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LUTHERAN COOK BOOK



By

MRS. ELIZABETH M. WEETER



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THE LUTHERAN COOK-BOOK

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FOURTH EDITION

Compiled by

MRS. ELIZABETH M. WEETER

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INTRODUCTION.

¶ The wide-spread popularity of former editions of this book, and a growing demand for practical recipes which stick to one's ribs, is our apology for this one.

¶ The recipes in this book are gathered from many sources; some of them are old, some are new, all, we believe, are good.

¶ This, the fourth edition, is revised, enlarged, and in part rewritten.

¶ In submitting it to the progressive housewife our aim is to provide her with a cook-book in the careful, intelligent use of which she will be able to set her table appetizingly and, at the same time, economically.

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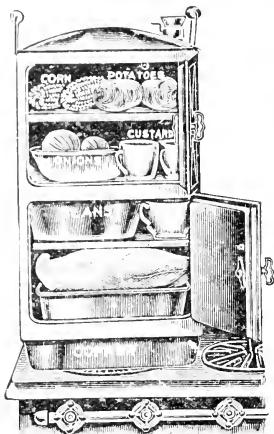
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**Mrs. Elizabeth M. Weeter,
Newark, Ohio.**

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Meat and Eggs

Beefsteak Roll.—Cut a slice from the round weighing two pounds and about one inch thick. Cut one slice of fat salt pork into small pieces or cubes. Lay the meat on a board, sprinkle the pork over and roll up tight; tie a stout thread round in several places and steam three hours. From the liquid in the dish in which the meat was placed make a gravy, using brown flour for thickening. Serve with baked potatoes.

Veal Cutlets, German Style.—Two pounds of veal cutlets, one egg, beaten light, two teaspoonfuls of melted butter, pinch of pepper, salt to taste. Cut the veal cutlets into neat pieces, about the size of a silver dollar, pepper and salt lightly, dip each piece into the beaten egg and melted butter, and fry ten minutes in a little butter or good dripping. They should be a nice brown on each side. Put in a platter and pour tomato sauce over them.

A Pot Roast.—Use for this a portion of the brisket, which is one of the cheapest cuts of meat. To prepare, place in a pot without water, and stir about over the fire till well browned, after which add boiling water nearly sufficient to cover the meat. Boil slowly till done, allowing twenty minutes to a pound, adding when half done the salt. Half an hour before done, pare a few potatoes, and place them under the meat. When ready to take from the fire, thicken with flour, adding curry at the same time if desired. If properly cooked, the meat will be tender and the gravy rich and free from grease and lumps.—The Lutheran Observer.

Baked Ham.—Ham intended for boiling should be thoroughly washed, rubbing with a coarse cloth. Put into a large vessel, so that it may be covered with cold water. If large, boil about fifteen minutes for each pound of ham.

When done, remove from the fire and let cool. Remove the skin and spread over the top a mixture made as follows: One tablespoonful of mustard, one-half tablespoonful black pepper, and two teaspoonfuls of brown sugar. Lay the ham in a pan and pour mixture over it. Bake, basting frequently.

Meat Cakes.—Take raw beef, and with chopper cut finely, as for sausage meat. Season with pepper and salt, and if desired, a little raw onion, but this must be cut very finely. Shape into balls like sausage meat, and fry in hot fat, as one would doughnuts. Care must be taken that the meat is well cooked.—Mrs. O. H. Melchor, Springtown, Pa.

Veal Croquetts.—Chop fine cold cooked veal; add one-third as much mashed potatoes, and one-half onion, chopped fine; salt and pepper to taste. Mix with egg, then make into small cakes; dip in beaten egg, and roll in cracker dust, and fry in boiling lard.—Mrs. Geo. Geiss, Allentown, Pa.

Hash.—Cut fine any cold beef that may be left from a meal, 2 onions, 4 large potatoes. Amount of onions and potatoes must be increased or diminished according to amount of meat used. After making a gravy of 1 tablespoonful of lard and two tablespoonfuls of flour, add two tablespoonfuls of vinegar; then stir in the meat, onions, potatoes and a little parsley cut fine; boil about fifteen minutes.—Mrs. L. B. Hafer, Philadelphia, Pa.

Hamburg Steak.—One-half pound lean, raw beef chopped fine, season with onion, salt and pepper. Shape into small flat balls, using but little pressure. Put into frying pan a small piece of butter, and when hot put in steak. Turn frequently. A little chopped salt pork is an improvement.

Veal Loaf.—Two pounds ground veal or beef, one-half cup cracker crumbs, two eggs, one-half cup rich cream, butter size of an egg and parsley, salt and pepper to suit taste. Mix all together and roll in cracker crumbs. Put in pan with little water. Cover and bake till the juice comes

out on top. This can be served warm or cold.—Miss Emma Senseman, New Kingston, Pa.

Beef Juice.—Take fresh, juicy beef, remove all fat and skin and cut in half inch blocks. Place pan on stove, when hot put in a little of the meat at a time, turning pan from side to side until it turns white (do not fry), remove from pan and put into beef press and squeeze all the juice from it. Serve with cracked ice and salt to taste.

Ham Toast.—Toast as many slices of bread as there are people to serve. For each slice allow the yolk of one egg beaten, a spoonful of milk and a rounding tablespoonful of minced cold boiled ham. Let the ham heat through and the eggs curdle, but not harden and spread on the toast at once. If the mixture boils it will be spoiled.

Beef Loaf.—Two pounds of beef steak ground fine, one cup cracker crumbs, one-half cup melted butter, two eggs, one cup sweet milk (hot) salt and pepper to taste. Water may be used instead of milk. Mix well together and form into a loaf. Bake about two hours, basting with water while baking.—Mrs. Charles Hetrick, New Kingston, Pa.

Veal Loaf.—Select a knuckle of veal, or any bony piece that has a large proportion of gelatine. Cut in small pieces, and remove any fragments of bone. Cover with cold water, boil quickly, skim and add one onion, one teaspoon of salt, and one saltspoon of pepper. Let it simmer until the meat slips from the bone, the gristly portions are dissolved, and the liquor reduced to one cup. Remove the meat, pick out all the bones, strain the liquor and season highly with salt, lemon juice and pepper, and slightly with sage or thyme. Chop or pick the meat apart; add two or three tablespoons of powdered cracker and the meat liquor; mix well and put into a bread pan. Put it in a cool place and when hard, serve in thin slices. The gelatine in the meat liquor will harden and hold the meat together without pressure. Serve in slices daintily garnished.—This is Mrs. Lincoln's Recipe.

Stuffed Beefsteak.—Take a round of beef steak, salt and pepper. Make a dressing of bread crumbs and parsley; butter same as for chicken, and lay in the steak; tie up

and put in pan to roast. Lay a slice of fat salt pork on top, and baste often.

Savory Meat.—Three and one-half pounds raw lean beef from the round, chopped fine, six soda crackers rolled, three eggs not beaten (just mixed), one tablespoon salt, one tablespoon pepper, one nutmeg, four tablespoons cream, one spoon water, small piece butter, one teaspoon parsley. Bake in oven one and one-half hours, basting with butter and water.

Deviled Ham Sandwich.—Chop cold boiled ham very fine. For each teacupful take the yolks of two hard boiled eggs, one-half teaspoonful of mustard, and half cup of melted butter, some salt and pepper to taste. A little chopped pickle gives it a good taste. Spread between slices of bread.

Veal Steak.—If it is necessary to wash the veal, wipe dry. Dip in beaten egg, then into cracker crumbs, and fry in half butter and lard to a nice brown. Season with pepper and salt in the pan.

Veal Loaf.—Three pounds veal, one-quarter pound pork, two eggs, five crackers crumbed, one-half cup milk. Bake one and one-half to two hours.—Mrs. James H. Moore, Newark, Ohio.

Sandwich Filling.—Boil pork tenderloin until tender, well seasoned with salt and pepper, grind, mix with chopped nuts and mayonnaise. Spread between thin slices of bread with or without a lettuce leaf.—Mrs. F. D. Altman, Atchison, Kansas.

Panned Beef.—Use nice, tender steak; have pan hot and put meat in. Let be a moment and turn; keep turning from side to side until done; the quicker it can be browned the better. Pepper and salt to taste, and spread plenty of butter on both sides. Serve at once.

Roasted Beef.—To roast beef properly, it should be boned, rolled together and secured by skewers. Prepared in this way, a roast of four or six pounds will answer a small family for several meals, as it can be nicely re-roasted the second day. Place it in a roaster, dredged with salt, pepper and flour; add boiling water, and roast for two

hours. Longer time is required if the meat is desired well done.

To Cook Sweetbreads.—Having scalded in salted water, remove stringy parts. Then stand them in cold water ten minutes. Drain on towel. Dip into egg and bread crumbs, and fry in butter.

Baked Eggs.—Break eight eggs into a well buttered dish, put in pepper and salt, bits of butter, and three table-spoons cream. Set in the water 5 minutes, or set in oven and bake twenty minutes.

Dutch Dish.—To one pound of veal or fish remnants, add a fourth of a pound of bread that has been moistened with beef tea, one finely chopped onion, one-fourth each of salt and ground cloves, three tablespoonfuls of melted butter, one-half a lemon peel grated, and the well beaten yolks of three eggs. When these are mixed, put the stiffly beaten whites of the eggs into the mixture, pour into a buttered baking dish and bake three-quarters of an hour.

Scrambled Eggs.—Beat together eight eggs, add pepper and salt to taste, 1 pint of milk, then pour in a hot pan that has one tablespoonful of hot lard in it. Fry until it can be taken from pan on a cake turner.—Mrs. M. E. Ridgley, Hampstead, Md.

Pickled Eggs.—Take five eggs to one jar. Boil hard, peel and put in a jar. Scald vinegar, a few slices of red-beet, celery seed, and mustard. Place over eggs and seal.

Omelette.—Six eggs, one cup of milk, a tablespoonful of flour, a pinch of salt. Beat whites and yolks separately. Have a buttered pan very hot. Bake in quick oven five minutes.

Boiled Eggs Served in Cream.—Boil one-half dozen eggs about fifteen or twenty minutes. Shell and cut off a little white so the egg will stand up alone. Boil one pint of cream and thicken with one tablespoon flour. Season with salt, pepper and a little butter. Pour the cream over the eggs, garnish with parsley and grated yolk of a hard-boiled egg.

Deviled Eggs.—Boil hard one dozen eggs, put in cold water and peel; cut in halves (lengthwise); take out the

yelks and mash fine, put in a lump of butter size of hickory-nut, salt and pepper to taste; a little mustard and enough vinegar to mix all together well. Fill the whites and serve cold.—Mrs. J. H. Diehl, St. Clairsville, Pa.

Fricassee Eggs.—Toast half dozen pieces of bread, lay on plate and garnish with parsley. Melt one tablespoonful of butter, add one tablespoonful of flour, stir until smooth, one and one-half pints milk, add the whites of six hard boiled eggs, chopped fine. Pour this over toast. Grate yelks and sprinkle over top. Serve hot.—Mrs. John D. Lippy.

Souffled Eggs.—Three eggs beaten separately, juice of half a lemon, three tablespoonfuls of pounded sugar, one tablespoonful of Mother's cornstarch, two tablespoonfuls of flour; milk enough to make a batter; one-half teaspoonful of Royal Baking Powder. Bake 15 minutes in quick oven, and serve hot.—Mrs. S. F. Greenhoe, Stone Church, Pa.

To Soft Boil Eggs.—Bring water to boiling point then put in eggs and keep boiling for exactly three minutes.

To boil a Ham.—A blade of mace, a few cloves, a sprig of thyme, and two bay leaves. Well soak ham in large quantity of water for twenty-four hours, then trim and scrape very clean; put into large stewpan, with more than sufficient water to cover it; put in mace, cloves, thyme and bay leaves. Boil four or five hours, according to weight; when done, let it become cold in liquor in which it was boiled. Then remove rind carefully, without injuring the fat; press cloth over it to absorb as much of the greese as possible. It is always improved by setting in the oven for nearly an hour, till much of the fat dries out, and it also makes it more tender. Shake some bread raspings over the fat. Serve cold garnished with parsley.

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

Pork and Beans.—Soak one quart white beans over night in cold water. Drain, add fresh water, and simmer

gently till tender. Put in baking pan and place in center, rind up, gashed, one-half pound fat salt pork parboiled. Mix one teaspoon salt, one-half teaspoon dry mustard, and one tablespoon molasses; add to the beans, with enough boiling water to cover. Bake eight hours in a moderate oven, adding more water as necessary.

Liver and Bacon.—Cut liver in one-half in. slices, soak in cold water 20 minutes, drain, dry and roll in flour. Have pan very hot. Put in bacon thinly sliced, turn until brown, transfer to hot platter. Fry liver quickly in the hot fat, turning often. When done pour off all but one or two tablespoons fat, dredge in flour until it is absorbed, and stir till brown. Add hot water gradually to make smooth gravy, season and boil one minute. Serve separately.

Few people know that lamb's liver is as tender and well flavored as calf's liver; it is much less expensive.

Stew, Irish.—Time, about two hours. Two and one-half pounds chops, eight potatoes, four turnips, four small onions, nearly a quart of water. Take some chops from loin of mutton, place them in a stewpan in alternate layers of sliced potatoes and chops; add turnips and onions cut into pieces, pour in nearly quart cold water; cover stewpan closely, let stew gently till vegetables are ready to mash and greater part of gravy is absorbed; then place in a dish; serve it up hot.

Mutton Haricot.—Cut two pounds breast mutton in pieces, roll in flour, and brown in drippings. Transfer to a stewpan, and two sliced onions, cover with boiling water, and simmer until very tender. Add one pint parboiled potatoes or one pint boiled macaroni and one pint shelled peas; season, simmer till vegetables are done.

Brown Kidney Stew.—From a beef kidney cut off the outside meat in bits, rejecting tubes and purplish cores. Cover with cold water; heat slowly till steaming, drain, add cold water, and heat a second and again a third time. To the drained kidneys add one cup brown sauce, season very highly with Worcestershire and catsup, and stand over hot water for ten minutes.

Memorandum

Soups

Vegetable Soup.—Boil a beef bone, or a piece of beef until well done; add boiling water enough to make amount wanted; add about a pint of chopped cabbage, a half pint of tomatoes, three small onions, three potatoes, three carrots, a half pint of sweet corn, parsley and summer savory to suit taste. Let all boil slowly an hour or longer. If preferred, you can add a little thickening. Serve with crackers.

Corn Soup.—Grate carefully one pint of fresh corn, being careful not to get any of the cob in; add to the corn one pint of water, and cook fifteen minutes. When tender, add one quart of boiling milk (morning's milk preferred), three tablespoonfuls of butter rubbed smooth with one tablespoonful of flour, and a little salt. Let it boil up, then serve with crisp butter wafers.—Lutheran Observer.

A Delicious Corn Soup.—Use for every canful of corn one and one-half pints of milk, one and one-half tablespoonfuls of butter, one tablespoonful of flour, one level teaspoonful of salt, one-sixth of a teaspoonful of pepper and one tablespoonful of minced onion. Mash the corn as fine as possible, and then put it into the double boiler. Put the milk—except one gill, which you will reserve for blending the flour—with the corn, and cook for a quarter of an hour. Cook the onion in the butter for about ten minutes, stirring frequently and taking care that it does not burn, and add it to the corn and milk. Mix the cold milk which you reserved with the flour, and when it is well blended and perfectly smooth stir into the hot mixture. Add the salt and pepper and cook for ten minutes longer, then strain and serve very hot.

Turtle Soup.—After turtle is cleaned, place in kettle with plenty of water and boil tender. Remove from the

water and pick meat from the bones. To the broth add six potatoes cut in dice, cook until soft, then add the turtle. Let this boil one-half hour and add thickening of two tablespoonfuls flour in cup of water and lump of butter the size of an egg. Just before serving add four hard boiled eggs chopped fine, a half of a lemon, and one teaspoonful of ground cloves. Pepper and salt to taste.—Mrs. John D. Lippy.

Croutons.—Cut bread about half an inch square and toast quite brown and serve with soups.

Soup Stock.—Place a large beef shank (with bone well cracked) in two gallons of cold water. Add one tablespoonful of salt and boil all day, skimming carefully just before it begins to boil. Strain and cool. In the morning skim off the fat, and turn into a soup kettle without the sediment. It is then ready for any kind of soup.—Mrs. F. R. Fulton, Minneapolis, Minn.

Mock Bisque.—Use one-half can of tomatoes, one quart of milk, one-third cup of butter and two level teaspoons of cornstarch. Heat the milk and tomato separately. Rub the tomato through a strainer and then put back on the stove to keep it hot. Take one rounding tablespoon from the one-third cup of butter and let it get hot in a saucepan. Add all the cornstarch at once, stir and cook until smooth. Then add the hot milk slowly, almost drop by drop. When all is in add salt and pepper, and then turn in the hot tomato and also the remainder of the butter. Stir and it is ready to serve. If the tomatoes are not very acid the soup will not curdle, although many cooks think it necessary to add a pinch of soda. This soup is served with croutons or bread cut in dice and fried in lard.

Tomato Soup.—Place one pint of tomatoes, one pint of water, one-fourth of a small onion, and a little parsley, over the fire. Cover closely and stew gently for an hour. Then strain through a coarse sieve. Lift out onion and parsley, and pulp the tomato through. Rub two tablespoonfuls of flour and one of butter together. Return the soup to the fire, and when hot add thickening. Cook three

minutes. Add salt and pepper to taste, and serve.—Mrs. S. F. Tholan, Ambler, Pa.

Mock Bisque Soup.—Place one and one-half quarts of sweet milk over the fire to boil. When the milk boils, add one tablespoonful flour dissolved in a little of the milk, three tablespoonfuls of butter, and one quart of tomatoes stewed and strained. Also add one small teaspoonful of soda. Salt and pepper to taste.

Potato Soup.—Three potatoes, one quart milk, two sliced onions, three tablespoonfuls butter, two tablespoonfuls flour, one and one-half teaspoonfuls salt, one-fourth teaspoonful celery salt, one-eighth teaspoonful pepper, few grains cayenne, one teaspoonful chopped parsley. Cook potatoes in boiling salted water. When soft rub through strainer. Scald milk with onion, remove onion, and add milk slowly to potatoes. Melt half the butter; add dry ingredients, stir until well mixed, then stir into boiling soup. Cook one minute, strain, add remaining butter and sprinkle with parsley.

Pea Soup.—Soak one-half pint dried peas in water over night. Cut in small blocks two potatoes and one onion. Peas will require from three to three and one-half hours to cook. Use piece of boiling beef or soup stock.—Mrs. H. C. Roehner, Hoagland, Ind.

Clam Soup.—Twelve clams cut fine, one quart water, three potatoes diced, two hard boiled eggs. Boil potatoes and clams until potatoes are soft. Then add one pint rich milk or cream. Then add butter or cream balls. Take butter size of walnut, work in flour enough to make a dough. Then make balls size of a bean. Add then the eggs beaten light. Then salt, butter and pepper to suit the taste.—Miss Emma Senseman, New Kingston, Pa.

