1905

LIBRARY OF CONGRESS



0 014 488 663 A ●