

Health and Home

SUMMER BEVERAGES.

Orange Whey—The juice of one orange to one pint of sweet milk. Heat slowly until curds form. Strain and cool.

Iced Tea—Prepare a quart of tea, sweeten to taste, serve clear with bits of ice and bits of lemon for each glass.

Appleade—Cut two large apples in slices and pour on them one pint of boiling water; strain well and sweeten. Ice it before drinking.

Pineapple Nectar—Fill a large glass half full of fresh grated pineapple, adding shaved ice until the glass is full, and squeezing over the whole the juice of two oranges.

Mulled Jelly—Take one tablespoonful of currant or grape jelly, beat with it the white of one egg and a little loaf sugar. Pour on it one-half pint of boiling water. Serve cold.

Pineapple Lemonade—This delightful drink is easily made in the following way: Cut half a melon pineapple into slices, lay them in a pitcher, add four tablespoonfuls of sugar, mash thoroughly, put in a piece of ice, and over this squeeze the juice of three lemons. Add a quart of cold water and stir well.

Spiced Cherries—Heat one cupful of vinegar, add enough sugar to make it very sweet. Stir in three cupfuls of stoned cherries, one tablespoonful of powdered cinnamon, one-half tablespoonful of ground ginger, one teaspoonful of ground cloves. Cook, stirring often, until it is as thick as jam. Put up in glass jars and serve with meats.

Currant and Raspberry Charlotte—Take the crust from a loaf of stale bread and cut into rather thick slices. Dip each slice into melted butter and line the sides and bottom of a charlotte mold. Fill the centre with a mixture of currants and raspberries, sprinkle with a cupful of sugar, cover with the remaining slices in strips and bake in a moderate oven for about three-quarters of an hour.

Cherry Cups—Sift together a pint of flour, one large teaspoonful of baking powder, one-quarter teaspoonful of salt, one teaspoonful of sugar. Add gradually sufficient milk to make a drop batter with two tablespoonfuls of melted butter stirred in last. Butter some large cups, dip in each a spoonful of the batter, a tablespoonful of stoned cherries and another spoonful of batter. Steam half an hour and serve with sweet cream or a thin sauce of stewed cherries.

Cherry Sponge—Soak a half box of gelatine in a half cupful of cold water. Put one quart of stemmed cherries, steep the pits in one cupful of hot water for half an hour, then strain. Add to the water one cupful of sugar, heat to boiling and boil three minutes. Pour this syrup over the cherries, cover and let stand for ten minutes, then run all through a colander. Set the gelatine over hot water till dissolved, add it to the cherry mixture and set away until it begins to thicken. Add the stiffly whipped whites of three eggs and beat on ice until all is light and very thick. Turn into a mold that has been dipped in cold water and put on ice until firm.

A Good Tonic—A raw egg is an excellent tonic with which to begin these warm days. It is strengthening, and tends to prevent that tired feeling so prevalent this season of the year.

Dish covers and tins should be rubbed on the outside with a piece of rag dipped in paraffin, then rub over with the same piece dipped in a little powdered whiting. Polish with a soft cloth.

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