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FRUIT PANDOWDIES.

The season for apple pandowdy is approaching, and the berry or peach sort are already lively. The real pandowdy, made after a good old New Hampshire rule, is seasoned with molasses instead of sugar. When it is done it resembles a big, uncouth sandwich, reeking with juice. To make it after this fashion, put into a deep baking dish slices of juicy sour apples, cover them with molasses and season them with a trace of salt, dabs of butter and cinnamon or nutmeg. Cover the dish with a rich biscuit crust, and bake in a slow oven until the crust and apples are done. Then remove the crust without breaking it, and put half the apples on a plate. Place over them the crust, turned bottom upward, and on it spread the rest of the apples. Serve with rich cream—the skimmed kind, if the dish is to be worthy its ancient and honorable title. Brown sugar may be used in place of molasses if it is preferred. Peaches and all kinds of berries are suited to the process. The apples, if they cook slowly, will turn a rich red. This is one of the characteristics of the genuine pandowdy.

"Spider apple pie" was the primitive term of the pandowdy among early New Englanders, and the name has survived and is still in use in some parts of the West. The title was taken from the utensil, the spider, in which the pie was formerly made.

Brown Betty is a New England dish which is especially good, and has the merit of killing two birds with one stone, using up scraps of bread previously dried in the oven, and rolled and apples which are not perfect enough to bake or stew whole.

In a pudding dish spread alternate layers of crumbs and apples sliced small. Season each layer with bits of butter, a little sugar, and a light sprinkling of cinnamon, cloves and allspice ground. When the dish is full, pour over it a half cup of molasses and water which have been mixed together, and cover the top with a good layer of crumbs. Bake for about three quarters of an hour, or till the apples are soft. This pudding is very nice just as it is, or with cream, or hard sauce. Sometimes it may be varied by a few raisins scattered through it.

For a dish which is almost a meal in itself, we give the following way to make a rice and apple compote.

Boil the rice, half a cupful, after washing it, for about twenty minutes, in a quart of water with half a saltspoonful of salt. Pour off the water, and let the rice steam for twenty minutes or till it is flaky, each grain separate from the other. When your rice is ready, turn it into a flat dish and form it into a cone-shaped mound. Cut apples of about the same size in halves, peel and core and stew till tender, but do not let them lose their shape. Drain the liquid off and set them round the dish, against the rice. Take the apple juice they were boiled in, sweeten, add a few drops of vanilla or other flavoring and boil till it is quite thick, then pour over the rice and set away to cool. A few chopped nuts adds to the taste if sprinkled through the rice. Whipped cream makes it very pretty and tasty as well.—Vick's Magazine.

BLACKBERRY ROLY-POLY.

Make a plain dough as for light biscuit, allowing a little more shortening and less baking powder, roll out thin and oblong; spread quickly with blackberries, carefully washed, picked and drained; roll up and pinch the ends together; either sew or tie in a piece of clean white muslin, wrung out of cold water and floured; put into a large pot of boiling water and boil continuously from two to three hours, according to size; turn out on a platter and serve with foam sauce, flavored with lemon juice. Use a teaspoon of sugar, half that quantity of butter and the beaten white of an egg for the sauce, beating until white and foamy.—Ex.

MELON SHERBET.

Cut ripe muskmelons in quarters, take out the seeds, and scrape out the soft pulp with a spoon, rub through a wire strainer. Dis-

solve one and one-half cups of sugar in one-half cup of boiling water, stir until clear, then cool and add to two cups of the sifted pulp; stir in one-half tablespoonful of lemon juice. Freeze like other ices and when nearly frozen stir in the white of one egg, beaten stiff with one level tablespoonful of sugar; finish freezing with the beater removed. Serve in muskmelon shells.—Ex.

BATHING IN COLD WATER.

It is the custom of many persons to have a cold water bath immediately on leaving their beds as a daily habit. Nevertheless, but few persons know how to use cold water judiciously for bathing purposes. Delicately organized ladies frequently have established the same course, considering it conducive to health. There is an impression that it invigorates the individual, hardens the muscles, and strengthens the constitution. The sudden abstraction of caloric or vital warmth in that way has not only injured, but destroyed more than were ever benefited thereby. A reaction, as it is called, a glow of warmth that subsequently follows, is a direct draft upon the system to meet a sudden loss of vitality, and is by no means so beneficial as theoretically imagined. A tepid bath makes no such injurious demands, and therefore, it is not so injurious or perilous for those of a frail structure.—Ex.

ABOUT LEMONS.

A bit of lemon is a fine bleacher for the finger tips, and pumice stone is the best thing for rubbing off ink stains or other discolorations from the skin. Before grating lemons it is well to wash them in a basin of lukewarm water, for on examination it will be found that the outside of a lemon is anything but clean, and if put under a microscope it will be discovered to have tiny black specks on the surface of the skin. To keep lemons put them in a jar and cover them with cold water. Change the water each week, and they will keep ripe and juicy for a month or two.

CHEESE CAKE.

Cream half a cupful of butter with two cupfuls of granulated sugar. Add three-fourths cupful sweet milk, the whites of six eggs beaten light, and three cupfuls of flour in which has been sifted two teaspoonfuls of baking powder. Bake in three layers. Cook in a double boiler until the mixture thickens, the yolks of three eggs, the grated yellow rind and juice of half a lemon, one cupful of sugar and half a cupful of butter. Remove from the fire and stir in one cupful of crushed strawberries. When partly cool, spread between layers of cake, and cover with a soft boiled icing. This must be eaten the day it is made.—Ex.

OF INTEREST TO MOTHERS.

A Safeguard for Children Cutting Teeth in Hot Weather.

The time when children are cutting teeth is always an anxious one for mothers and when this occurs during the hot weather solicitude often deepens into alarms. So many ills that often result fatally are liable to ensue that every mother will be interested in a medical discovery that robs this period of many dangers. Mrs. R. Ferguson, of 103 Mansfield street, Montreal, Que., gives her experience for the benefit of other mothers. She says: "My baby has always been small and delicate, and suffered so much last summer with his teeth that I did not think he would live. The medicine the doctor ordered for him did not do him much good. Then he was attacked with dysentery and a very hot skin and cough. I sent for Baby's Own Tablets, and they did him a wonderful amount of good, and he is now getting on splendidly."

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