

add the liquor with the same amount of water. Let it come to a boil, and add three potatoes sliced thin. Boil slowly until they are done, then add the mussels and a pint of boiling milk. Season well, and serve with pilot or soft crackers.

WHEN NOT TO USE SEA MUSSELS

Sea mussels are wholesome, but, as in the case of all animal foods, there are conditions under which they should not be gathered or eaten. Dead or stale mussels are apt to contain the same dangerous decomposition products, ptomaines, as are found in other stale or putrefying animal foods. They should be alive when purchased, and this can be determined by observing if the shells be closed. If the shells gape, the mussels are either dead or weak and possibly dying, and should not be used.

SPECIAL NOTICE TO HOUSEWIVES

In buying fresh fish, see that the eyes are bright and prominent and the flesh firm, not flabby.