Noodles for Soup.—Take a large cupful of flour, a pinch of salt and an egg. Mix these together thoroughly, roll very thin (adding more flour, if necessary, while rolling to keep from sticking). Roll the dough together in a tight roll; take a sharp knife and cut very fine. Put these into

soup and let boil a few minutes. Add seasoning to taste.—Mrs. S. Frankforter, Hampstead, Md.

Chicken Corn Soup.—Cut one chicken in joints and boil very soft in four quarts of water. When soft, pick meat from bones and chop rather fine. Add to broth, and then add two cans fine cut corn, or the corn from ten ears. Boil a few minutes, then thicken with one egg, rubbed into as much flour as it will absorb. Salt and pepper to taste, and boil three minutes longer. Add more water if too thick and rich.—Mrs. G. F. Ritchey, New Kingston, Pa.

Bean Soup.—Boil beans, put through colander, and add to beef broth and boil few minutes.

Tomato Soup.—One quart tomatoes, one quart water, salt and pepper to taste, a lump of butter size of an egg and let boil well, then add three pints sweet cream; let come to a boil, then add one teaspoon of soda. Serve with crackers.—Mrs. G. M. Wertz.

Alphabet Soup.—One teaspoonful Armour's Extract of Beef, one quart water, one and one-half tablespoonfuls butter, one-half bay leaf, one-half teaspoonful salt, one teaspoonful chopped onion, one teaspoonful flour, one-eighth teaspoonful paprika, two tablespoonfuls alphabets.

Dissolve Extract of Beef in water; add onion and bay leaf. Cook ten minutes. Then add butter and flour mixed together, stirring constantly. Let boil, strain, add alphabets. Cook twenty minutes. Season and serve.—Armour's Culinary Wrinkles.

Brown Soup Stock.—Three quarts beef broth, one-half teaspoonful pepper, two sprigs parsley, four cloves, one-half bay leaf, one tablespoonful saft, two tablespoonfuls butter, one-half cup each of carrots, turnips, onions and celery, cut in dices.

Melt the butter, add the onion and brown; then add the vegetables and seasonings to cold water; cover and cook slowly one hour; strain carefully and while hot add the beef broth, stirring until it is thoroughly dissolved.

Add more salt and pepper, if necessary. Cool as quickly as possible. This stock is used for a number of soups and should be made in considerable quantities and kept in a cool place until it is all used.—Armour's Culinary Wrinkles.

Memorandum

Poultry and Game

To Prepare a Fowl.—Wash the fowl thoroughly inside and out, to remove the oil, to which the dirt will adhere. Singe and put the bulk of the stuffing in the neck, after the crop has been removed. Truss the bird by pinning the wings closely with skewer, then tie the legs closely to the body with stout twine, and bind down the neck upon the back. Sprinkle with salt and pepper, and lay strips of fat salt pork over the breast. Bake in a hot oven two hours, basting every fifteen minutes.—Lutheran Observer.

Roast Chicken.—Clean well and wipe dry inside of fowl. Make filling as follows: Pour over stale bread enough milk to moisten well, add two eggs, beaten light, small lump of butter, a little onion, salt and pepper to taste. Fill chicken and bake, basting often with the water from the pan. Boil together the heart, liver and gizzard until tender. Chop very fine, put back in the water they were boiling in, pour into pan after chicken is removed, thicken with a little flour, salt and pepper to taste.

Chicken Mince.—Place two tablespoonfuls of butter and one of flour in the pan; when thoroughly absorbed and smooth add one cupful milk. When hot add two cupfuls of cold cooked chicken that has been cut into dice and stir well; when quite hot add a seasoning of salt and at the last moment a dust of pepper.

Baked Chicken.—Have the fowl prepared the afternoon before. Prepare a dressing as follows: One pint of corn meal, two eggs, two-thirds of a pint of sour milk, one-half teaspoonful of soda; mix well and steam or bake in oven. When done, soften with a little water. Add chopped onion and pepper to taste. Stuff uncooked chicken and steam in cooker till done, then brown in hot oven.

Chicken Timbales.—One pint cold chopped chicken—

white meat preferred—one cupful grated bread crumbs, one cupful milk, lump of butter size of a walnut, salt and pepper to taste, whites of four eggs. Boil together the bread crumbs and milk until they thicken, then add gradually the chicken, butter and seasoning. Remove from the fire and when cold and just before serving add the stiffly beaten whites of eggs. Butter well some timbale cups—any ordinary baking cups will answer—pour in the mixture, filling cups about two-thirds full, and place in a pan containing boiling water. Bake in a moderate oven from fifteen to twenty minutes. When done turn out on a platter and pour around them the cream sauce.—Lutheran Observer.

Chicken Pudding.—Cut up the chickens and stew until tender, then take them from the gravy, and put on a dish, and season them with pepper, salt and butter. Make a batter of one quart of milk, three cups of flour, one-half cup of melted butter, two teaspoonfuls of Royal Baking Powder, a pinch of salt; grease a pudding pan and put a layer of the chicken at the bottom, then some of the batter over it. Do this until the dish is full. Have the top layer batter. Bake about three-quarters of an hour.—Mrs. C. V. Hyson, Hampstead, Md.

Creamed Chicken.—Two cupfuls chopped cooked chicken, one cupful chicken dressing, two tablespoonfuls of butter, one cup sweet milk, two tablespoonfuls flour. Season to taste and serve on toast.—Mrs. Ellen Ruthrauf.

Scalloped Chicken.—Mince cold chicken very fine; season with pepper, salt, parsley and a little melted butter; moisten with cream; cover with bread crumbs; make into little balls and fry a delicate brown in hot lard and butter.

Chicken Brown Stew.—Cut up a chicken as for frying. Put in a baking pan; season with salt and pepper, and dust over with flour. Cut up pieces of butter and lay over the chicken. Then pour over a cup of sweet cream. Put in a hot oven and brown quickly. Turn the pieces so they will brown all over.

Chicken Filets with Almond Sauce.—Remove the filets from a raw chicken; there are four, two on each side of the

breast bone. Heat three tablespoonfuls of olive oil in the chafing dish. Season the filets with salt and cook until brown in the hot oil. Remove them and blend one tablespoonful of flour with the oil that remains in the pan. Then slowly add one cupful of cream. Cook three minutes and add one-half cupful of blanched almonds, cut into small pieces. Reheat the filets in this and serve at once. This recipe was selected as the best of thousands recently submitted in a chafing dish competition.—Editor.

Smothered Chicken.—Cut up chicken as for fricassee. Wash and let stand in cold water for some few minutes. Drain, season, dredge with flour, and put in pan not quite covered with water. To one chicken one-half cup butter is cut in lumps and put over top. Cover closely and bake until tender. When done, take from pan and make gravy. I can state no definite time for cooking as that is governed largely by age of chicken. But to try with a fork is always a safe way.

Oyster Stuffing for Turkey.—One quart of oysters, one loaf of stale bread (baker's bread the best), four table-spoons of melted butter, three eggs, one tablespoon each of salt and pepper. The crusts should be removed and moistened with hot water, the surplus moisture poured off as soon as the crusts are soft. Chop the remainder of the loaf, add the melted butter and seasoning. Drain off the liquor from the oysters, boil it, skim and pour over the bread crumbs and soaked crusts. Beat in the three eggs, mix all well together, with the hands, and if rather dry add a little sweet milk. Put in a spoonful or two of stuffing, then three or four oysters—being careful not to break them. Continue adding stuffing and oysters till the turkey is filled. This is Mrs. Henry Ward Beecher's recipe.

How to Broil and Roast Birds.—The directions for broiling are the same for small birds. Bear in mind, however, that for the extremely small ones a very hot, bright fire is needed, as the birds should be only browned; consequently the time required for broiling them is very brief. Singe and wipe the birds, then split down the middle of the back, remove the contents, pound the birds lightly,

to flatten the breastbone, and wipe thoroughly with a damp clean towel, taking care that everything is removed and the birds left perfectly clean for cooking. Season with salt and pepper, rub thickly with soft butter and dredge with flour. For squabs or quail about ten minutes are required for broiling. Smaller birds require less time.

To roast birds, draw and wash quickly, wipe dry, season with salt and pepper, and pin a thin slice of pork on the breasts; put the birds in a shallow pan in a hot oven, and bake for fifteen or twenty minutes. Partridges require forty minutes. Serve on toast, with currant jelly and with bread sauce, which is made in the following way: One pint of milk, one-half cupful of fine bread crumbs, two tablespoonfuls of chopped onion, one tablespoonful of butter, one-half teaspoonful of salt, one-half saltspoonful of white pepper, two thirds of a cupful of coarse bread crumbs and another tablespoonful of butter.—Lutheran Observer.

Boned Chicken.—Boil a chicken in little water as possible until meat will fall from bones, remove all skin, chop together light and dark parts; season with pepper and salt. Boil down liquid in which chicken was boiled, then pour it on meat; place in tin, wrap tightly in cloth, press with heavy weight several hours. Serve cold, cut in thin slices.

Chicken Pot-pie.—Two large chickens disjointed and boiled in two quarts water; add a few slices salt pork; season. When nearly cooked, add crust made of one quart flour, four teaspoons Royal Baking Powder, one saltspoon salt; stir in stiff batter with water; drop into kettle while boiling, cover close and cook twenty-five minutes.

Chicken Pot-pie.—Disjoint two fowls and cook in two quarts water till very tender. Slip out bones and season. Line sides of clean kettle with rich biscuit crust. Add chicken and thickened liquor. Stand on moderately hot fire. Build fire of dry cobs or small sticks around kettle, and keep burning till crust is well browned. Put chicken on platter and lay crust on it.—Old Fashioned Recipe.

Make thick dumpling batter. Drop by spoonfuls into thickened boiling liquor, cover closely for twenty minutes. —New receipt.

Fish and Oysters

Baked Shad.—Make a dressing of bread crumbs, a little chopped onion, two eggs, parsley, pepper, salt, and one tablespoon butter. Put in the fish and tie securely with cord. Bake it in a pan with hot water, and baste it often. A slice of fat pork laid over the top greatly improves it.

Salmon Balls.—One can salmon, one cup milk, one egg, pepper and salt to taste, cracker crumbs enough to thicken. Form into flat round cakes. Fry in butter.—Mrs. D. P. McLaurin.

Scalloped Oysters.—Drain oysters. Butter a baking dish, and cover thinly with finely chopped celery and bits of butter. Put oysters in layers with butter and seasoning alternating with cracker crumbs. When dish is filled add strained oyster liquor and sufficient milk to moisten. Cover with crumbs. Add butter in bits. Bake until a light brown.—Mrs. I. E. Greenwood, Carlisle, Pa.

Oysters on Toast.—Toast stale bread, butter well, cover with raw oysters, season with salt, red and black pepper, put bits of butter between the oysters, set in a hot oven and heat until the oysters begin to curl. Serve at once on a hot plate.

Salmon Loaf.—One can salmon minced fine, two cups bread crumbs, two eggs, two tablespoons melted butter, salt and pepper, a little milk. Steam one hour.—Mrs. Harlan K. Fenner, Louisville, Ky.

Oyster Pie.—One quart oysters, drained. To the broth add two medium sized potatoes cut in dice, pepper, salt and butter to taste. When potatoes are almost soft, add the oysters, and one cup milk. Take from fire, butter a baking dish, and line sides with paste made as follows: One quart flour, two teaspoons Royal Baking Powder, one of salt, and sift three times. Then add butter size of a

walnut and work thoroughly with the hand. Moisten with sweet milk or water. Fill the dish with the oysters and potatoes and cover with remainder of paste. Cut hole in center of top, to let out steam. Bake a delicate brown.—Mrs. G. F. Ritchey, New Kingston, Pa.

Ralston Escalloped Oysters.—Four cups milk, one cup Ralston, three eggs, one-third cup butter, one quart oysters, salt and pepper to taste. If your grocer is not supplied with Ralston Purina Foods, advise Purina Mills, St. Louis, Mo. Into the boiling milk stir Ralston Health Food; cook ten minutes. Add butter, yolks of eggs, pepper and salt. Take from stove and fold in the beaten whites of eggs. Put in a greased baking dish alternating Health Food and oysters. Bake 30 minutes.

Ralston Escalloped Salmon.—Three cups water, one-half cup Ralston Food, one tablespoon butter, two eggs, one-half can salmon. If your grocer is not supplied with Ralston Purina Foods, advise Purina Mills, St. Louis, Mo. Cayenne pepper and salt to taste. Have water boiling; then stir in Ralston Health Food. Boil ten minutes; add butter, yolks of eggs, pepper and salt; fold in carefully the whites of eggs. Put a layer of Ralston, then of salmon in a greased baking dish and bake fifteen minutes.

Oysters Roasted in the Shell.—Wash and scrub the shells. Cook in hot oven, on top of stove, over red hot coals, or in steamer until shells open. Always place them round shell down to retain juice. Serve melted butter and vinegar or lemons with them.

Panned Oysters.—Pick over the opened oysters to remove bits of shell. Wash quickly in cold water and drain on sieve. Put into saucepan with one tablespoon butter for twenty-five oysters and a dash of salt and pepper. Cover and shake over a hot fire until edges ruffle and oysters are plump. May be served on toast.

Stewed Oysters.—Pick over and wash one quart oysters. Scald one pint milk. Strain, boil, and skim oyster liquor; when clear add oysters. Cook till oysters are plump and well ruffled; take from fire, add hot milk, salt, and pepper.

If desired thicker rub together one tablespoon each of butter and flour; add to milk and stir until smooth. This may be varied by additions of a little chopped celery or onion.

Oyster Pates.—One quart oysters, minced fine with a sharp knife; one cup rich drawn butter based upon milk; cayenne and black pepper to taste. Stir minced oysters in drawn butter and cook five minutes. Have ready some shapes of pastry, baked in pate pans, then slipped out. Fill these with the mixture; set in oven two minutes to heat, and send to table.

Oyster Pie.—One quart oysters, drained; pepper, salt, and butter to taste. One quart flour, two tablespoons lard, one tablespoon salt, mix with water for the pie crust. Butter plate, then line pie plate with crust; fill with oysters, seasoned; put over a crust and bake.

To Boil Lobsters or Crabs.—The lobster is in good season from April to December, and should be purchased alive and plunged into boiling water in which a good proportion of salt has been mixed. Continue to boil according to size about twenty minutes. Crabs should be boiled in the same manner, but a little more than half the time is necessary.

Deviled Crabs.—One cup crab meat, picked from shells of well-boiled crabs, two tablespoons fine bread crumbs or rolled cracker, yolks two hard boiled eggs chopped, juice of a lemon, one-half teaspoon mustard, a little cayenne pepper and salt, one cup good drawn butter. Mix one spoon crumbs with chopped crab meat, yolks, seasoning, drawn butter. Fill scallop shells—large clam shells will do—or small pate pans—with the mixture; sift crumbs over top, heat to slight browning in quick oven.

Memorandum

Vegetables

Mashed Potatoes.—The secret of making good mashed potatoes is to keep them hot while mashing, and to have the milk very hot when it is added.

Creamed Potatoes.—Cut raw potatoes into dice and boil in salt water until done. Drain water off. Put over potatoes one cup of milk, one tablespoon butter, one tablespoon flour dissolved in little milk, put in a little parsley.

French Fried Potatoes.—Pare and cut lengthwise into eights, soak fifteen minutes in cold water; drain, plunge into deep fat and fry until brown. Salt and serve hot.

Saratogo Chips.—Slice raw potatoes very thin; soak in cold water, then plunge into boiling water two minutes. Drain and fry in hot lard.

Scalloped Potatoes.—Butter pudding pan, cut potatoes into thin slices. Place in pan layer potatoes, small piece butter, pepper and salt. Repeat process until desired quantity is had. Add layer crackers broken in small pieces, cover with milk, and put in oven until baked.—Mrs. H. C. Roehner.

Ralston Cheese Souffle.—One-fourth cup Ralston Health Food, three eggs, one-half cup grated cheese, one cup milk, one tablespoon butter, one-third teaspoon mustard. Cayenne pepper and salt to taste. If your grocer is not supplied with Ralston Purina Foods, advise Purina Mills, St. Louis, Mo. Cook Ralston and milk five minutes. Add butter, yolk of eggs, mustard, salt, cayenne and cheese. Then fold in carefully the beaten whites of eggs. Pour in a greased baking dish and bake in a quick oven fifteen minutes.

Cold Slaw.—Take one head of cabbage cut fine, and three hard boiled eggs. Sprinkle salt and sugar over the

cabbage. Let stand. Then press out. Rub one yolk to a smooth paste, add two tablespoonfuls of sour cream and a little sugar beat until very light. Then add a little vinegar, pour over the cabbage, and grate the eggs over the top.

Hot Slaw.—Cut a hard, white head of cabbage into two pieces. Shave one piece as fine as possible and put it into a stew pan with a piece of butter the size of an egg, 1 small teaspoon salt, and nearly as much pepper. Add one-half teacupful water and one teacupful vinegar. Cover the stew pan and cook the cabbage until it is tender, stirring it often while cooking.

Creamed Corn.—Cook fresh sweet corn which has been cut from the cob (about a pint) in enough water to prevent burning, until tender; season with salt and plenty butter, and one cupful of sweet cream.—Lutheran Observer.

Escalloped Corn.—Cut fresh picked corn from the cob and fill a greased pudding dish with alternate layers of corn and cracker crumbs, with bits of butter and salt between each layer, and a little rich milk. Be sure to have it well moistened and cracker crumbs on top. Bake one hour well covered.—Lutheran Observer.

Baked Corn.—This is one of the best dishes made from corn, and is often served cold at picnics. Cut the corn off from the cob with a sharp knife; allow a quart of milk, three eggs, a piece of butter the size of an egg to every pint of corn, and season with salt and pepper. Bake in a greased pudding dish about an hour slowly. The oven should be only moderately heated, so that it will not scorch. Stir occasionally at first, but after it thickens let it brown.—Lutheran Observer.

Corn Oysters.—To one quart of grated corn, add three eggs well beaten, four grated crackers, sifted; with a one-half teaspoonful of Royal Baking Powder; a teaspoonful of salt and a little pepper. Drop by the tablespoonful in hot lard, and fry a rich brown.

Corn Pudding.—Six ears of corn. Grate three and cut three off with knife, cutting twice through grain. Three

eggs, one cup sweet milk. Pepper and salt to taste. Put bits of butter over top and bake a light brown. Miss Lizzie Richwine, Allen, Pa.

Stewed Tomatoes.—Take one-half can of tomatoes, stew until perfectly smooth. Season with salt and pepper. Add a piece of butter the size of an egg, and two tablespoonfuls of sugar. Dissolve a tablespoonful of flour in a little water, and stir into tomatoes. Then let boil a little and it is ready to serve.

Fried Tomatoes.—Cut tomatoes in slices, dip into flour, sprinkle salt and pepper on them and fry in hot lard or butter until brown. Lift out the tomatoes, put a little flour in pan and milk; salt and pepper to taste; serve hot.

Macaroni and Tomatoes.—Cook one pound of macaroni twenty minutes, then add three large tomatoes, cut fine, and cook ten or fifteen minutes longer, add one tablespoonful of butter, one cupful of cream, pepper and salt to taste; then cook five minutes more before taking it up.—L. E. Ridgley, Hampstead, Md.

