

The Little Helpmate.

Anchovy. — A little sea fish caught in the Mediterranean. It has a high flavor and is used as an appetizer, and in sauces, but the latter are generally made from the Anchovy Essence, bought at the grocers in bottles. As a relish they are usually served on toast or made into dainty sandwiches. Wash them lightly, cut off the heads and fins, scrape the skin, and split them open. Remove the backbone, and cut each fillet in two. Season with cayenne, and a squeeze of lemon.

Probable cost, 25c. for a bottle. Sufficient for 6 to 10 persons.

Anchovy Sauce. — A fish sauce, pink in colour. Mix two teaspoonfuls of Essence of Anchovy with a pint of boiling melted butter (see Butter Sauce) and add cayenne and lemon juice to suit the taste.

Antidotes for Poisons. — “Send at once for a physician; but while waiting, proceed as follows: First and instantly dilute the poison with large draughts of warm water, either clear, or if the poison is known, containing the proper antidote. Excite vomiting. Protect as much as possible the lining of the stomach from contact with the poison by large and frequent doses of sweet oil, flax-seed tea, milk, melted butter, or lard. *A General Antidote*, where the poison is unknown,