

## Health and Home.

**Salmon Salad.**—Open a can of salmon carefully, turn out the fish and drain. Have your salad bowl or dish covered with nice fresh lettuce leaves. Remove the bone and skin from the salmon and place the latter over the leaves. Dust it lightly with salt, and pour over it two or three tablespoonfuls of lemon juice. Put on a thick covering of mayonnaise dressing and serve.

**Pulled Cream Candy.**—In a good sized saucepan put two pounds of granulated sugar, one tablespoonful of butter, one-half of a cupful of cream, and one and one-half cupfuls of water. Boil slowly but steadily until a spoonful, dropped into cold water, can be rolled into a firm ball. Add one-quarter of a teaspoonful of soda, take from the fire, add one teaspoonful of vanilla, and pour on a greased platter. Pull as soon as cool enough to handle.

**Planning Meals.**—The average housekeeper, says an exchange, finds that her memory is shortest when it comes to the daily planning of meals. Her frequent cry that she cannot think of anything to order never seems to be suggestive to her of its own remedy. She has ordered and does order every day the round of family living, and if, when the process is over, she would arrange in a little book kept for that purpose the chief dishes that have appeared on the table during the twenty-four hours, she will find that she quickly accumulates a valuable MEMORABILIA. Instead of cataloguing these dishes under Sunday, Monday and Tuesday, it is simpler to classify them breakfast, luncheon, dinner; substantial and desserts.

**Orange marmalade.**—2 pounds bitter oranges, 2 lemons, or if only sweet oranges can be bought, then use 3 lemons; 9 pounds crystallized sugar, 14 breakfast cups of water. Take rind from fruit and slice as thin as possible into fine chips; if skins are very thick, cut out part of the white pith and throw it away; slice thin the oranges and lemons, and save pips, putting them into one of the cups of water and washing well before throwing pips away. Place chips of peel and fruit and the 14 cups of water, including the cup that contained pips, into a porcelain or granite iron pan, and boil gently one hour, then set aside in cool cellar for 24 hours. Then put on fire and let come to a boil; now add the sugar and boil for 20 minutes; test in usual way to see if it stiffens; if so, it is done; put into jelly glasses; cover glasses with paper brushed with white of egg.

**School Lunches.**—Mrs. Rorer, the well-known authority upon foods and cookery, gives the following sensible advice on the subject of school lunches: School children's luncheons must be plain and suitable in quality. The albuminous foods, building the muscles and tissues, must be in good condition; then the diet may contain a certain amount of starch, as whole wheat bread; a certain amount of fat, as good butter; but it need not contain sugar. Avoid pies, cakes and jams, and substitute, in their place, finely chopped meat between two slices of brown bread; now and then a hard boiled egg pressed through a sieve, seasoned and put between two slices of bread; send a little cup custard, a small jar of rice pudding, or sound, fresh fruit. It is far better to fill the luncheon basket with wholesome food than to give money for the child to visit the nearest confectioner's, where he will make his luncheon upon sweets. A little thought should be expended upon school luncheons.

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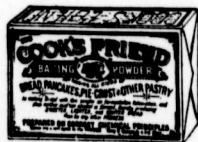
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