Baked Beans.—Pick one quart of beans free from stones and dirt. Wash and soak over night in cold water. In the morning pour off the water. Cover with hot water, and boil until they begin to split open. The time depends upon the age of the bean; but it will be from thirty to fifty minutes. Turn them into a colander and pour over them two or three quarts of water. Put the beans in a deep earthen pot; place pork on top only; cover it. Mix one teaspoonful of mustard and one tablespoonful of molasses, with a little water. Pour this over the beans, and then add just enough boiling water to cover. Bake slowly six hours; add a little water occasionally.

Succotash.—Cut a pint of sweet corn from the cob, and cook in as little water as possible without burning. Cook one pint of nice shell-beans; drain and add to the corn with four tablespoonfuls of butter and a cup full of milk and cream mixed together; season with salt. Serve in individual vegetable dishes.—Lutheran Observer.

Fried Egg Plant.—Slice, then sprinkle a little salt over them and let stand for half hour. Then drain water from

it, dip in egg, then into cracker dust and fry in hot lard. Season with a little pepper while frying.

Macaroni and Cheese.—Quarter of a pound of macaroni; put it in three pints of boiling water; cook twenty minutes, then drain, put a layer of cheese grated in a greased pan, then a layer of macaroni and pieces of butter, pepper and salt. Cover the top with bread crumbs; put bits of butter over it, and one cup of sweet milk, some grated cheese and brown in oven.—Mrs. C. V. Hyson.

Tomatoes Baked Whole.—Select sound, ripe tomatoes, cut round hole in stem side of each and stuff with bread crumbs, butter, pepper and salt, cover bottom of pan with tomatoes, open side up; put in a very little water, dredge with flour and bake brown. Serve hot.—Mrs. J. W. Weeter.

Fried Potatoes.—Pare raw potatoes; cut thin as wafers with sharp knife or patent slicer. Soak twenty minutes in cold water; dry on towel. Throw a handful at a time in kettle of smoking hot fat; skim out fast as browned and drain on unglazed paper. Sprinkle with salt.

Fried Potatoes, 2.—Cut cold boiled potatoes in thick slices, season and saute in a little hot fat in a frying pan.

Mashed Potatoes.—Boil potatoes in salted water; while hot put through ricer or mash with fork till smooth. Season with salt and pepper; to one pint add one tablespoon butter and two tablespoons hot milk. Beat till light, heap in hot dish.

Baked Potatoes.—Scrub potatoes of same size. Bake in very hot oven until tender. Press till skin breaks slightly, serve hot with butter.

Potato Croquettes.—Mix together one pint hot mashed potato, one teaspoon salt, one-third teaspoon pepper, one teaspoon onion juice, one tablespoon butter, one tablespoon chopped parsley, yolks two beaten eggs. Stir over fire till mixture leaves sides of saucepan. When cool, shape into croquettes, dip each in beaten egg, roll in crumbs, and fry brown in deep kettle of smoking hot fat.

Dried Sweet Corn.—Soak one pint overnight. Drain, add fresh cold water and cook slowly. When tender drain, add one-half cup rich milk, one tablespoon butter, salt and pepper to taste, simmer ten minutes.

Salads and Dressings

Mayonnaise Dressing.—Yolks five hard boiled eggs, mash smooth, then add salt, pepper, mustard to taste. Pour salad oil in slowly and beat well. Add juice of one lemon.—Mrs. J. W. Weeter.

Fruit Salad.—One scant quart of chopped celery, one cup of drained pineapple chopped, one cup of drained oranges chopped, three large tart apples chopped, one cup of finely cut mixed nuts. One hour before serving cover with the following dressing:

Dressing: Beat together until light one-half pint of cream, two eggs, one-fourth teaspoon of mustard and drop in slowly the juice of two medium sized lemons. Place butter the size of a large egg in a pan, melt and pour the foregoing mixture in and stir constantly over a slow fire.—E. Bertha Kunkle.

Plain French Dressing.—Three tablespoons of oil to one of vinegar, one heaping saltspoon of salt, one even saltspoon of pepper mixed with a little cayenne.

Potato Salad.—Boil six potatoes, cut fine. Cut celery fine and two hard boiled eggs. Salt and pepper. **Dressing:** One cup vinegar, one cup water, two tablespoons sugar. Boil. One teaspoon mustard, two teaspoons cornstarch; mix into a little of the vinegar and stir in slowly. Beat up an egg and add also a little butter. Garnish with slices of egg and celery leaves.—Mrs. Mae Albright.

Potato Salad.—Five boiled potatoes, three hard boiled eggs, one onion. Salt, pepper and celery seed. **Dressing:** One-half pint of vinegar boiled. Add one-half cup of sugar, one teaspoon of mustard, one teaspoon of cornstarch, good sized lump of butter, yolks of two eggs. Then boil all together, and pour over above mixture.—Miss Emma Senseman.

Salad Dressing.—A formula for a cream salad dressing to use instead of mayonnaise is as follows: Rub the yolks of three hard boiled eggs to a smooth paste, and add to them one teaspoonful of sugar, one of salt, one-eighth of a teaspoonful of cayenne, one teaspoonful of mustard, and two tablespoonfuls of vinegar. Have a pint of rich cream, very cold, and beat until smooth and light. Stir this a spoonful at a time into the egg mixture.

Mock Pineapple Salad.—Peel three large, rather sweet apples; cut into thin slices and with a small round cutter remove the core. Cover the slices of the apples with cold water to keep them from discoloring. Peel four medium-sized, tart oranges; trim off the white pulp and slice the oranges across the grain, same thickness as the apples. Put slices of apples and orange together; arrange these in pyramid form on a glass dish. Reduce some thick mayonnaise with the juices that drain from the slices of orange and pour over the fruit and serve at once, very cold. Let the fruit chill before the mayonnaise is added.

Cabbage Salad.—Cook a Savoy cabbage in boiling water until tender, drain well and chop. Make a dressing of the yolks of two hard boiled eggs mashed very fine, three tablespoons of thick sour cream, one teaspoon of made mustard, one level teaspoon of salt and two tablespoons of vinegar. Beat until smooth and pour over the cabbage.

Fruit Salad.—Slice three bananas, cut into small pieces three oranges, a bunch or two of white Malaga grapes picked from stems and cut in half, and one apple pared and cut in dice. Mix all together and sweeten to taste.

A Salad Dressing.—A fruit salad dressing that is especially good for any combination of fruits that are not too tart is made by beating together the yolks of four eggs until lemon-colored or creamy. Beat in, little by little, a half teaspoonful of salt and a cupful of powdered sugar. Have ready the strained juice of two lemons, stir in at last, and serve at once. This goes particularly well with bananas and oranges.

Cauliflower Salad.—Boil one large head of cauliflower

in two quarts of water and one tablespoonful of salt for one-half hour. Drain and when cold divide into small tufts. Pour cream dressing or mayonnaise dressing over it and serve.

Beef Salad.—One cup beef, chop fine, three hard-boiled eggs, one teaspoonful of mustard, one teaspoonful oil, a little salt and pepper, and a little vinegar. Set in a cold place until ready to use.—Mrs. A. A. Kelley, Newville, Pa.

Chicken Salad.—The white meat of one chicken cut fine. Celery chopped fine to the same amount as chicken. Mix and sprinkle a little salt over. Dressing: One teaspoon salt, one teaspoon of pepper, two teaspoons of mustard, two teaspoons of white sugar, one cup vinegar, two hard-boiled eggs. Rub the yolks with a fork, to a powder. Add salt, pepper, mustard and sugar. Beat one raw egg. Add the dressing vinegar last. Pour over slowly and toss the meat lightly with a fork. Cut white of eggs in rings and lay over top. Edge the dish with celery leaves.—Miss Emma Senseman.

Tomato Salad.—Take six medium sized tomatoes, peel, slice, salt, pepper and sugar. Let stand. Drain off the water. Take four hard-boiled eggs. Rub one yolk to a smooth paste, add two tablespoonfuls of sour cream, beat until very light; then add a little vinegar, and pour over the tomatoes. Then grate the eggs over the top. Serve immediately.—Miss Laura Keller.

Cream Salad for Dressing.—Mix one-half tablespoonful of mustard, one-half tablespoonful of sugar, and the same amount of salt, with the yolks of two raw eggs; add three tablespoonfuls of melted butter, and three-quarters of a cup of cream; pour slowly on to this mixture one-quarter of a cup of vinegar. Cook the dressing in a double boiler until it thickens slightly, stirring constantly. Strain and cool.

Nut Salad.—For a nut salad use equal quantities of crisp celery cut in inch pieces and either blanched almonds or English walnuts. Serve on lettuce with a large spoonful of dressing made as follows: To the yolks of two eggs

beaten very light add half a teaspoonful each of mustard and salt and beat again. Add slowly, continuing to beat, four tablespoonfuls of melted butter and six tablespoonfuls of vinegar. Cook in a double kettle until it thickens and is creamy. Before using, and when perfectly cold, add one cupful of whipped cream.

Pineapple and Celery Salad.—Peel a small ripe pineapple cut out the eyes and shred; set on ice until thoroughly chilled; then mix with a cup of finely chopped, crisp white celery, and a sweet red pepper cut into dice. Sprinkle over this a little French dressing and let stand a few minutes. Then mix with mayonnaise and whipped cream and serve with garnish of lettuce leaves and nut meats.—Lutheran Observer.

Sweet Salad Sauce.—Beat yolks of four eggs until light and gradually beat in a cup of powdered sugar; add half a teaspoonful of salt. Beat until sugar is dissolved, then add the juice of two lemons. This sauce can be added to the salad and kept on ice for an hour before serving.

Celery Salad.—Wash and scrape two bunches of celery and cut into half-inch lengths. Lay in ice water for an hour. Make a dressing of one tablespoonful of oil, four tablespoons of vinegar, one level teaspoon of sugar, a few dashes of pepper and one-third level teaspoon of salt. Mix celery and dressing together with a fork and serve at once.

Mayonnaise Dressing.—One egg, one-half cup of cream, one-half teaspoonful mustard, salt, sugar, one-quarter cup of vinegar, small lump of butter. Beat whole egg very light, add cream, mustard, sugar, salt. Have vinegar boiling hot, stir all into hot vinegar and stir all the time until creamy consistency.—Lutheran Observer.

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Bread, Warm Cakes, Fritters

Corn Pone.—One pint sweet milk, one egg, one-half cup sugar, one teaspoon soda, one-half teaspoon salt, three tablespoons of melted lard, two parts corn meal and one part wheat flour, make as thick as mush and bake forty-five minutes.—Mary Garber, Andersonburg, Pa.

Yeast for Bread.—One handful of hops, boil in two quarts of water, strain over one pint of grated raw potatoes, one small cup of salt, one cup of sugar. Then add two quarts warm water. Stir mixture. Then let stand until lukewarm. Then add one pint of yeast. Let stand covered closely until light and foaming. Then put in jars, using one pint for six loaves of bread.—Mrs. Wm. Givler, Allen, Pa.

Bread.—One pint of boiled potatoes, mashed, add water to make six pints in all. Put in dough-tray in evening, adding one pint of the prepared yeast, one-half cup of sugar, lump of lard, then stir in flour until a stiff batter. Let rise until morning. Then add flour and knead stiff. When it has risen partly knead again. When light put in pans. Let rise until light, then bake.—Mrs. Wm. Givler.

Buckwheat Sweet Bread.—You will need two tablespoonfuls of shortening, three tablespoonfuls of sugar, one egg, one teacupful of sour milk, one-half teaspoonful of soda, two tablespoonfuls of wheat flour and one and one-half cupfuls of buckwheat flour. Pour into a small dripping pan and bake in a moderately hot oven. This should be eaten while warm with butter and is delicious.—Lutheran Observer.

Graham Muffins with Sour Milk.—Beat one cup of rich sour milk, one-half level teaspoon each of salt and soda and one and one-half cups of Graham flour. Turn into hot greased iron pans and bake quickly.

Muffins.—Three eggs, one quart milk, one teaspoonful salt, one teaspoonful sugar, two teaspoonfuls yeast powder, a little butter, flour to make a nice batter.

Exposition Muffins.—Three cups of flour, three table-
spoons sugar, one teaspoon salt, two heaping teaspoons
Royal Baking Powder, one egg well beaten. Mix with
sweet milk, and one tablespoon of butter heated. Beat
hard. The dough should be stiff enough to drop in pans.
—Miss Edith Mae Kapp, New Kingston, Pa.

Sally Lunn.—One pint of flour, two teaspoonfuls Royal
Baking Powder, one-half teaspoonful salt, one-half cup of
sugar. Beat two eggs, whites and yolks separately; add to
yolks one-half cup sweet milk, stir slowly into flour and add
one-half cup melted butter. Stir in the whites last. Bake
in muffin pans.—Mrs. Chas. Bernheisel.

Pineapple Muffins.—To two well-beaten eggs add
gradually one teacup milk and one-third cup melted but-
ter. Thicken this with one quart flour (sifted) in which
has been mixed three tablespoons Royal Baking Powder,
a heaping teaspoonful sugar and a teaspoonful salt. When
thoroughly beaten add one cup grated pineapple and bake
till quite done (about half an hour) in hot greased muffin
rings. Fill the rings a little more than half full. Serve
very warm and they will be excellent.—Mrs. Elizabeth
Weeter.

Boston Brown Bread.—Pour enough boiling water
over one-half cup of corn meal to scald it. Butter size of
an egg, one-half cup good molasses, one cup sour milk, one
heaping teaspoon soda, one scant quart of Graham flour.
Bake in pound baking powder cans one hour and fifteen
minutes, in a moderate oven. This will make three loaves.
—Mrs. F. D. Altman, Atchison, Kansas.

Potato Buns.—One cup of mashed potatoes, one cup
of sugar, two eggs, one cup of yeast, one tablespoon of
flour. Set in evening, let rise until morning, then add half
a cup of lard, knead and let rise until light, roll out and cut
into cakes, then let it rise again. Bake until a delicate
brown.—Mrs. Chas. Bernheisel.

Cream Puffs.—Beat four eggs, two cups of flour, four

cups sweet milk, a pinch of salt. Bake in muffin pans; serve hot with sauce made as follows: One cup of sugar, one egg, butter size of an egg. Flavor with vanilla and beat to a foam.

Parker House Rolls.—Scald one pint sweet milk. When cold add one tablespoon lard, one teaspoon salt, one-half cup sugar, one-half cup yeast. Add sufficient flour to make batter and let stand till morning. Then stiffen and let rise again. Roll out till one-half inch thick. Cut in rounds. Spread with butter and double together, and let rise again. Bake fifteen minutes till nicely brown.

French Rolls.—In to a pound of flour rub two ounces of butter and the whites of three eggs; one tablespoonful of yeast, a little salt and milk enough to make a stiff dough. Cover and set in a warm place to get light. Cut into rolls, dip the edges into melted butter to keep them from sticking together and bake in a quick oven.

Cream Waffles.—One pint of rich cream (sour). Stir into it one teaspoonful of soda. Then add flour enough to make a rather stiff batter. When done sift sugar over them and serve hot.

Waffles.—Two eggs, one-half cup butter, four cups flour, two teaspoon Royal Baking Powder, milk sufficient to make a thin batter. Beat whites and yolks separately. Bake in waffle iron.—Mrs. W. P. Eckels, New Kingston, Pa.

Waffles.—Two beaten eggs, one quart light flour, one iron tablespoon melted lard, one level teaspoon soda, sour milk enough to make a batter as thick as cream. Do not fill iron too full. The iron must be hot and well greased. They are improved very much by dressing them with cream and sugar as soon as baked.—Mrs. Geo. B. Hoover, Allen, Pa.

Aunt Peggy's Apple Dumplings.—One pint of flour, teaspoonful of Royal Baking Powder, piece of butter size of an egg, a pinch of salt, water or milk enough to make a stiff dough, divide the dough into six equal parts, roll and fill with apples sliced thick; then take one-half cup of

white sugar, a teaspoonful of butter; fill the cup with boiling water, and pour over the dumplings. Bake in an oven hot enough for pie.—Mrs. Wade Crampton, Hampstead, Md.

Strawberry Shortcake.—The shortcake is still a favorite dish. But the modern ones are served very acceptably as individual cakes, instead of a large one. This is the recipe used in the Boston Cooking Schools: Add four teaspoonfuls of Royal Baking Powder and one-half teaspoonful of salt to two cupfuls of pastry flour. Sift two or three times. One-third cupful butter, three-quarters cupful milk. Roll the dough lightly. Use a large biscuit cutter. Bake ten minutes, hot oven. Halve the strawberries, sprinkle with sugar, and heat a trifle. Tear the cakes open, butter, place strawberries between and on top. Whipped cream renders it more attractive. Serve immediately.—Lutheran Observer.

Fruit Shortcake.—One-half quart flour, one-half teaspoonful salt, one heaping teaspoonful Royal Baking Powder, lump of lard the size of an egg, and one-half pint of milk. Sift the flour, salt and powder together; rub in the lard cold. Add the milk, and mix to a smooth dough, just soft enough to handle. Divide in half, roll out, spread top of under layer with butter, and bake until a light brown. Separate the cakes without cutting them. Any kind of fruit may be used. Serve with sugar and cream.—Mrs. H. D. Shimer, Watsonstown, Pa.

Rice Gems.—To one-half cup cold boiled rice add the well beaten yolks of three eggs, two cups milk, one teaspoonful salt, three cups sifted flour and one tablespoonful melted butter. Beat vigorously until batter is smooth. Now add carefully two teaspoonfuls Royal Baking Powder and whites of eggs beaten stiff. Bake in hot gem pans in a very quick oven.—Mrs. H. C. Alleman, Philadelphia, Pa.

Banana Fritters.—Separate two eggs; to the yolks two tablespoonfuls melted butter, one-half teaspoonful salt, two-thirds cup water, one pint flour. Stir in carefully the whites of eggs, beaten to a stiff dry froth, and one heaping

teaspoonful yeast powder. Cut the bananas in quarters, dip in the batter and fry in smoking fat.

Corn Fritters.—Two cupfuls of sweet corn cut from the cob (canned corn can be used instead), two eggs, one cupful of sweet milk, one-fourth teaspoonful of salt, one-half teaspoonful of soda, and two tablespoonfuls of butter; add enough flour to make a good batter. Drop in spoonfuls in hot butter and fry brown. Serve for breakfast or luncheon.—Lutheran Observer.

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Orange Custard.—Beat yolks three eggs until light, add juice and grated rind of one orange, three-fourths cup sugar, one tablespoon Niagara Corn Starch, mixed, one-half cup water. Use whites of eggs for meringue.—Miss Elanore Burr.

Lemon Pie.—One lemon, three eggs, one cup sour cream, two and one-half cups sugar, three cups water, one cup flour.—Mrs. W. W. Wonderly, New Kingston, Pa.

Lemon Custard.—One grated lemon, one cup sugar, four tablespoons melted butter, yolks of four eggs, half cup cracker dust, one pint sweet milk. Bake twenty minutes. Beat the whites of four eggs and four tablespoons sugar to stiff froth, cover the pies with this and brown slowly.

