

Household Hints.

PARSNIPS FRIED IN BATTER.—Make any good fritter butter; slice steamed or boiled parsnips in squares or short triangles, about a-half inch thick. Dip them in the batter and fry in deep lard, drain and serve.

CINNAMON COOKIES.—One egg, one cupful of sugar, one cupful of molasses, one-half cupful of lard, one spoonful each of soda, vinegar and cinnamon. Roll thin and bake quickly.

ROLL JELLY CAKE.—Four eggs, one cupful of sugar, one cupful of flour, one teaspoonful of baking powder, a pinch of salt; mix all together and pour into a large tin. When baked spread jelly on and roll it.

GINGER SNAPS.—One cupful of molasses, one egg, one-half cupful of sugar, one cupful of lard, one small spoonful of ginger and one of soda, and flour to work up quite stiff. Roll thin and bake in a moderate oven.

BUTTERED SHRIMPS.—Chop the shrimps coarsely. Put them into a saucepan with a piece of butter, a little cayenne and sufficient beaten eggs to thicken the mixture. Simmer, stirring one way. When hot and sufficiently thick, serve on slices of buttered toast.

THE ONION.—Baked onions are less common than other primitive forms and they are very palatable. It is convenient to parboil them first, and then bake three-quarters of an hour in a good oven. Serve with salted and peppered cream poured over them if you would know their best condition.

DRILL PEACH PIE.—Stew peaches until perfectly soft, mash fine and add, for two pies, half a teacupful of sweet cream and one teacupful sugar. Bake with two crusts; or omit cream and add half a teacupful of boiling water and butter size of a hickory cut. Canned cherries, canned peaches and canned plums make delicious pies, and many like pies made of canned berries.

CLAM SOUP.—Chop the clams, strain the liquor and add to the meat, adding one quart of water to every dozen large, plump clams. Let the whole simmer, but not boil, for one and a-half hours. By this time it should resemble a thick broth. Season to taste with butter, salt and pepper, pour in a tureen and send to table with dice of thoroughly toasted, buttered bread.

STEAMED CLAMS.—Wash the clams very clean, and steam till they open; then serve immediately with melted butter which has been seasoned with salt, pepper and chopped parsley. There is always a pleasant suggestion of sea air when there are steamed clams for luncheon or tea. Of course, small round clams must be personally selected for steaming, or the order at the door to the fish-monger must be imperative, for big, tough clams are a grievous disappointment.

STUFFED ONIONS.—To stuff onions, take any kind of chopped meat and rich sauce. Mix with this meat the raw onion that has been excavated; season, heat to boiling and fill the shells. Strew buttered bread crumbs on top and bake three-quarters of an hour for large onions, half an hour for small onions. Another stuffing, preferred by some, is to fill the shells with bread crumbs and the raw onion, moistened slightly with cream, and to pour cream around the onions after they are baked.

RUSSIAN SALAD.—Take equal quantities of as many boiled vegetables as you can get, cut them in fancy shapes, and set them in a border mould with stiff aspic jelly. When this has set, turn out the salad, fill the centre space with some of the same vegetables, a few sliced olives and three or four filleted anchovies cut up. All these should be mixed with mayonnaise sauce, to which a little melted (but not hot) aspic has been added, and the top may be appropriately ornamented with sprays of chervil, cress and other green-coloured garnish.

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Yours truly, H. M. LOCKWOOD, Lindsay, Ont.

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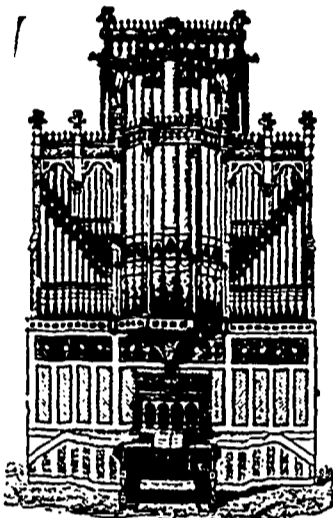
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Household Hints.

BAKED PARSNIPS.—Scrape or pare the parsnips, and, if large, cut them in quarters; lay them on a flat baking-dish; add a little water, dredge with flour and salt; bake till soft and slightly browned. A little butter may be put on the top just before serving.

SHRIMP PUFFS.—Mince them rather fine, add a little butter, salt and curry powder enough to season. Make a paste of flour and water, roll very thin, cut in three-inch squares. Put on each a little of the shrimp mixture, wet the edges and fold over into tri-cornered shape, pressing the edges tightly together. Fry in boiling fat till light brown and send to table on a hot napkin.

SALADS.

Salad is the generic name given to the flowers, leaves, vegetables, fruits and roots that, seasoned with condiments, come as relishes to our table. They have no nutritive qualities and supply no waste, but their abundant juices are dilutants of animal food and serve as correctives and purifiers of the entire system. It is one of the laws of nature to supply at the right season what we need, not only for sustenance, but for the continuance of perfect health. In the early spring we long for something cool and refreshing, something to help us tone down the heating and strong diet of the winter. Nature suggests salads for the purpose by producing them before any other vegetable. Raw vegetables are not always easily assimilated by the action of the gastric juices; sometimes fermentation occurs—a result neither pleasant nor even comfortable. So the wisdom of man originated sautes to stimulate the digestive organs—all condiments assisting digestion, and olive oil, more than the others, preventing fermentation.

Lettuce is the most popular of all salads. It was eaten by the Hebrews at the Feast of the Passover, and has been eaten ever since, as it probably was before, with the spring lamb. In days of old it was served as a first course, as it was supposed to excite the appetite, but now custom has it to follow the roast. If the hostess is not keen about having many courses, and if the palate is consulted, it is really nicest eaten with the roast. The good juice of the meat accords with the sauces and improves the lettuce, which is, although healthful, rather tasteless. If served alone, it comes between the dinner proper and the sweetmeats and puddings, and, with its acid sauce, the richness of the preceding dishes disappears and the palate is prepared for the desserts.

Until ready for service, lettuce should be kept fresh by sprinkling the heads and standing the stems in water. Care should be taken not to crush or bruise the leaves, and any that are so injured should be rejected from the dish. On the crispness of the leaves depends the beauty and taste of the vegetable. Lettuce has no odour, and, when young, little taste, but as it grows older it acquires an acrid and rather bitter one. The leaves must be carefully separated—broken apart, not cut—then washed carefully in cool water, to remove any dirt and insects, and shaken lightly to free from water. As the vegetable contains large quantities of water and some mucilage, it becomes slimy if left submerged in water. Pile the leaves lightly in a deep bowl, or arrange a number of little cups by placing several small, pale, inside leaves within a larger green one. If this be done, a spoonful of sauce can be put in each cup. The serving should be from a large flat dish.

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