Lemon Custard.—One cup sugar, one tablespoon butter, yolks of two or three eggs, one cup boiling water, juice and grated rind of one lemon, one tablespoon cornstarch dissolved in cold water; stir cornstarch into the hot water. Cook until clear, then add the butter and sugar. When creamy push back on range, and when nearly cold add the lemon and beaten eggs. Fill this in a rich baked crust and cover with a thick meringue. This is made with the whites of the eggs, beaten stiff, and while still beating add three tablespoons powdered sugar, one teaspoon of lemon juice. Spread over pie, and stand in a slow oven until it becomes firm.—Mrs. M. H. Havice, Milton, Pa.

Ccoconut Custard.—Yolks of two eggs, one pint of milk, one-half cup of sugar, boil and stir in cocoanut, then pour into pie plates which have had pastry previously baked. Beat whites of eggs,

Mince Pie.—Three bowls of meat, five bowls of apples, one bowl of molasses, one bowl of vinegar, one bowl of cider, one bowl of suet or butter, three bowls of raisins, five bowls of sugar, two tablespoons each of cinnamon, nutmeg and cloves; one tablespoon each of salt and black pepper, the rind and juice of three lemons.—Mary Garber, Andersonburg, Pa.

Lemon Pie.—Four cups boiling water, two cups sugar, lump butter size of egg, boil together for twenty minutes. The yolks of three eggs, three tablespoonfuls of cornstarch, the juice of three lemons; mix all together, stir in the water and sugar and boil three minutes longer; pour in two crusts previously baked, beat whites of three eggs, spread on top and brown.—Mrs. William Ed. Brown, Pittsburg, Pa.

Banana Custard.—Bake a good light crust, when done slice a banana into the crust and fill with cream as follows: 2 cups of sweet milk, yolk of one egg, one-third cup white sugar, one tablespoonful of Mothers' Corn Starch. Cook until thick, then flavor with vanilla; whip the white of egg until stiff, with two tablespoonfuls of granulated sugar; spread lightly over the pie and set in oven till light brown.

Custard Pie.—Three tablespoonfuls (not too full) granulated sugar, two eggs, two tablespoonfuls of cream in milk sufficient for one pie.

Cocoanut Pie.—Four eggs, one pack cocoanut, one and one-half cups sugar, one tablespoon cornstarch, one quart milk.

Vanilla Tarts.—One egg, one teaspoon vanilla, one cup sugar, one cup molasses, one pint cold water. Line four plates with pie crust and pour the above mixture into them. Top crust: Two cups sugar, one-half cup lard, one cup thick milk, one teaspoon soda, one egg, three cups flour, one-half teaspoon cream tartar. Drop this on top by spoonfuls.—Mrs. Geo. B. Hoover.

Buttermilk Pie.—Six cups of buttermilk, three cups sugar, three eggs, three tablespoons flour, one teaspoon cream of tartar, one teaspoon cinnamon, one teaspoon salcratus, nutmeg to taste.—Mrs. Ellen Goodyear, Allen, Pa.

Chocolate Custard.—One quart milk, three eggs, one

cup sugar, three tablespoons Niagara Corn Starch, three tablespoons Walter Baker's chocolate. Let milk come to a boil, beat cornstarch, yolks of eggs and chocolate together, then add to the boiling milk. Keep whites of eggs for frosting.

Frosting.—Beat whites of eggs with two tablespoons of sugar, and flavor with vanilla. Spread over custard, put in oven to brown. Crust must be baked first. This will make two pies.—Miss Gertie Fair.

Peach Pie.—Line a deep pie plate with good paste and fill with canned peaches; scatter on as much sugar as needed by the kind of peaches used and cover with an upper crust of puff paste. Make in a quick oven and serve while fresh and barely cool with a spoonful of whipped cream with each piece. Be sure that the cream is very cold and whisk it light with an egg beater.

Pumpkin Pie.—One pint of stewed pumpkin, four eggs, one-half a cup of flour, one cup of sugar, three pints of milk; flavor with spices. Bake in a rich crust.

Cream Pie.—One-half cup sugar, one or two tablespoonfuls butter, two well beaten eggs, two good level tablespoonfuls flour, two cups milk, two teaspoons vanilla. How to mix it: Cream the butter and sugar together, add the flour and stir well; then add eggs, and beat until real light. Put in milk and flavoring last, and bake same as milk custard.

Huckleberry Pudding.—One cup New Orleans molasses, one even teaspoon soda, dissolve in a little hot water, one egg well beaten, one and one-half cups sifted flour; add one pint of huckleberries, well floured. Put in patty-pans and bake in quick oven. Eat with following sauce: One cup granulated sugar, one-half cup butter; beat until it creams. Boil one cup of water thickened with one tablespoon of Niagara Cornstarch. Pour over sugar and butter and flavor with vanilla.—Mrs. Geo. W. Genszler, Selins Grove, Pa.

Chicken Pie.—Cut up the chicken and salt well. Butter a deep pan, and line with rich pie crust, roll out some of the pastry thin and cut into squares. Lay in some pieces

of chicken, larger pieces first, cover with pastry squares, then the remaining chicken, and more squares of pastry. Add a large lump of butter, and pour over all enough sweet milk to cover. Two tablespoons of sifted flour had been previously stirred into the milk. Season with pepper, and slice in two or three hard-boiled eggs. Cover pan with thick crust of pastry and steam an hour and a half, first placing a greased tin cover on pie.

Repellent Pie Crust.—If the bottom crust of a pie is brushed over with the white of an egg before putting in the filling, it will not absorb the juices and become soggy.

Lutheran Pudding.—One cup molasses, one cup hot water, one cup currants, one cup raisins, one teaspoon soda, flour to make a stiff batter. Scald a pudding bag, and flour well on the inside. Put in the batter and tie, leaving a little room to swell. Boil three hours turning occasionally. Dip the bag into cold water before turning out the pudding. Sauce: Two eggs beaten separately, with a small lump butter and sugar, to make a creamy sauce. Cherries or berries may be substituted for currants and raisins, and any favorite pudding sauce may be used. Hard sauce is very nice.—Mrs. O. H. Melchor, Springtown, Pa.

Tapioca Pudding.—Take three tablespoonfuls of minute tapioca, one quart of sweet milk, four eggs (leaving out whites of three), one cup of sugar; beat sugar and yolks of eggs together very light, add tapioca, stir gently into the boiling milk until it thickens. Beat the three whites of the eggs into a stiff froth, and mix this through the pudding.—Mrs. D. R. Becker, New Franklin, Pa.

Confederate Plum Pudding.—One cup sweet milk, one cup suet finely chopped, one cup chopped raisins, one cup molasses, one teaspoon soda, three cups flour. Steam three hours. Serve with wine or lemon sauce.—Mrs. W. W. Wonderly.

New Jersey Rice Pudding.—Three tablespoons best rice, two tablespoons granulated sugar, one quart good rich milk. Boil on top of stove until rice is tender, stirring occasionally to prevent sticking to pan. Then place in moderately heated oven just long enough to form a light

brown skin over top. Then remove to a cool place. Do not remove from pan in which it is cooked until cold. Care should be taken to preserve the brown skin as far as possible, so that it may be placed on top of pudding when served.—Mrs. J. D. Shimer, Martin's Creek, Pa.

Rice Pudding.—Half cup rice, one quart of milk, a little salt, one-fourth cup sugar, small lump of butter, and one cup of raisins, flavor with vanilla or nutmeg; set in the oven to bake; stir several times until rice is tender; then let brown.—Mrs. D. T. Koser, Arndtsville, Pa.

Apple Pudding.—Butter a deep pan, put in two cupfuls of apples chopped fine, one-half cup butter, and a full cup of sugar. Make a batter of three eggs, a cup of milk, flour to make a batter; pour over the apples and bake about forty minutes. Serve with cream or hot sauce.

Cottage Pudding.—One egg, one cup sugar, one cup milk, two tablespoons melted butter, two teaspoons Royal Baking Powder, one pint flour.—Mrs. S. Margaret Beistline, New Kingston, Pa.

Cherry Pudding.—One pint of flour, two tablespoonfuls of sugar, two teaspoonfuls of salt, two teaspoonfuls of Royal Baking Powder, one cup of milk and two eggs. Stir all together until smooth; add one cup cherries, stoned. Pour in small cups, greased, and steam twenty minutes. Serve with hard sauce, or if preferred, a hot sauce.

Orange Pudding.—Peel four large oranges and cut them into small pieces taking out the seeds. Put them into a warm pie dish with three tablespoons of sugar; stand in oven to get warm. Take one pint of milk and bring to boiling point, when add two tablespoons of Niagara Cornstarch that has been dissolved in a little cold milk, and the beaten yolks of two eggs. Boil all this for a minute and pour over the oranges. Beat the whites of the eggs in a little powdered sugar and spread over the custard like a meringue and put in the oven a moment until brown.—McCall's Magazine.

Grandmother's Cherry Pudding.—This is one of the nicest of plain frozen desserts.

Stone a pint of fresh cherries; chop them very, very

fine and add a half cup of powdered sugar; let these stand an hour. Put a pint of milk in a double boiler, add eight ounces of sugar, stir until the sugar is dissolved, and when cold add a pint of cream; add two drops of cochineal. Turn the mixture in the freezer and freeze until quite stiff. Remove the dasher, repack and stand aside for one and a half to two hours. At serving time stir in the cherries, and serve at once in tumblers, or punch glasses.—Mrs. S. T. Rorer.

Bird's Nest Pudding.—Pare, quarter and slice nice tart apples; grease a pie plate and slice the apples in it. Make a batter of one egg, one cup sour cream, one teaspoonful of soda, a pinch of salt and flour enough to make a stiff batter. Pour it over the apples and bake. When it is done, turn upside down and spread with butter and sugar, and eat while warm with cream.

Ralston Cocoanut Pudding.—One cup grated cocoanut, one cup cooked Ralston, one quart milk, one-half cup sugar, three eggs, one teaspoon vanilla. If your grocer is not supplied with Ralston Purina Foods, advise Purina Mills, St. Louis, Mo. Beat eggs and sugar together. Add milk, Ralston, cocoanut and vanilla. Put in baking dish, and bake thirty minutes.

Queen of Puddings.—One pint of bread crumbs, one quart of sweet milk, yolks of four eggs, four tablespoonfuls sugar, and one lemon grated. Bake it brown, remove from oven and spread over it the beaten whites of four eggs and one cup of sugar. Set in oven to brown.

Delicious Bread Pudding.—Cut the bread in thin slices, spread with butter, and place in a deep dish. Between each layer sprinkle well with fresh grated cocoanut. Beat eight eggs, with four tablespoonfuls of sugar, mix with three pints of milk, turn this on the bread, letting it remain till one-half of the milk is absorbed. Bake three-quarters of an hour. If the cocoanut is not sufficiently sweet it is well to scatter powdered sugar between the layers before baking.

Hard Sauce.—Cream two cupfuls of powdered sugar and one-half cupful butter. When they are well creamed,

beat in one-half teaspoon nutmeg and the juice of one lemon. Whip smooth and light. Mould neatly upon a butter plate and set in the cold to harden.

Lemon Sauce.—One large cup sugar, one-half cup butter, one egg, one teaspoon nutmeg, three tablespoons boiling water, one lemon (all the juice and one-half the grated peel). Cream the butter and sugar and beat in the egg (whipped light), the lemon and nutmeg. Beat hard 10 minutes and add the boiling water a spoonful at a time. Put in a double boiler until the steam heats very hot, but do not boil. Stir constantly.

Nutmeg Sauce.—Mix together in a saucepan one heaping tablespoon cornstarch and one cup cold water. Pour over this mixture one cup boiling water and place over the fire. Stir occasionally until it boils up; then add one cupful sugar, one-fourth teaspoonful salt, and one-third of a grated nutmeg. Simmer for half an hour, and after adding two tablespoons butter, strain and serve hot.

Pineapple Sherbert.—The juice of nine lemons, keeping out all the seeds, one small can shredded pineapple, four cups white sugar. Use enough water to fill gallon freezer within two inches of the top. When half frozen add beaten whites of three eggs. Omit the pineapple you have lemon sherbert, or add one pint of unfermented grape juice to the lemon and you have delicious fruit sherbert.—Mrs. F. D. Altman.

Strawberry Ice Cream.—Put three pints of strawberries in a deep dish with one cupful of sugar. Season three pints of cream with a cupful and a half of sugar and vanilla. Freeze this. Take out the beater and draw the frozen cream to the sides of the freezer. Fill the space in the center with strawberries and sugar, which cover with the frozen cream. Put on the cover and set away for an hour or more. When the cream is served garnish the mould with fresh strawberries.

A simple strawberry ice cream is made of one quart of cream, one quart of strawberries, one pint of sugar. Mash the sugar and strawberries together, let them stand

one or two hours; add the cream, rub through a strainer into the freezer and freeze.—Lutheran Observer.

Peach Ice Cream.—Heat a pint of sweet cream, a pint of new milk, a heaping coffee cupful of sugar, and let it come to a boil; cool and add a quart of fresh peach pulp made by rubbing peaches through a colander; freeze. When nearly frozen some prefer to stir in small pieces of ripe peaches.

Pineapple Mousse.—One quart canned pineapple, one packet Knox's gelatine, one pint boiling water, one cup chopped nuts; put in a mould and when cold serve with whipped cream.—Mrs. G. M. Wertz, Mechanicsburg, Pa.

Strawberry Sherbet.—A pint of water, a pint of sugar, a pint of strawberries, juice of three lemons; boil the sugar and water together until it becomes almost a syrup. When partly cool add the juice of the lemons and strawberries, strain and when cold freeze.—Lutheran Observer.

Frozen Custard.—One quart of rich milk, one-half pound sugar, one tablespoonful cornstarch, three eggs, one teaspoonful vanilla. Put milk and sugar into double boiler, reserving two tablespoonfuls of sugar to beat with whites of eggs. Mix cornstarch with a little cold milk and yolk of eggs; add to milk when near boiling. It must not boil but cook well. Take from fire and strain. When cold beat the whites of eggs and sugar, and stir all together and freeze at once.—Mrs. E. H. Leisenring.

Floating Island.—Heat three cups of milk to the scalding point in a double boiler, add the yolks of three eggs beaten with three rounding tablespoons of sugar and cook until thickened. Turn at once into a bowl and after cooling flavor with vanilla. Beat the whites of three eggs stiff and dry and cook in spoonfuls on top of a pan of boiling water. Pour the cold custard into a serving dish, dot with the little white islands and garnish here and there with bits of sweet, bright-colored jelly. In serving give each person some of the custard, meringue and jelly.

Coffee Ice Cream.—Steep one-fourth cup ground coffee in one cup of milk ten minutes. Strain it and add to

the cream or custard recipe; or, add one-fourth cup of black coffee.—Boston Cook Book.

Orange Ice.—Press out the juice and pulp on a grinder, soak in it a little of the shaved outer rind; to one pint of juice add one quart of water, one-half cup of lemon juice and about two and one-half cups of sugar. Use blood oranges when a pink color is desired.—Mrs. T. H. Lincoln.

Chocolate Sunda.—Melt one square or ounce of Walter Baker's chocolate, or two tablespoons of Bendsorp's cocoa; blend with it one-fourth cup cream and then stir into it one pint of cream whipped stiff. Sweeten to taste with powdered sugar, turn into freezer can and let stand till partly frozen.—Boston Cook Book.

Buttermilk Ice Cream.—To three cups rich foamy buttermilk (not bitter), add one cup thick cream, one and one-half cups sugar, and flavor to taste with vanilla or black coffee.—Mrs. Lincoln.

Pineapple or Strawberry Sponge.—Soak one-half box Knox's gelatine in half cup cold water for fifteen minutes. Boil one cup sugar, one cup water and two cups grated pineapple together for a few minutes and then turn on to the beaten yolks of four eggs; cook until thick. Add the soaked gelatine and stir until dissolved; now set aside until cool, stirring once in a while. Beat the whites of four eggs until stiff and stir into the sponge; beat until it becomes firm, then turn into a mould wet with cold water. For strawberry sponge mash the berries and sift.—Mrs. Mary Fox.

A Delicious Dessert.—Bake a small angel's food cake in a round tin which has a hole in the middle. When cold take a sharp knife and enlarge the hole in the center. Fill with sliced peaches, after placing it on a handsome dish, and cover with a pint of whipped cream. Let it stand on the ice for a few moments before serving.—Lutheran Observer.

IN all receipts in this book calling for baking powder use "Royal." Better and finer food will be the result, and you will safeguard it against alum.

In receipts calling for one teaspoonful of soda and two of cream of tartar, use two spoonfuls of Royal, and leave the cream of tartar and soda out. You get the better food and save much trouble and guess work.

Look out for alum baking powders. Do not permit them to come into your house under any consideration. They add an injurious substance to your food, destroying in part its digestibility. All doctors will tell you this, and it is unquestionable. The use of alum in whiskey is absolutely prohibited; why not equally protect the food of our women and children?

Alum baking powders may be known by their price. Baking powders at a cent an ounce or ten or twenty-five cents a pound are made from alum. Avoid them. Use no baking powder unless the label shows it is made from cream of tartar.

Cakes, Icings and Fillings

Martin Luther Cake.—Beat the whites of ten eggs to a stiff froth. Work one cup of butter and three cups of sugar to a cream, then add a half cup of sweet milk in which has been dissolved a half teaspoonful of soda. Then add the eggs. Lastly add three and one-half cups of flour in which one teaspoonful of cream of tartar has been well mixed. Flavor with vanilla. Bake in five layers. Ice between the layers, on the top and around the sides. For the icing, beat the whites of two eggs to a froth. Boil two cups of sugar and eight tablespoonfuls of water until the solution threads when dropped from a spoon. Pour while boiling hot into the beaten eggs, being careful to stir all the time, and continue stirring until icing is thick enough to spread on cake. Before icing hardens, sprinkle with grated or prepared cocoanut between layers, and on the sides and top of completed cake. If a cream chocolate icing is preferred the following may be used: Three cups of A sugar (granulated will do), one cup of sweet milk. Boil until it drops like honey. Then beat until cold and flavor with vanilla. Melt a cake of sweet chocolate and put it on last.—Mrs. H. D. Shimer, Watsonstown, Pa.

Japanese Layer Cake.—One cup sugar, butter size of an egg, two eggs, one-half cup of milk, two cups of flour, two teaspoonfuls Royal Baking Powder, flavoring. This will make three layers. Use the cream chocolate icing of the above cake.

Prince Albert Cake.—Two cups soft white sugar, one-half cup each butter and lard, four eggs; reserve whites of two for icing; four tablespoons Orleans molasses, one tablespoon soda, one cup sour milk, one teaspoon cinnamon, one-half nutmeg, one cup seedless raisins, three cups flour. Bake in layers.—Mrs. James H. Moore, Newark, Ohio.

Devil's Food Cake.—Part 1st: One cup grated chocolate, one egg, one-half cup milk, two-thirds cup sugar; boil together until thick, then set aside to cool.

Part 2d: One-half cup butter, one cup sugar, one cup milk, two cups flour, two eggs, one level teaspoonful of baking soda, mix part first and second together, bake in layers and ice with a white icing—fine.—Mrs. W. E. Brown, Pittsburg, Pa.

Orange Cake.—One cup butter, three cups sugar, three and one-fourth cups sweet milk. Stir sugar and butter together. Take five eggs, beat whites and yolks separately. Mix eggs with the butter and sugar; four cups flour, two teaspoonfuls Royal Baking Powder, one orange rind grated in cake.—Mrs. S. G. Cocklin.

Minnehaha Cake.—One and one-half cups sugar, one-half cup butter, one-half cup milk, two heaping cups of flour with two teaspoonfuls of Royal Baking Powder, whites of six eggs beaten thoroughly. Cream the sugar and butter together, then add milk, flour and last the whites of eggs. Bake in three sheets. Spread with icing. For the icing take one cup sugar and boil in one-half cup hot water. Boil until it strings. Beat the whites of two eggs stiff. Then pour the hot sugar over the whites and beat well together. Flavor with vanilla, add one pound of large blue raisins, cut in half and seeded, stir in the hot icing, spread thick between the sheets.—Mrs. Grace L. Shimer.

Lady Cake.—One and one-half cupfuls sugar, one-half cupful butter, one-half cupful of milk, two cupfuls flour, two teaspoonfuls Royal Baking Powder, whites of five eggs. Cream butter and sugar together, then add milk. Beat whites of eggs until stiff, and stir in lightly. Then flour and baking powder well sifted together. Flavor with almond. Bake in laver pans, and ice with boiled icing, also flavored with almond.—Mrs. G. Z. Stup, Chester Springs, Pa.

Feather Cake.—One cup sugar, one cup sour milk, one tablespoon butter, one egg, two and one-half cups flour, one teaspoon cream tartar, one teaspoon soda. Beat the white of egg to froth and stir in last.

Ice Cream Cake.—Two cups granulated sugar, whites of five eggs, one cup butter and lard, one cup sweet milk, one-half cup cornstarch, two and one-half cups flour, two teaspoons Royal Baking Powder, one teaspoon vanilla.—Mrs. Eli Dunkleberger, New Kingston, Pa.

Buckeye Cake.—Three cups sugar, four cups of flour, one cup sour cream, one teaspoon soda, two teaspoons cream of tartar and five eggs.—Mrs. Rachel Stammel, Allen, Pa.

Number Cake.—One cup of cream, three cups of sugar, three cups of flour, four eggs, two teaspoonfuls of Royal Baking Powder. Flavor with vanilla.—Mrs. R. F. Fetterolf, Mercersburg, Pa.

White Cake.—Whites of three eggs, one cup pulverized sugar, one-half cup butter, one and one-half cups flour, one-half cup milk, two large tablespoonfuls of cornstarch, two teaspoonfuls Royal Baking Powder. Flavor with vanilla.—Mrs. S. F. Greenhoe.

Chocolate Nut Cake.—Light part: Beat together till very light one cup of sugar and one-fourth cup butter; add six tablespoons milk, one-half teaspoon of vanilla, one heaping teaspoonful yeast powder, sifted with one and one-fourth cups of flour and the well beaten whites of four eggs. Bake into layers. Dark part: Half cup of sugar, three ounces butter, the yolks of four eggs, beaten together; one-fourth cup milk, one rounded teaspoonful yeast powder, and one cup flour. Mix well and bake in one layer. Make filling as follows: Four ounces Baker's chocolate melted; add one-half cup of sugar. Boil until it forms a very soft ball when dropped in ice water; add one cup chopped nuts, spread between the layers; ice with Baker's chocolate icing, and decorate with unbroken halves of English walnuts.—Mrs. Jennie Lippy.

Chocolate Cake.—Grate one-half cake Walter Baker's chocolate, pour over it one-half cup boiling water. Let cool, then add last thing, before putting in pans, two cups brown sugar, one-half cup butter, two cups flour, one-half cup sour milk, two eggs, one teaspoonful soda, one tablespoon vanilla.—Miss Sadie Eichelberger.

Hot Water Sponge Cake.—Two cups sugar, five fresh eggs, two cups flour, two teaspoonfuls Royal Baking Powder, three-fourths cup boiling water; flavor to taste.—Mrs. Chas. T. Aikens, Selins Grove, Pa.

Ginger Bread.—One cup brown sugar, one cup molasses, three-fourth cup butter and lard, three and one-half cups flour, three fresh eggs, one cup boiling water, one teaspoon of ginger, one tablespoon of soda.

Layer Spice Cake.—Two cups brown sugar, one-half cup butter, two eggs, reserving white of one for frosting; spoon allspice, one-half nutmeg, one cup sour milk, one teaspoon of allspice, two nutmeg, one cup sour milk, one teaspoon soda dissolved in milk, two and three-fourths scant cups of flour. Bake in three layers.

Filling.—One cup of granulated sugar, boil until it drops from spoon like syrup, then quickly add the white of one egg beaten stiff; to this add one cup of chopped raisins.—Mrs. Harlan K. Fenner, Louisville, Ky.

Cream Cake or Pie.—Crust: Three eggs, one cup sugar, one cup flour, one-third teaspoonful soda, one teaspoonful cream of tartar. Beat whites and yolks separately. Stir together quickly and bake in layers, make batter three-fourths of an inch thick. Cream: Two and one-half cups sweet milk, four tablespoons sugar, two tablespoons flour, one egg. Boil until it thickens and flavor with lemon or vanilla. When the crust is cold, split and put cream between.—Mrs. O. H. Melchor.

Cream Cake.—Take two cupfuls of sugar, two-thirds of a cupful of butter, one cupful milk, one teaspoonful of soda, one and one-half teaspoonfuls cream tartar, two and one-half cupfuls flour, three eggs. Make the custard for the cake with one cupful of milk and one teaspoonful of cornstarch dissolved in it and brought to a boiling heat, with the yolk of one egg dropped in to color it. Flavor with lemon or vanilla; let it cool. Bake your cake in round pie-tins; use just enough batter in the tin so that when they are baked, two of them put together will make one proper sized cake. Make the custard first and let it cool;

put the cakes together when they are warm with plenty of custard between them.—Mrs. D. R. Becker.

Rochester Jelly Cake.—Three eggs, two cups sugar, nearly half cup butter, one cup sour milk, two and one-half cups flour, one teaspoon soda, stirred in milk, and two scant teaspoons cream of tartar, mixed well in the flour.—Mrs. J. L. Metzger.

Cornstarch Cake.—Cream one scant cup of butter and two cups of sugar together. Take one cup of sweet milk, one cup cornstarch, two and one-half cups of flour sifted in with two heaping teaspoons Royal Baking Powder. Then take the whites of seven eggs beaten very light and mix thoroughly the last thing.—Mrs. G. W. McSherry.

Spice Cake.—Two cups brown sugar, one-half cup butter, one-half cup sour milk, two teaspoons cinnamon, two teaspoons cloves, one nutmeg, four eggs, two cups flour, one teaspoon soda, two teaspoons cream of tartar. Mix four yolks and one white with the butter and sugar. Take the remaining three whites and one cup white sugar for icing.—Mrs. A. R. Longanecker.

Sponge Cake.—Twelve eggs, their weight in sugar, the weight of seven in flour, juice of one lemon, two table-spoonfuls good vinegar. Beat the yolks and sugar together, add the whites beaten stiff, then add the flour which is stirred in with as little beating as possible. Add the lemon and vinegar just as you put it in the pan.—Mrs. H. W. Bender.

Cocoanut Cake.—Two cups sugar, one-half cup butter, four eggs, take whites out for icing, one cup milk, two and one-half cups flour, two teaspoons Royal Baking Powder.

Filling.—Butter size of a walnut, one cup sugar, yolks three eggs, rind and juice of an orange. Let boil and stir while boiling; spread between layers. Ice cake on top with white icing and cocoanut.—Mrs. I. G. Seiler, Selins Grove, Pa.

Walnut Cake.—Three-quarters cup butter, one cup of sweet milk, four eggs, two teaspoons Royal Baking pow-

der, two and one-half cups of sugar, one pound rolled walnuts.—Miss Sadie Eichelberger.

Nut Cake.—Half cup of butter, one and one-half cups sugar, three eggs, two and one-half cups flour; add one and one-half teaspoonfuls Royal Baking Powder, one-half cup milk, one cup of hickorynuts, or any kind preferred. Rub butter and sugar to a light cream; add the eggs beaten to a froth, flour which has powder sifted in it. Mix with milk and nuts into a rather firm batter. Bake in paperlined tin, in steady stove thirty-five minutes.

Shellbark Cake.—Two cups sugar (white), two eggs, one-half cup shortening, one cup sweet milk, one cup ground shellbarks, three teaspoonfuls Royal Baking Powder, flour to stiffen.—Mrs. Dora Stouffer, Camp Hill, Pa.

Sponge Cake.—Five eggs, one and one-half cups granulated sugar, one and one-half cups flour, one-third teaspoon cream of tartar, pinch of salt, flavor to taste. Bake in layers. Ice with chocolate.—Mrs. W. W. Wonderly.

Fruit Cake.—One pound sugar, one-half butter, one cup sour milk, six eggs, one teaspoonful soda, one wine-glass full of brandy, one pound of raisins, one pound currants, one-half pound of citron cut in small pieces. Mix the fruit in one pound of flour. Bake two hours.—Miss Mary Miller, Selins Grove, Pa.

Old Fashioned Sponge Cake.—Ten eggs and one pound soft white sugar beaten together until very light. Then add one pint of flour. Can be baked in loaf or in layers. When baked in layers sliced bananas laid between the layers make a very delicious filling.—Mrs. J. C. Lutz, Carlisle, Pa.

Fruit Cake.—One pound sugar, three-quarters of a pound of butter, ten eggs, three-quarters of pound of flour, one pound raisins, one pound currants, three-quarters of pound of citron, four teaspoonfuls cinnamon, one teaspoonful cloves, one teaspoonful allspice. Bake slowly for three hours.—Mrs. E. H. Leisenring.

Fruit Cake.—One pound brown sugar, one pint New Orleans molasses, three eggs, one-third pound butter, one tablespoon soda, one pint buttermilk, one pound currants,

one pound raisins, citron, four large cups flour, one tablespoon ground cloves, one tablespoon cinnamon, one and one-half tablespoons allspice, one nutmeg, one glass of wine (six tablespoons brandy if you like.)—Mrs. Adam Nell.

White Fruit Cake.—One cup butter, two cups sugar, one cup sweet milk, one teaspoon Royal Baking Powder, whites of six eggs, three and one-half cups flour, one-half pound citron, one-half pound almonds, blanched, one-half pound raisins, one-half pound dates, one-half pound figs. Flour fruit well and bake slowly two hours. Wine glass of brandy.—Mrs. Mae Albright.

Marble Cake.—Dark part: One cup of brown sugar, one-half cup of butter, one-half cup of molasses, one-half cup of sweet milk, two and one-half cups of flour, two teaspoons of Royal Baking Powder, yolks of four eggs, cinnamon and cloves. Light part: One cup of white sugar, one-half cup butter, one-half cup sweet milk, whites of four eggs, beaten, two teaspoons Royal Baking Powder. Put a spoonful of the dark and one of the white.—Miss Hazel N. Miller.

Devil's Food Cake.—Two cups brown sugar, one-half cup butter, two eggs beaten separately, one-quarter cake Walter Baker's Chocolate, with enough hot water to dissolve it, one-half cup hot water, one teaspoon soda dissolved in hot water, two cups sifted flour.—Mrs. Mae Albright.

Mountain Jelly Cake.—One-half cup butter and lard, mixed, one cup sweet milk, two cups sugar, two eggs, three cups flour, three teaspoons of Royal Baking Powder.—Mrs. W. C. Garber, Andersonburg, Pa.

Cream Cake.—Two cups sugar, one-half cup butter, one cup sweet milk, three cups flour, whites of six eggs well beaten, four teaspoons of Royal Baking Powder.—Madeline Garber.

Strawberry Short Cake.—Three cups flour, three tablespoons butter, one and one-half cups sour cream, one egg, two tablespoons sugar, one teaspoon soda.—Marie Garber.

Black Chocolate Cake.—One cup Walter Baker's Cocoa, one-half cup brown sugar, one egg, three-fourths

cup of water, stir these together and cook until thick, let cool. Turn into mixing bowl, add three-fourths cup butter, two cups brown sugar, two eggs, cream these well, add one cup milk, three cups flour, one teaspoon soda, bake in layers or loaf.—Mrs. W. C. Garber.

French Chocolate Cake.—Whites of seven eggs, two cups sugar, two-thirds cup butter, one cup milk, three cups flour, three teaspoonfuls of Royal Baking Powder. The chocolate part of cake is made just the same, only use the yolks of eggs with a cup of grated chocolate stirred into it. Bake in layers, the layers being light and dark, spread a custard between them, which is made with two eggs, one pine milk, one-half cup sugar, one tablespoonful cornstarch. When cool flavor with vanilla. Fine.—Mrs. W. C. Garber.

Snickadoodle.—Two cups sugar, three-fourths cup butter, three teaspoonfuls Royal Baking Powder, one cup milk, three cups flour, two eggs. Stir butter and sugar to a cream; add milk, then flour well sifted with baking powder. Eggs unbeaten put in last thing. Sugar and cinnamon sprinkled on top. Use large tins and spread thin.

Angel's Food.—Three cups sugar, three-fourths cup butter, one cup sweet milk, four cups flour, four eggs, four teaspoonfuls Royal Baking Powder.

Convention Cake.—Two cups sugar, whites of four eggs, one cup sweet milk, one scant cup butter, three cups flour, two teaspoons Royal Baking Powder, vanilla. Beat a long time and bake in a loaf.

Palmetto Cake.—One-half pound butter, ten ounces sugar, one even tin cupful flour, one teaspoonful Royal Baking Powder, one pound citron (dredged in flour), one coconut, five eggs.

Watermelon Cake.—Two cups fine white sugar, one cup butter, one cup milk, three and one-half cups flour, three teaspoons Royal Baking Powder, the whites of eight eggs beaten very light. Flavor. Red part: One-half cup butter, one cup red sugar, three-fourths cup milk, one cup seedless raisins, two cups flour, two teaspoonfuls Royal

Baking Powder. Flavor. Put the red part in center of pan and white around the outside.

Coffee Cake.—One and one-half cups white sugar, one cup molasses, one cup lard or butter, one cup coffee, three eggs, one teaspoon soda, one pound raisins, one pound currants, one-half pound figs, one large cup walnut meats, one teaspoonful cloves, one teaspoon cinnamon, one-half nutmeg, five and one-half cups flour.—Mrs. M. A. Goodhart.

Molasses Cake.—One cup molasses, one cup sugar, three-fourths cup shortening, one cup buttermilk or water, one teaspoon of soda dissolved in a little boiling water, flour enough to make a batter.—Mrs. M. H. Hayice.

Oatmeal Crackers.—Three cups dry oatmeal, two cups light brown sugar, one cup melted lard, one-half tablespoon soda dissolved in three-fourths cup warm water. Flour enough to roll.—Mrs. J. L. Metzger.

Jumbles.—One-fourth pound butter, one pound sugar, three-fourths pound flour, whites of four eggs, and yolk of one egg. Flavor to taste. Mix flour, sugar, yolk of eggs and butter as for pie crust, then add whites of eggs, beaten to a froth, and flavoring. Drop on tins, and bake in rather quick oven.—Mrs. Charles Hetrick.

Cocoa Sticks.—Six tablespoonfuls butter, three-fourths cup sugar (scant), one egg, one tablespoonful milk, one teaspoonful vanilla or pinch of cinnamon, five teaspoonfuls cocoa, one-eighth teaspoonful Royal Baking Powder, one and one-fourth to one and one-half cups sifted pastry flour. Cream butter until soft; add sugar gradually and beat well; add beaten eggs, milk and vanilla; mix well; sift cocoa, baking powder and pinch salt with one-half cup flour; stir this into the mixture first, use remainder of flour to make a firm dough. Set on ice to harden. Sprinkle board with cocoa and little sugar. Use small pieces of dough at a time, toss it on the board to prevent sticking, roll them, cut in strips one-half inch wide and three long. Bake in oven three or four minutes. This recipe must be carefully prepared to get the best results.—Miss Elizabeth Kevill Burr.

Hermits.—One cup white sugar, one cup brown sugar, one cup raisins, one heaped cup butter, three eggs, one teaspoon soda dissolved in nine tablespoons of milk, one teaspoon cinnamon, one teaspoon cloves. Add flour to make stiff enough to roll soft.—Mrs. W. I. Redcay.

Crumb Cakes.—Two and one-half cups A sugar, two and three-fourths cups flour, three-fourths cup butter and lard (one-half cup butter, one-fourth cup lard), one cup thick milk, two eggs, one even teaspoonful of soda, and same amount of cream of tartar, mixed with a little of the thick milk, and then with all of it. Mix sugar, flour, butter and lard together first with the hand. Add milk, yolks of eggs and last of all the whites of the eggs. Bake in gem pans and ice with any desired icing, or save enough of crumbled sugar shortening and flour and sprinkle over the tops of the cakes before they go into the oven.—Mrs. H. C. Alleman.

Queen Drops.—Three-fourths pound sugar, six ounces butter, four eggs, beaten separately; ten ounces flour, one-fourth pound currants. Flavor with oil of lemon. Drop on tins and bake in a moderate oven.

Taylor Cake.—One quart molasses, three-fourths lb. sugar, three-fourths pound butter, two cups thick milk, four eggs, two tablespoons soda, two teaspoons cream of tartar. Beat the butter to a cream, add the sugar and the yolks. Beat the whites separately. Then add the molasses, stir in the flour and milk alternately. Spices to suit the taste. Lastly add the soda. Drop in pans.—Miss Harriet Eneck.

Sugar Drops.—With the hands work to a cream one-half pound butter, unite with one-half pound of fine sugar, beat well together. Add four eggs, two at a time, and beat about two minutes. Stir in three-fourths pound flour, one-fourth pound currants, and a little cinnamon or lemon extract. Put on a greased tin in drops about the size of a walnut and make in a medium oven.

Chocolate Ginger Bread.—Mix in a large bowl one cupful of molasses, one-half cupful sour milk or cream, one teaspoonful ginger, one of cinnamon, one-half teaspoonful salt. Dissolve one teaspoonful "Cow Brand" soda

in a teaspoonful cold water; add this and two tablespoonfuls melted butter to the mixture. Stir in two cupfuls sifted flour, and finally add two ounces Walter Baker's Chocolate and one tablespoonful of butter, melted together. Pour into three well buttered deep tin plates, and bake in moderately hot oven for twenty minutes.—Miss Mary Parloa.

Soft Ginger Bread.—Six cups of flour, three cups of molasses, one cup of cream, one cup lard or butter, two eggs, teaspoon saleratus, two teaspoons of ginger.

Ginger Bread.—One pint New Orleans molasses, one-half teaspoon salt, one tablespoon ginger, one-half pint lard, one pint thick milk, one tablespoon soda, two teaspoons cinnamon.—Mrs. Rachel Stammel.

Yeast Cake.—Two cups yeast batter, one cup lard, two cups sugar, three eggs, cup raisins, one teaspoonful each of allspice, cinnamon and cloves, one teaspoonful soda, dissolve in two tablespoons of hot water, flour to make like cake batter. Put lard, sugar, and eggs in yeast; do not work separate.

Ginger Snaps.—One pint New Orleans molasses, one and one-half cups brown sugar, one-half pint lard, one tablespoon cinnamon, one and one-half tablespoons ginger, one-half tablespoon soda dissolved in a little water, a tiny bit of vinegar. Mix everything together, and after coming to the boiling point let cool and mix very stiff with flour. Roll very thin.

Doughnuts.—Four medium sized potatoes, two cupfuls sugar (scant), one cup milk, one teaspoon salt, four teaspoons Royal Baking Powder (heaping), two tablespoons melted butter, three eggs, well beaten, add spices, flour to mix soft, flavoring. One half recipe can be used.

Ginger Snaps.—One pint baking molasses, two cups brown sugar, three-fourths pint of lard, one tablespoon soda, three pints flour, one teaspoonful ginger, one teaspoonful cloves, one teaspoonful allspice, one teaspoon cinnamon.—Mrs. E. D. Weigle.

Rolled Ginger Cakes.—One pint New Orleans molasses, one egg, one-fourth teacup sugar, one tablespoon ginger, one-half pint lard, two and one-half teaspoons soda;

dissolved in one-fourth teacup hot water. Make dough just stiff enough to roll.—Mrs. J. L. Metzger.

Crullers.—One cup of sugar, one cup milk, one egg, three tablespoonfuls melted butter, two teaspoonfuls cream tartar, one teaspoonful of soda, and a little salt. Flavor with nutmeg; mix as soft as possible; have fat to bake.

Doughnuts.—One pint thick milk, one cup sugar, two eggs, one cup lard, one teaspoon soda. Sufficient flour to roll.—Mrs. S. Margaret Beistline.

Sand Tarts.—One and one-fourth pounds of flour, eleven ounces butter, scant half teaspoonful of soda rubbed into the flour, one pound soft white sugar, yolks of three eggs, and one whole one besides. If not sufficient to wet dough take a little cream. It should be like pie pastry to roll out. Wash with the whites beaten up, and sprinkle on sugar and cinnamon. Roll thin.—Mrs. E. D. Weigle.

Molasses Cookies.—One egg, one cup molasses, one tablespoonful ginger, one-third cup hot water, one cup sugar, brown, one cup shortening, butter and lard, one tablespoonful soda, one tablespoonful vinegar, a pinch of salt. Stir egg and sugar to a cream. Add molasses, shortening, and ginger, stirring all together. Dissolve soda in hot water and add. Put in vinegar last thing before flour. Mix as stiff as sugar cookies.

Chocolate Cookies.—Beat to a cream half a cupful of butter and one tablespoon of lard; beat into this one cupful sugar; then add one-fourth teaspoonful salt, one teaspoonful cinnamon and two ounces Walter Baker's Chocolate, melted. Add one well beaten egg, and one-half teaspoonful soda dissolved in two tablespoonfuls milk. Stir in two and one-half cupfuls flour. Roll thin, cut in round cakes and bake in a rather quick oven. The secret of making good cookies is the use of as little flour as will suffice.—Miss Mary Parloa.

Oatmeal Cookies.—Two eggs, one cup butter and lard mixed, (two-thirds cup butter, one-third cup lard); one and one-half cups sugar, four tablespoonfuls of sweet milk, two cups flour, two cups raw rolled oats, two teaspoonfuls of Royal Baking Powder, one cup chopped raisins, one tea-

spoonful of cinnamon and a little nutmeg. Add oatmeal last. Drop on tins.—Mrs. H. C. Alleman.

Cream Cookies.—Two cups sugar, two eggs, one cup sour cream, one cup butter, one teaspoon soda, flour enough to make a dough as soft as it can be rolled. Sprinkle with sugar before baking.—Mrs. Mae Albright.

Cookies.—One cup of butter, two cups of sugar, one-half cup sour milk, three eggs, well beaten, small teaspoon of soda, a little cinnamon and nutmeg. Flour enough to roll. Cut and bake in a quick oven.

Fig Filling for Cake.—Mix one-half a pound of figs chopped fine, a cupful of sugar and a cupful of water. Boil in double boiler until smooth and thick; then add a teaspoonful of vanilla. Boil figs in water until tender before adding the sugar.

Marshmellow Icing.—Two and one-half teaspoons of instantaneous gelatine, one cup of hot water, twenty-eight spoons of pulverized sugar, let come to a boil, flavor, beat until thick.—Marie Garber, Andersonburg, Pa.

Caramel Icing.—Two cups brown sugar, one-half cup sweet cream, a small lump of butter. Boil like taffy. Then add one teaspoon of vanilla and beat until it is stiff enough to spread on the cake.

Icing.—One cup pulverized sugar moistened with a little water and a tablespoonful of melted butter, with a half cup of chopped walnuts or hickorynuts.

Lemon Filling.—One-half cup water, one tablespoon butter, three tablespoonfuls sugar, juice and grated rind of a lemon. Thicken with cornstarch mixed in a little water.

Chocolate Icing.—Half a cup of sweet cream, one-fourth cake of Walter Baker's Chocolate, melted, pulverized sugar to stiffen and vanilla to flavor.

Boiled Icing.—Two scant cups granulated sugar, one cup water. Boil until it spins a thread, when tested by taking a bit between the thumb and finger. Do not stir the mixture while it is boiling. Pour over the well beaten whites of two eggs, and beat until cold.

Pickles

Bean Pickle.—Three and one-half quarts lima beans (cook in salt water), one quart small whole cucumbers, two quarts sliced cucumbers, one quart sliced whole onions, one and one-half quarts sliced green tomatoes (scald), six peppers. Soak in salt water the whole mixture; then cool in weakened vinegar. Drain again. Four tins vinegar, three cups sugar, three tablespoons celery seed, three tablespoons ground mustard, two tablespoons tumeric.

Mustard Pickle.—One quart small whole cucumbers, one pint large cucumbers sliced, one quart green tomatoes sliced, one quart small whole onions, one large cauliflower divided into flowerets, four green peppers cut fine, one qt. tender lima beans (boil beans first in salt water). Make a brine of four quarts water and one pint salt, pour it over the mixture and let it soak twenty-four hours. Heat just enough to scald, then pour into a colander to drain. Mix one cup flour, six tablespoons ground mustard, one tablespoonful tumeric with enough cold water and vinegar to make a smooth paste; then add one cup sugar and sufficient vinegar to make two quarts in all. Boil this mixture until it thickens and is smooth (stirring all the time). Then add the vegetables and boil until well heated through. Add more sugar if you want it sweet.—Mrs. Adam Nell.

Chili Sauce.—Twelve large ripe tomatoes, three red or two green peppers, two onions, two tablespoonfuls of salt, two tablespoonfuls of sugar, one scant tablespoon of cinnamon, three cups of vinegar. Peel tomatoes and onions and chop or grind fine, boil one and one-half hours; bottle and seal.—Mrs. W. C. Garber, Andersonburg, Pa.

Chow Chow.—Two good sized heads of cabbage, one-half peck green tomatoes, four sweet peppers, four bunches celery, one dozen onions, one ounce celery seed, one ounce

mustard seed, one and one-half pounds sugar, one and one-half quarts good cider vinegar. Chop cabbage, tomatoes, onions and peppers, and add three-fourths cup of salt. Mix well and let stand over night. Then press dry and add celery chopped fine, vinegar, sugar and seeds, and cook until soft (about one and one-half to two hours.) Then place in air tight jars. If too dry, add more vinegar and sugar to taste.—Mrs. Chas. Hetrick.

Tomato Catsup.—Boil tomatoes and run through colander. After boiling eight quarts of juice to one-half, add one tablespoonful salt, one teaspoonful red pepper, one teaspoonful cinnamon, one teaspoonful cloves, one cup sugar, one quart of vinegar.—Mrs. J. W. Weeter.

Pickled Cauliflower.—Strip off the leaves, divide the stalks, scald them in salt water and dry on a sieve. Cut them into small pieces, put them in a jar and cover with boiling vinegar. Make a spice-bag according to the directions given for the tomato pickles and add to the cauliflower.—Lutheran Observer.

Sweet Pickle Pears.—Boil nine pounds of pears until they are tender, then make a syrup of three pounds of sugar and one pint of vinegar and boil the pears in it until they are very rich. Add two teaspoonfuls of essence of cinnamon.

Sweet Pickle Peaches.—Make a syrup of one pound sugar and one pint of vinegar. Add two tablespoonfuls of cloves and one tablespoonful of mace, and cook the peaches in it until tender. Let them stand over night, then heat the syrup and pour it boiling hot over the fruit. Put it up air-tight.—Lutheran Observer.

Spiced Tomatoes.—Steep together four pounds of sugar and two quarts of vinegar, add three pounds of tomatoes and boil for three hours. Add salt and pepper to taste, and flavor with cloves and cinnamon.—Lutheran Observer.

Tomato Pickles.—Chop fine twelve quarts of green tomatoes, put them in a colander and let them stand all night to drain. In the morning chop six or seven green peppers and add them to the tomatoes, with a cup of whole mustard

seed. Make a spice-bag containing one-half cup of cinnamon and cloves in equal proportions, put it in with other ingredients and cover the whole with boiling vinegar.—Lutheran Observer.

Small Cucumber Pickles.—Wipe the cucumbers, pack them down in a stone jar. Make a brine of salt and water sufficient to bear an egg, pour this over the pickles and let it stand twenty-four hours. Drain and arrange them neatly in jars. Between each layer put a slice of onion, about a teaspoonful of mustard seed, three or four cloves, and the same of allspice, and a few bits of horseradish; so continue until the jars are full. Fill the jars with boiling cider vinegar and steam for twelve minutes. Screw on tops just as you would for fruit.

Sweet Pickles.—This recipe will answer for peaches, pears, canteloupe and watermelon rind.

Pare and weigh the fruit; to each seven pounds of fruit allow three pounds of sugar and a pint of vinegar, measure one teaspoonful of ground cloves, a teaspoonful of allspice, two teaspoonfuls of cinnamon, a half teaspoonful of mace and a grated nutmeg; mix all together, divide in four portions, and tie loosely in a square of cheese cloth. Throw these bags into the boiling sugar and vinegar, bring to a boiling point, and skim. Now add the fruit, a little at a time, just enough to cover the bottom of the kettle; as the fruit begins to heat watch it carefully. When scalding hot lift it and put it in the jars. When the jars are full bring the liquor to boiling point, pour over the fruit, and steam for twelve minutes.

Canned Mango Pickles.—Stuff your mangoes with the cabbage that has been seasoned to suit the taste. Let your mangoes stand in salted water over night, before stuffing them. When they are ready make a syrup of one quart of vinegar, one cup of sugar and a little horseradish root cut fine; few mixed spices. Boil, then pour over the mangoes. After they have been placed in the jars, seal tightly. Steam ten or fifteen minutes. They will keep good for a year. Excellent.

Pickles.—Two quarts of tart apples, one pound of rai-

sins, three cupfuls of brown sugar, two cupfuls of lemon juice, one teaspoonful of cayenne pepper, two quarts green tomatoes, one small onion, three cupfuls of vinegar, one-half cupful of salt, one ounce of ginger. Pare and core the apples and put through food chopper. Chop the tomatoes and onion in the same manner. Stone the raisins. Mix the apples, tomatoes, raisins and onion with the other ingredients, and put away in an earthen jar over night. In the morning set the jar in a kettle of cold water. Let the water slowly heat. Steam six hours, stirring now and then. Put in preserve jars and seal.

Chopped Pickles.—One-half peck of green tomatoes, one-half peck of small onions, one cupful of salt, three quarts of vinegar, two pounds of sugar, one-half pound of white mustard, two tablespoonfuls each of allspice, cloves, cinnamon, ginger and celery seed, one-half teaspoonful of red pepper. Slice and chop the onions and tomatoes, cover with the salt and let them stand over night. In the morning drain thoroughly, put in a sauce pan, cover with one quart of the vinegar and boil fifteen minutes. Drain and put the sugar, mustard, pepper and spices in the remaining two quarts of vinegar over the fire. As soon as the vinegar boils, add the chopped tomatoes and onions, and boil ten minutes. Take from the fire and put in glass jars while hot. The quantities given above will make six quarts.

Memorandum

Beverages

Blackberry Cordial.—To one quart of blackberry juice, extracted by the fruit press, take two teaspoonfuls of ground cloves, one teaspoonful of mace, four teaspoonfuls ground cinnamon, one teaspoonful of allspice; one quart of syrup made as directed. Add the fruit juices and spices to the syrup and boil until a syrup is formed. Take from the fire and cool. When cool add one pint of brandy to every quart of fruit juice used; strain through a muslin bag, bottle and cork.

Raspberry Shrub.—For every cupful of fruit juice take one-half cupful of cider vinegar and two cupfuls of sugar. Put the fruit juice, sugar and vinegar over the fire, stir until the sugar dissolves and boil to a thick syrup. Skim, if necessary, strain and bottle.

All fruit juices are used in the same manner. When served, allow one-fourth cupful of syrup to three-fourths cupful of ice water. Should the syrup be too thin, do not adhere to this proportion of water. Taste is the best guide.

Elder-blossom Wine.—One quart of elder berry blossoms, nine pounds of sugar, one yeast cake, three gallons of water, three pounds of raisins, one-half cup of lemon juice. The blossom should be picked carefully from the stems and the quart measure packed full. Put the sugar and water together over the fire, stir until the sugar is dissolved, then let it come to a boil without stirring. Boil five minutes, skim and add the blossoms. As soon as the blossoms are well stirred in, take from the fire and cool. When lukewarm add the yeast dissolved in lukewarm water and the lemon juice. Put in an earthen jar and let stand six days, stirring thoroughly three times daily. The blossoms must be stirred from the bottom of the jar each time. On the seventh day strain through a cloth and add the rai-

sins, seeded. Put in glass preserve jars and cover tightly. Do not bottle until January.

Hints on Making Good Coffee and Tea.—1. Never boil the water more than three or four minutes, longer boiling will cause it to lose most of its natural properties by evaporation. 2. Water left in the tea-kettle over night must never be used in preparing the breakfast coffee or tea. 3. Be sure your coffee and tea are fresh.

Coffee.—Take one even tablespoon of finely ground coffee for each cup needed. Scald coffee pot and put your coffee in percolator. Pour the boiling water over the coffee slowly. Close the pot closely and stand on back part of stove for thirty minutes.—Dr. G. F. Ritchey, New Kingston, Pa.

Tea.—Use a brown earthen teapot, and dare to bring it to the table. Put your dry tea into this dry pot; cover it and let it stand on the back of the stove until pot and tea are hot (this releases the aromatic oil of the leaves.) Now pour on the boiling water, as much as you want tea; cover it closely, three teaspoons tea to two cups boiling water is about the right proportion of tea and water to be used. Never boil tea, black and green. Heat the leaves, steep in boiling water, and keep the steam in the pot and the tea will be excellent. Never use a metal teapot. Russian tea is made by putting a slice of lemon in each cup and pouring over it the boiling tea.

Iced Tea.—The tea should be made in the morning, very strong, and not allowed to steep long. Keep in the ice box till the meal is ready and then put in a small quantity of cracked ice. Do not pour the scalding hot tea on a goblet of ice as many do, for this spoils the tea. Iced coffee is very nice made in the same way.

Grape Juice.—One quart of grapes, one-half cup water. Put the grapes in the farina boiler with the water, which should be cold. Heat slowly and cook at a low temperature until the grapes are soft. Put the grapes through the fruit press. Add to two cupfuls of juice one-fourth of a cup of sugar and heat to just below boiling point. Do not let it boil, but keep it at a temperature of at least 200 degrees

Fahr. for one hour. Bottle and seal. When ready to use take one cup of syrup to a cup of cold water. Drinks should be chilled but not iced for an invalid.

Chocolate.—Put two squares of chocolate, four level tablespoons of sugar and two tablespoons of water into a saucepan. When it is melted add two cups of water and boil five minutes, then add two cups of milk. Just as the chocolate is taken from the fire add a few drops of vanilla flavoring. Pour into cups and put a spoonful of whipped cream on each.

Cocca.—Put one quart of milk in a double boiler. Moisten four tablespoons of cocoa with a little cold milk and add to the boiling milk stirring all the while. Boil five minutes and serve hot with whipped cream.

A Summer Draught.—The juice of one lemon, a tumblerful of cold water, pounded sugar to taste, half a small teaspoon of carbonate of soda. Squeeze the juice from the lemon; strain and add it to the water, with sufficient pounded sugar to sweeten the whole nicely. When well mixed, put into the soda, stir well and drink while the mixture is in an effervescing state.

An Inexpensive Drink.—One cupful pure cider vinegar, one-half cupful good molasses. Put into one quart pitcher of ice water. A tablespoon of ground ginger added makes a healthful drink.

An Invalid Drink.—Put into the bottom of a wine glass two tablespoonfuls of grape juice, add to this the beaten white of an egg and a little chopped ice; sprinkle sugar over the top and serve. This is often served in sanitariums.

Blackberry Wine.—Take ripe blackberries, pick out all imperfect ones and press out the juice through a coarse linen cloth; to each quart of juice add one quart of water in which is dissolved two pounds of white sugar; put into glass bottles or stone jugs and cover the mouths with any open or woven cloth, to admit air and keep out insects, set in cellar for six months, more or less; then pour off carefully from the lees into clean bottles and cork for use as wanted.

Another.—Measure your berries, after picking them

over, bruise them, and to every gallon of berries add one quart of water, boiling hot. Let the mixture stand twenty-four hours, stirring occasionally; then strain off the liquor into a cask, for every gallon of juice adding two pounds of sugar. Cork tight and let stand till the following October, when it will be ready for use without any further straining or boiling.

Lemonade.—Squeeze the juice from the lemons, cut them in small pieces and cover with sugar. Let stand at least an hour, then press out the juice the sugar has extracted. The volatile, aromatic oil of lemons and oranges is in their skins, and twice as much lemonade of a better quality can be made in this way than by the use of juice alone. Boil one-half of a cup of sugar with one-fourth of a cup of water until it spins a light thread. Take from the fire, add one cup of lemon juice and the juice and sugar from the skins. Add water and sugar to taste and serve ice cold.

Pineapple Lemonade.—One cup of sugar, one cupful of canned pineapple, one cup of water, juice of two lemons. Boil the sugar and water until it spins a light thread. Put the pineapple through the fruit press and add to the syrup with the juice of the lemons. When ready to serve, add water and sugar, if needed, to taste. Serve ice cold.

Fruit Punch.—Two cupfuls of sugar, one-half cup of orange juice, one cupful of strawberry juice, one cupful of water, one-half cup of lemon juice, one cupful of pineapple juice, one-half cup of Maraschino cherries. Boil the sugar and water to a syrup, and add the fruit juices. Let stand twenty minutes, strain and chill. Add the whole cherries. Sweeten or weaken, if necessary, to taste, and serve ice cold. It will rarely need reducing with water unless the juices of preserved fruits have been used.

Cherry Syrup.—Two cupfuls of granulated sugar, two cupfuls of cold water, two cupfuls of cherry juice. Stone the cherries. Dissolve the sugar in the water, add the cherries and their juice, and cook for ten minutes. Take from the fire and put through the press. Return to the fire and

boil until a thick syrup is formed. Seal when hot. Serve with shaved ice, thinning with cold water to taste.

Mint Punch.—Remove the leaves from twelve large stalks of mint; chop them very fine; put them in a mortar with four or five tablespoonfuls of sugar and grind them to a paste. Or you may rub them in a bowl with a spoon. Boil together for five minutes a pound of sugar and a quart of water; add the juice of three lemons and the mint; when the mixture is icy cold, freeze. This may stand four or five hours. Serve in punch glasses.

Nasturtium Punch.—Chop fine twenty-four nasturtium flowers; rub them with a little sugar to a paste. Boil together a pound of sugar and a quart of water for five minutes; take from the fire, and add the juice of three lemons and the nasturtium flowers. Let these stand until perfectly cold; add four tablespoonfuls of claret or grape juice. Freeze the mixture and serve in punch glasses. Especially nice with mutton.

A nasturtium flower on the top of each glass makes a very pretty garnish.

Ginger Punch.—Boil a pound of sugar with a quart of water; add the juice of three lemons and when cold add four tablespoonfuls of the syrup from the preserved ginger, and a half cup of the ginger chopped very fine. Freeze and serve with the meat course at dinner. If preserved ginger is not to be had, add a tablespoonful of ground Jamaica ginger to the sugar and water before they are boiled, then add the chopped candied ginger.

Memorandum

Fruits, Jellies, Preserves

Canning and Preserving.—The disappointment that so many experience in preserving and canning fruit can be avoided, if care and knowledge of proper principles of science are observed. The scientific part consist in cooking the fruit to sterilize any germs, while the common sense part consist in excluding all outside air. Of course fruit as fresh as possible should be used, and such should be perfectly sound and not overripe. Overripe fruit lacks the fine flavor of other fruit. Pick the fruit very carefully, and if it is absolutely necessary, rinse it quickly by placing in a colander or fine wire basket and dipping in and out of cold, clear water. Drain thoroughly. The flavor in the fruit will be much finer if it is not washed. Do not waste time and money canning poor fruit.

Heat both jars and covers, and make sure that your jars are perfect and your rubber bands new. It is safer not to depend on rubbers that have once been used. Glass jars are by far preferable to tin and are now cheap enough to be in reach of all. Canning differs from preserving in the amount of sugar used.

While canning does not require the same length of time, all fruit must be thoroughly cooked, so that every portion of it is subjected to a degree of heat sufficient to destroy all germs in the fruit. But overcooking should be avoided in order to retain the fresh, natural flavor. The length of time required for canning varies according to the variety and condition of the fruit, but do not have your fruit spoil for want of sufficient cooking.

Fruits that have been shipped a long distance, or have stood for some length of time after being picked, need longer cooking than the freshly gathered.

The most delicate fruits require fifteen minutes, and thirty minutes is not too long for most kinds.

Sugar is not considered necessary to the preservation of fruit, but it is added to make it more palatable, to increase the specific gravity of the water or fruit juices, and therefore by an additional degree of heat destroy the germs more certainly, and accomplish sterilization of the fruit in much shorter time. The addition of sugar also preserves the shape of the fruit, abstracting the juices and hardening it, which prevents it from becoming soft and falling apart.

Use only the best granulated sugar for preserving fruits.

To all juicy fruits like berries, add the sugar, which has been heated in the oven, to the fruit when it boils.

For peaches, pears and such fruits as contain much less juice, make a syrup by dissolving the sugar in water, a pint of sugar to a pint or a pint and a half of water, as the fruit seems to require. Cook the fruit in this until tender enough to pierce with a straw, but not long enough to lose its form or break.

Be sure to fill the jar to the very brim. Then run the handle of a silver spoon around and down the sides to be sure all air is excluded. Wipe the juice off the top carefully, adjust the band, and screw down tight. Do this as quickly as possible, and when the jars are cool, again screw down the top, to make sure it is air-tight. Never set jars in a draught of air after filling. Some housewives turn the jars upside down for several days, then examine for leakages, and if perfect put away. If the contents of a jar begin to "work," open at once, re-heat and can again, using a little more sugar.

Many use this method of canning. All ripe, mellow fruit is placed at once in the jars. These are then set in a large boiler of warm water, with little blocks of wood or a board underneath. Make a syrup as follows: A cup of sugar to a quart of fruit for the tart fruits and less for the sub-acid, and from one to three cups of water, according to juiciness of the fruit. Set the lids on loosely, cover the

boiler closely and keep the water boiling from fifteen to thirty minutes, according to kind and quality of fruit. Then screw down the lids at once and set the jars on a folded damp cloth, unless you do not need the boiler again; in that case you can let the jars cool in the water after sealing. Proceed same as with other process.

The usual method of preserving is to use equal weights of fruit and sugar, and cook a sufficient length of time to keep the fruit without being perfectly air-tight.

Preserved fruits are very rich, and for economical reasons, at least, most persons prefer the canned fruits for daily use. But some fruits are very much more palatable when preserved with a less amount of sugar. As a general rule, however, cooks living along the Atlantic sea-board make their preserves of a more cloying sweetness than those housewives who live in the Mississippi Valley. It seems to be due to a difference of taste, but wherein this difference originated has never been explained.

Keep the jars in a cool, dark closet, where there is ventilation from door and window. If you have no such closet, enclose each jar in a paper bag, which will effectually exclude the light.—Lutheran Observer.

Delicious Dish of Peaches.—Cut peaches in half, stone and sprinkle sugar in the hollows. Rub a large tablespoon of butter into a pint of flour sifted with a teaspoon of Royal Baking Powder and a half teaspoon of salt. Beat an egg very light, stir it into a scant cup of milk, mix gradually with the prepared flour beating well at the last. Pour into a greased baking pan large enough to allow the fruit to spread out, and the batter to be about an inch thick. Bake for a half hour in a brisk oven. Serve with cream and sugar.

Iced Grapes.—Dip whole bunches of selected grapes, first in the white of egg, then in powdered sugar, sift the sugar over them until all are thoroughly covered. Lay on wax paper until dry.

Simple Rule for Jelly.—Crush raw fruit or berries, and drain off the juice. To this juice take the same amount or

measure of sugar, but do not combine them at once. Put the juice into a granite pan and place over the fire, meantime take the sugar and put it in a dripping pan, and place in the oven. When the juice has boiled twenty minutes, take the sugar hot from the oven and put it into the fruit juice. Let the mixture boil up, just enough to melt the sugar. Skim it, and then strain into jelly glasses, and the arduous task is done. I will warrant a jelly that will be firm and beautiful in color, in texture and in taste.

One important thing, however, I have not mentioned, and that is that fruit not very ripe should be used. A fruit a little under ripe is best, although I have made jelly that jellied all right of pretty ripe fruit; still for one who wants an absolute success, the under ripe is not only much easier to jelly, but is better flavored.—Lutheran Observer.

Preserved Strawberries.—Select firm berries and remove the hulls. To each pound of fruit add three-quarters of a pound of granulated sugar; mix with the berries and let them stand ten or fifteen minutes, or long enough to moisten the sugar, but not to soften berries. Put them in a granite or porcelain-lined sauce-pan and boil slowly five or ten minutes, or until the berries are softened. Do not stir them as that would break the berries, and do not boil long enough for them to lose their shape. Cook one pound of strawberries or quart only at a time. A larger quantity crushes by its own weight. A good method is to have two saucepans and two bowls, and leave the berries after being hulled on a separate dish until ready for use. Then put a quart at a time in a bowl, with sugar sprinkled through them. While one bowlful is being cooked, the bowl refilled and the glasses filled the other one is ready for use. In this way no time is lost. It is well to put strawberries in glasses. One quart of berries will fill two half-pint tumblers. Cover the top with paraffin. Paraffin can be obtained at any pharmacy. Place it in a small saucepan on the side of the range; it melts at a low degree of heat, and when the glass is filled with hot preserves wipe the glass close to the fruit to free it of syrup. Cover the top with a tablespoonful of liquid paraffin, do not move the jar until

it has set. This is a very easy and satisfactory way of sealing fruits.—Lutheran Observer.

Strawberry Jam.—For each pound of fruit allow a pound of sugar. Mash the fruit in the kettle, boil hard for fifteen minutes, then add the sugar and boil for five minutes.—Lutheran Observer.

Apple Butter.—Twelve gallons sweet fresh cider, six gallons apples, twenty pounds sugar. Boil cider until it can be thoroughly skimmed. Then add sugar and boil until the cider does not separate.—Mrs. Chas. Hetrick, New Kingston, Pa.

Quince Honey.—Three pounds sugar, one-half pint of water, two cups grated quinces, alum large as a pea. Boil sugar until no scum rises. Add quince and boil twenty minutes.

Pineapple Honey.—Three pounds granulated sugar, one pint water, a small lump of alum. Boil ten minutes. Put in two cups grated pineapple, then boil ten minutes, or until it jellies.

To Preserve Fruit by Cold Process.—Pack fruit in jars or a vessel as closely as you can without injuring the fruit. Then take one two-ounce package of compound extract of salyx and fourteen pounds of granulated sugar. Dissolve extract of salyx and sugar in three and one-half gallons hot water. Let cool and strain through flannel cloth; then pour on enough liquid to cover the fruit. Three and one-half gallons of the liquid will cover about twelve and one-half gallons of fruit. For preserving beans, corn and pickles by this process, see under "Vegetables." For preserving tomatoes to a gallon of tomatoes add one-fourth pint of the prepared sugar salyx syrup. Then cook ten minutes or until well scalded through the can.—Mrs. H. A. Cornman.

Memorandum

Candies

Home-Made Candies.

The cream which forms the basis of much candy is not difficult to make, but must be prepared with care, and if it is made successfully, be sure the rest of your candy will be good. A proper quantity of this fondant, or "cream," for the amateur to make at a time, is concocted by using two cupfuls granulated sugar, a level saltspoonful of cream of tartar and two-thirds of a cup of hot water. After allowing the sugar to dissolve, bring slowly to a boil, taking care to wipe away the crystals which form, as granulation may take place. When a little of the mixture dropped in cold water will form into a ball, the pan must be instantly removed from the fire. Stand the pan in cold water until the finger can be placed in the mixture without burning. Then with a flat wooden paddle, beat and stir until the mass becomes a creamy consistency and white. Then knead like dough, till soft and smooth. Below we give a few varieties of candies that may be made from this cream.

Cut fresh marshmallows in halves. Melt again some fondant, color it a delicate pink, violet or green with vegetable coloring, flavor with rose, violet or bitter almonds. Dip each half marshmallow in fondant and roll in grated cocoanut.

For acorn creams, roll a bit of fondant in the shape of an acorn. Melt sweetened chocolate, dip each cream in it until the effect of an acorn cup is produced.

Strawberries may be made of pink fondant, a cord covered with crystalized sugar being run through the berry and extending for the stem. Unless these are to be given to very small children, an artificial calyx may be added to make the effect more real. Nuts may be chopped

fine and rolled in the fondant, citron may be added to it, dates may be stoned, the centre filled with the cream and the whole rolled in sugar; layers of fondant variously colored, and placed one upon the other, may be cut in squares or any shape desired. In fact, the possibilities are endless. Do not attempt unless you are adept, to make all your candy at once. Otherwise, you will not want to look at candy for months to come.—Lutheran Observer.

Nougat.—Two cups granulated sugar, two large cups nuts; boil six tablespoonfuls water with sugar, as in boiled icing, until it spins a thread; one-half teaspoon vanilla; pour on a large platter and beat well; add nut kernels; cut in strips one-half inch thick.

Candy.—To one pound confectionery sugar, take the white of one egg, one tablespoon cold water, beat light. Knead to the substance of a dough. Flavor with almond. Roll out and cut in squares and decorate with nuts.

A very nice candy can be made by dividing this in three parts. Flavor with strawberry, vanilla and chocolate. Roll out and place layer on the other, and roll once lightly, then cut in squares.—Miss Emma Senseman.

Saldic Taffy.—Two cups sugar, one cup water, one-fourth cup vinegar, one-half teaspoon of cream of tartar. No stirring allowed. Pour on a buttered pan and pull when cold enough.

Taffy.—One pint New Orleans molasses, two cups sugar, one-half cup butter, one tablespoonful vinegar; stir to keep from burning; cook until brittle when put in ice water.—Mrs. Geo. I. Uhler.

Molasses Candy.—Three cupfuls of brown sugar, one-half cupful of molasses, one cupful of water, one-half teaspoonful of cream tartar, butter the size of a walnut. Bring to a boil, and when crisp by testing in cold water, flavor; pour out on a buttered plate and pull to whiteness if desired.

Butter Scotch.—Two cupfuls of sugar, two tablespoonfuls of water, a piece of butter the size of an egg. Boil without stirring, until it hardens on a spoon. Pour out on buttered plates to cool.

Ice Cream Candy.—Take two cupfuls of granulated sugar, half a cupful of water, and add one-quarter of a teaspoonful of cream tartar dissolved in a teaspoonful of boiling water. Put it in a porcelain kettle, and boil ten minutes without stirring it. Drop a few drops into a saucer of cold water or on snow. If it becomes brittle, it is done; if not, boil till it is. Add a piece of butter half as large as an egg while it is on the fire, and stir it in. Pour into a buttered tin, and set on ice or snow to cool enough to pull it white. Flavor with vanilla just before it is cool enough to pull. Work into strands and cut into sticks.

Cream Candy.—One pound of white sugar, three tablespoonfuls of vinegar, one teaspoonful of lemon extract, one teaspoonful of cream tartar. Add a little water to moisten the sugar, and boil until brittle. Put in the extract, then turn quickly out on buttered plates. When cool, pull until white, and cut in squares.

Cocoanut Candy.—Grate very fine a sound cocoanut, spread it on a dish, and let it dry naturally for three days, as it will not bear the heat of an oven, and is too oily for use when freshly broken. Four ounces will be sufficient for a pound of sugar for most tastes, but more can be used at pleasure. To one pound of sugar, take one-half pint of water, a very little white of egg, and then pour over the sugar; let it stand for a short time, then place over a very clear fire, and let it boil for a few minutes; then set it one side until the scum is subsided, clear it off, and boil the sugar until very thick; then strew in the nut, stir and mix it well, and do not quit for an instant until it is finished. The pan should not be placed on the fire, but over it, as the nut is liable to burn with too fierce a heat.

Almond Candy.—Proceed in the same way as for cocoanut candy. Let the almonds be blanched and perfectly dry, and do not throw them into the sugar until they approach the candying point.

Candied Nuts and Fruits.—Three cupfuls of sugar, one cupful of water; boil until it hardens when dropped in water, then flavor with lemon. It must not boil after the lemon is put in. Put a nut on the end of a fine knitting

needle, take out, and turn on the needle until it is cool. If the candy gets cold, set on the stove for a few minutes. Malaga grapes and oranges quartered, may be candied in the same way.

Chocolate Caramels.—Two cupfuls of sugar, one cupful of warm water, one-half cupful of grated chocolate, three-fourths of a cupful of butter. Let it boil without stirring until it snaps in water.

Ice Cream Candy.—Take three cupfuls of granulated sugar, one and one-half cupfuls cold water, one-fourth cupful vinegar, butter the size of a walnut, boil until it will harden in cold water, then flavor with vanilla, pour into pans that have been buttered well, then pull until firm and white.—Mrs. A. R. Longenecker.

Creams.—Eighteen tablespoonfuls of granulated sugar, four tablespoonfuls of hot water; boil hard four minutes; flavor and set dish in cold water; stir until it is sugared enough to drop on buttered paper. Any kind of creams may be made from this—cocoanut, peppermint, lemon or any flavor. If this cools before one can drop it all, heat a little more; or, if not quite hard enough, boil a little more; it does not spoil easily.—Miss Lotta B. Frankforter.

Molasses Taffy.—One pint molasses (New Orleans), one cup sugar, two tablespoons melted butter, one tablespoon vinegar. Boil without stirring until it hardens in water. Add one teaspoon soda. Pour in buttered tins, when cold enough pull until brittle.

Butter Taffy.—Boil three cups brown sugar, one-half cup molasses, one-fourth cup each hot water and vinegar. When it crisps in cold water, add two tablespoons butter, one teaspoon vanilla. Cook three minutes. Cool on buttered pans.—Miss Bessie Greenwood.

Peanut Brittle.—Shell roasted peanuts to measure one pint. Put two pints granulated sugar on a pan, stir over slow fire. It will lump, then gradually melt. When clearly melted, add nuts and pour quickly on buttered tins as thin as possible. When cold break up.—Miss Emma Senseman.

Salted Peanuts.—Take one pint of peanuts before they have been roasted, pour boiling water over them and re-

move the brown skin, spread on a plate to dry; take a lump of butter size of hickorynut, put in pan and let melt; then pour peanuts in; set in hot oven until they turn a light brown, stir occasionally; take from oven and sprinkle salt over them.—Mrs. S. F. Tholan.

Pennsylvania Walnut Fudge.—Two cups sugar, one cup milk, one-half cup cocoa; butter one-half size of an egg. Boil until it strings, without stirring, then add one teaspoonful vanilla. Beat until almost hard. Cover the bottom of a greased tin with black walnut meats and pour mixture over this. Mark off in squares.—Miss Emily Burr.

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

Vassar Fudge.—Two cups granulated sugar, one cup of milk, one-half cup chocolate, butter size of walnut. Boil fifteen minutes, stirring all the time. Then remove from stove and stir until it begins to grain. Flavor with vanilla.

Chocolate Candy.—Four cups of brown sugar, one-half cup butter, one-fourth cake Walter Baker's Chocolate broken in pieces; one cup hot water. Boil until it will harden in water; then beat for five minutes, pour in greased pans; cut in squares.

Chocolate Caramels.—Three pounds brown sugar, one cake Walter Baker's Chocolate, one cup sweet cream, one small bottle vanilla, butter size of a walnut. Boil until it crisps in cold water. Cool on buttered pans and cut in squares.—Miss Bessie Greenwood.

Memorandum

Miscellaneous

(Those marked with a star (*) have been clipped from
Lutheran Observer.)

***To Remove Tea and Coffee Stains.**—Soak the stained fabric in cold water; spread out and pour a few drops of glycerine on each spot. Let it stand several hours; then wash with cold water and soap.

***To Remove Chocolate and Cocoa Stains.**—Wash with soap in tepid water.

***To Remove Mildew.**—Soak in a weak solution of chloride of lime for several hours. Rinse in cold water.

Another.—Wet the cloth, rub on a mixture of soap and chalk, and place the article in the sun.

***To Remove Iron Rust.**—Soak the stain thoroughly with lemon juice; sprinkle with salt and bleach for several hours in the sun.

Another.—Take lemon juice and salt mixed together, place on spot and lay the article in the sun. Repeat if necessary.

***To Remove Fruit Stains.**—Stretch the fabric containing the stain over the mouth of a basin and pour boiling water on the stain. In cold weather fruit stains can frequently be removed by hanging the stained garments out of doors over night. If the stain has been fixed by time, soak the article in a weak solution of oxalic acid or hold it over the fumes of sulphur.

***To Remove Ink Stains.**—Soak in sour milk. If a dark stain remains, rinse in a weak solution of chloride of lime.

Another.—Dip the spot in pure melted tallow, wash out the tallow and the ink will also be removed.

***To Remove Scorch Stains.**—Wet the scorched place, rub with soap and bleach in the sun.

***To Remove Vaseline Stains.**—Saturate the spots with ether and lay a cup over it to prevent evaporation until the stain is removed. Use the ether with very great care.

***To Remove Blood Stains.**—Soak in cold salt water; then wash in warm water with plenty of soap; afterward boil.

***To Remove Grass Stains.**—Saturate the spot thoroughly with kerosene, then put in the washtub.

***To Remove Iodine Stains.**—Wash with alcohol, then rinse in soapy water.

To Remove Sewing Machine Oil Stains.—Rub with lard; let stand for several hours, then wash with cold water and soap.

***To Remove Pitch, Wheel Grease and Tar Stains.**—Soften the stains with lard, then soak in turpentine. Scrape off carefully with a knife all the loose surface dirt; sponge clean with turpentine and rub gently till dry.

***To Remove Grease Spots.**—Hot water and soap generally remove these. If fixed by long standing, use ether, chloroform or naphtha. All three of these must be used away from either fire or artificial light.

Grease spots may be removed from any delicate color with French chalk, which is sold by all druggists. Scrape this on the spots and rub it in somewhat; then allow it to remain for twenty-four hours, brush off lightly, and if the grease has not entirely disappeared, repeat the rubbing of the chalk.

To Remove Grease Spots from Silk.—Lay the grease spot upon a thick sheet of blotting or brown paper; place another piece of the same paper over the spot, and press a moderately warm flatiron over it for a minute or two, until the stain disappears. Rub the stained part with a bit of soft silk or flannel.

To Wash Soiled Ribbons and Ties.—Rub carefully through a solution of one-half teaspoonful of ammonia to one cupful of water. If much soiled put through a second water with less ammonia. Lay between clean white cloths and press until dry.

To Restore Velvet.—When velvet gets crushed from pressure, hold the parts over a basin of hot water, with the lining of the dress next to the water. This will soon cause the crushed part to assume its original form.

To Bleach Yellow Linen.—Soak in buttermilk two or three days. Wash carefully and lay in sun.

***To Prevent Fading.**—Wash goods liable to fade should be washed in a strong solution of salt, allowing a cup of salt to a quart of hot water. While the water is warm put the material in, and let it lie for a time; then take out and wash in the usual way.

***Kerosene in Washing.**—Kerosene in the boiling water whitens clothes safely, especially such as are yellow from lying. Put in a tablespoonful to each gallon of suds.

For very yellow or grimy thing, make an emulsion of kerosene, clear lime water and turpentine in equal parts. Shake them together until creamy; then add a cupful to a boilerful of clothes and boil for half an hour.

The same emulsion is very good for very dirty things, such as jumpers, overalls, working shirts, children's trousers. Use it in conjunction with strong suds, as hot as the hand can bear, and rub a little directly upon dirty grease spots. Let the clothes stand five minutes before washing out and be sure to have the second suds and the rinsing water as hot as the first.

***To Remove Soot Stains.**—Rub the spots with dry cornmeal before sending the clothes to the wash.

To Make a Stiff Starch.—Put an ounce of gum arabic (not the powdered) in a pitcher and pour on it one-half pint boiling water. Let the mixture remain covered over night, and in the morning turn it into a bottle. If tightly corked, the solution will keep for a long time. To a quart of starch, after it has been boiled, add two tablespoons of the liquid gum arabic; let the starch again come to a boil and cook until the ingredients are thoroughly mixed, then add a little salt to keep from sticking, and you have a starch that will not disappoint you, for its results are extremely satisfactory. Shirt waists when starched this way

have a clear appearance not obtained by the ordinary method of starching, and keep clean longer.

***To Prevent the Iron from Sticking.**—Put a spoonful of kerosene into the cold starch.

Washing Fluid.—One box Babbit's lye, one ounce salts of tartar, one ounce carbonate ammonia, two gallons water, let come to a boil, put in ingredients, add two or three tablespoons borax. Bottle tight, use one-half cup to a boiler of water.—Mrs. W. C. Garber.

Rosin Soap.—Twenty-four quarts soft water, six pounds tallow, three pounds rosin, two pounds caustic soda, put in large kettle, boil slowly about two hours.—Mrs. W. C. Garber.

***To Clean Gilded Frames.**—Gently wipe them with a fine cotton cloth dipped in sweet oil.

***To Clean a Greasy Sink.**—To clean a greasy sink, a little paraffin oil, rubbed in with flannel, will save trouble.

***To Remove Tea Marks from China.**—Ordinary tea marks on china may be readily dissolved by scrubbing with a soft brush dipped in salt water and vinegar.

***To Renovate Leather Chairs.**—Leather chairs and tops of writing tables are renovated by sponging them lightly with warm soap-suds and then rubbing on the white of an egg whipped stiff. Or, if this seems like wasting the egg, rub over the leather a mixture of half a cup of sweet oil to a cupful of vinegar; boil together, and polish the leather with the useful piece of old flannel. When willow chairs lose their natural color, it is said that a solution of chlorine will restore it.

***To Remove Spots from Leather.**—Oxalic acid, in weak solution, is the best thing to use when removing spots from leather. Two or three crystals of oxalic acid dissolved in warm water, then applied with a bit of cloth to the spots, will do the work. But one must watch closely, and, as soon as the spot disappears, apply clear water to overcome the acid, which is a powerful bleacher. Afterward dry the leather with a clean cloth. This process applies as well to ink spots that sometimes disfigure the leather covers of books. For tan-colored sheepskin covers a saturated solu-

tion may be used. For any bright colored leather, the solution must be much weaker.

To Remove Soot from Carpet.—Sprinkle heavily with salt and then sweep.

To Wash Matting.—Wipe off with a cloth wrung from salt water. This will prevent from turning yellow.

To clean Kid Gloves.—Dip a fine, clean soft cloth into a little sweet milk, then rub the cloth on a cake of soap, then with this cloth rub the gloves.

To Clean Mica.—Clean with vinegar slightly diluted with water. If the mica does not become clean immediately let it remain in the vinegar a short time.

To Clean New Iron Kettles.—Boil in them one hour, a good-sized handful of hay. Then scour with soap and sand. Fill again with clear water and place over fire until water boils. After this treatment they will not color anything boiled in them.

To Clean Stovepipe.—A piece of zinc put on the live coals in the stove will clean out the stovepipe.

To Preserve Washtubs.—When done washing turn bottom side up and cover bottom with water. This will prevent staves spreading apart at top.

To purify a Cistern.—When the water has an unpleasant odor suspend in the water a muslin cloth containing one or more pounds of charcoal.

To Keep Lemons.—Cover with cold water changing water once a week.

Plaster Paris and Vinegar.—Plaster Paris mixed with vinegar instead of water will not set for twenty or thirty minutes.

A Mosquito Remedy.—Take a piece of paper rolled around a lead pencil to form a case and fill this with very dry Persian insect powder, putting in a little at a time and pressing it down well with a pencil. This cartridge may be set in a cup of sand to hold it erect. An hour before going to bed close the room and burn one of these cartridges. One will answer for a small room, but take two for a large room. This will effectually dispose of the mosquitoes.

To Toughen Lamp Chimneys.—Place the chimney in

a pot of cold water, to which some salt has been added. Boil the water well and then cool slowly. Glass treated thus will withstand a sudden change of temperature.

To Remove a Glass Stopper.—Heat the neck of the bottle a few seconds with a lighted match.

Canned Fruit.—Canned fruit is improved by being opened an hour or two before being used. This restores the oxygen to the fruit.

To Preserve Cider.—Allow it to work until it has reached the state most desirable to the taste, then add one and one-half tumblers of grated horseradish to each barrel and shake up well. This prevents further fermentation. After remaining a few weeks, rack off and bung up closely in clean casks.

WHAT HOUSEKEEPERS SHOULD REMEMBER.

That cold rain water and soap will remove machine grease from washable fabrics.

That fish may be scaled much easier by first dipping them into boiling water for a minute.

That fresh meat, beginning to sour, will sweeten if placed out of doors in the cool air over night.

That milk which has changed may be sweetened or rendered fit for use again by stirring in a little soda.

That boiling starch is much improved by the addition of sperm or salt, or both, or a little gum arabic dissolved.

That a tablespoonful of turpentine, boiled with your white clothes, will greatly aid in the whitening process.

That kerosene will soften boots and shoes that have been hardened by water, and will render them as pliable as new.

That thoroughly wetting the hair once or twice with a solution of salt and water will keep it from falling out.

That salt fish are quickest and best freshened by soaking in sour milk.

That one teaspoonful of ammonia to a teacup of water

applied with a rag will clean silver or gold jewelry perfectly.

That salt will curdle new milk, hence in preparing porridge, gravies, etc., salt should not be added until the dish is prepared.

That paint stains that are dry and old may be removed from cotton or woolen goods with chloroform. It is a good plan to first cover the spot with olive oil or butter.

That clear boiling water will remove tea stains; pour the water through the stain and thus prevent its spreading over the fabric.

That charcoal is recommended as an absorber of gases in the milk room where foul gases are present. It should be freshly powdered and kept there continually, especially in hot weather, when unwholesome odors are most liable to infect milk.

That by applying kerosene with a rag when you are about to put your stoves away for the summer, will prevent them from rusting. Treat your farming implements in the same way before you lay them aside in the fall.

That a teaspoonful of borax put in the last water in which clothes are rinsed, will whiten them surprisingly. Pound the borax so that it will dissolve easily. This is especially good to remove the yellow that time gives to white garments that have been laid aside for two or three years.

That a good agency for keeping the air of the cellar sweet and wholesome, is whitewash made of good white lime and water only. The addition of glue or size, or anything of this class, is only a damage by furnishing organic matter to speedily putrify. The use of lime in whitewash is not simply to give a white color, but it greatly promotes the complete oxidation of effluvia in the cellar air. Any vapors that contain combined nitrogen in the unoxidized form contribute powerfully to the development of disease germs.

All Good Housekeepers Should Know Why Some Things Are Done.

Why do you take milk in your tea? Most persons would answer, because they like it that way. But the scientists have found a deeper reason placing the custom on purely scientific grounds, says a writer in the New York Press. These learned ones discourse as follows:

We use sugar in our tea to prevent injury to the coatings of our stomachs. Whenever tannic acid and albumen meet, they fall desperately in love with each other, get married and live together ever afterwards as tannat of albumen, or leather. Now, there is tannic acid in tea and a lot of albumen in the coating of the stomach. The tannic acid weds as much of this as is allowed by the laws of chemistry and so far injures the stomach.

But milk also contains albumen. When milk is added to tea, therefore, the molecules of tannic acid select their albumen partners from it, and as a divorce is unknown to tannate of albumen the albumen of the stomach remains single, and so the lining of the stomach is uninjured.

Now, you may imagine that when you mix a salad dressing you put vinegar in because it tastes better made that way, but you are wrong again. It is for a chemical reason, which is as follows:

Raw vegetables are easily enough digested by cows and horses, but with difficulty by the human stomach, because they contain that hard, fibrous substance, cellulose. But acids dissolve cellulose, and vinegar is an acid. That is why we take it with salad and cabbage, and doubtless that is why it tastes so well, for the palate is an excellent judge of what is good for the stomach. Oil is added for the very good reason that it protects the lining of the stomach from the action of acid in the vinegar.

Why do we take butter on bread? Partly because wheaten flour does not contain enough fat and partly because butter contains a trifling quantity of substances called "extractives," which in some unknown way stimulate the appetite and aid digestion.

Why do we take pepper, mustard and spices? Because they tickle the glands of the stomach and make them work. Consequently they produce an abundant supply of digestive juices. They also stir up the liver, and a stirring up of this organ is an important thing for people who live sedentary lives.

***A Reliable Baking Powder.**—Many housewives object to using the baking powder on the market, owing to the possibility of adulteration. Will such try the following formula? Sift three times a quarter of a pound of flour, a quarter of a pound of baking soda, and half a pound of cream tartar. Store in an airtight can.

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

***To disinfect Water.**—In traveling, when it is impossible to get boiled or filtered water, the juice of a lemon will do quite as well. Squeeze a little into a glass of water, let it stand for a few moments, and the water will be thoroughly disinfected.

***A Good Furniture Glue.**—A good furniture glue that does not harden and which has long been in use in the family from which the recipe is got, is easily made. Dissolve five cents' worth of gelatine in five cents' worth acetic acid and bottle.

***Worth Trying.**—A new enameled or agate ware kitchen vessel should be filled with clean water and placed over a hot fire. Just when the water begins to boil drop into it a teaspoonful of borax and a lemon cut in half. Let the water boil rapidly for ten minutes, then remove the vessel, and do not empty it until quite cool. It is said this is the best annealing process for such wares, and that it will prevent the enamel lining from chipping, which is the only fault that can be found in these articles.

***Simple Method of Sterilizing Milk.**—If one cannot procure bottles, or the proper sterilizing apparatus, which cost about two dollars, put the quantity of food to be used in twenty-four hours into the double boiler, and let it remain for ten minutes after the water in the outside compartment has boiled. Cover during the process. Pour the milk into a self-sealing jar and stop the mouth with a plug of cotton wool. Keep the jar in the ice-chest, and do not leave the plug out after removing part of the contents.

DOMESTIC EMERGENCIES.

The suggestions which follow are confined to simple measures which do not require the use of drugs. They mainly touch upon emergencies which arise in the household at a time or when medical assistance cannot be immediately procured. In all emergencies the first thing to do is to send for a physician.

Fever.—Undress the person and put him to bed. Do not cover up too warm; he will be more comfortable with a moderate amount of covering. Give cooling drinks; nothing to eat; except milk. Bathing with Pond's Extract will give relief.

Colic or Cholera Morbus.—Apply heat in the form of hot water bags, or bottles, hot plates and mustard plaster over the seat of pain. Hot baths are sometimes useful.

Diarrhoea—Dysentery.—For a simple diarrhoea, ginger tea, peppermint or other warm drink will usually bring relief. A tablespoonful of sweet oil for an adult, or teaspoonful for a child, will relieve irritation. For dysentery, which follows diarrhoea, rest in bed, hot compresses, or mustard plasters applied to abdomen and soles of feet, will bring relief.

Vomiting.—Patient should always lie down. Give large amounts of hot water, as hot as can be taken. Or small bits of ice held in mouth or swallowed, or a lump of ice against the pit of the stomach, will sometimes bring relief. When other means fail, apply a mustard plaster to the pit of the stomach.

Hiccough.—In severe attacks apply mustard plasters over the stomach. Hot vinegar, brandy or whiskey applied in the same manner will sometimes bring relief. Let the patient draw a deep breath and hold it as long as possible.

Angina Pectoris.—Apply cold over the region of the heart. Hot applications, such as hot water bags, hot cloths and mustard plaster may be used where cold applications fail. Inhale amyl nitrate.

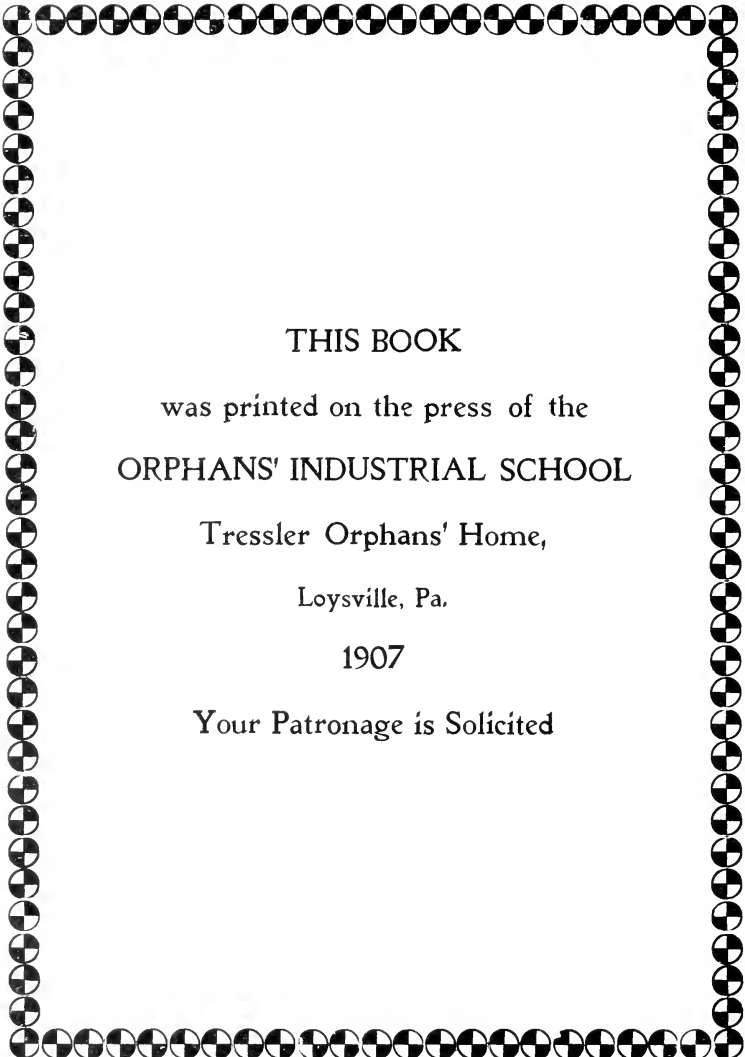
Asthma.—Susceptible persons should keep a supply of suitable burning or inhaling material (asthma cigarettes) for immediate use. If such are not at hand, saturate a piece of blotting paper with a strong solution of saltpeter, dry and ignite; let the patient inhale the fumes. If no other means are at hand, let the person attacked engage in some diversion, such as smoking a cigar or pipe, reading a book or paper, writing, etc.

Croup.—In sudden attacks the playing with a toy or listening to a story may cause symptoms to disappear. Keep the room warm and have water boiling in the room in such a way that the steam will reach the sufferer. Apply flannels wrung out in hot water to the throat and cover with some waterproof material. Use mustard plaster on the soles of the feet and chest (for a few minutes only). Apply hot foot baths; if no relief, try cold. In membranous croup, slack lime in the room, allowing the patient to inhale. Never neglect to summon a physician.

Hernia-Strangulation.—Place the patient on his back in bed; elevate the foot of the bed about twelve inches; bend the legs back toward the abdomen. Apply to the hernia towels or cloths wrung out in hot water; if these do not bring relief, apply cold.

Cramps.—Bathe the part in water as hot as can be borne; apply mustard plaster to the part affected, and to the extremities.

Suppression of Urine.—Apply hot cloths over bladder; give warm sitz bath. Walking over a cold wet floor or dashing cold water on the legs and thighs will often bring relief.



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