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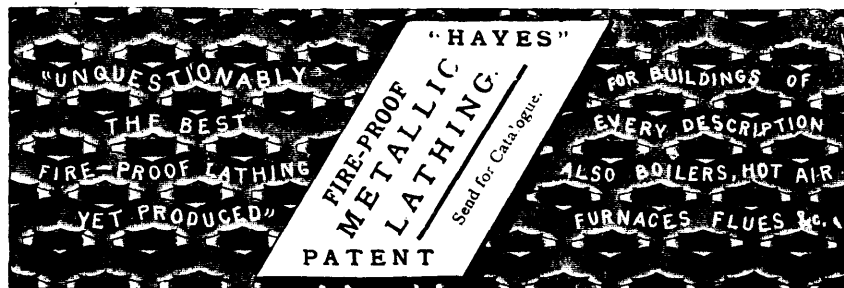
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HOUSEHOLD HINTS.

A GOOD tea cake that a dyspeptic can eat
without injury if cold: One cup of sugar, one
egg, a half cup of sour cream, the same of
sweet milk, a small teaspoonful of soda, a
little salt and nutmeg. Bake an hour before
tea time, so that the cake may have time to
cool.

CALEDONIAN CREAM.—Beat the whites of
two eggs to a stiff froth, and mix with it
gradually two ounces of strawberry jam, two
ounces of currant jelly, and, if liked, two oun-
ces of Caster sugar; serve on a glass dish,
piled high. Almost any jam will make this
sweet.

PARSNIP SOUP.—Take about one-fourth of
a pound of salt pork; chop it moderately fine
and fry it out; turn the fat from it into a
soup kettle; add one large onion chopped
fine, half a cupful of chopped celery, and two
good-sized parsnips, cut in small pieces; add
salt and a little white pepper, and one quart
of water; cook slowly until the vegetables are
tender; then pour the soup through a coarse
sieve or colander, jamming through the pulp
of the parsnips; put it on to heat again; add
one pint of milk, one and a-half tablespoon-
fuls of butter and a little cayenne; do not al-
low the soup to boil hard after the milk is
added, and after it is poured into the tureen
add a tablespoonful of finely-cut boiled beet;
cut the beet in slices, and wipe each slice dry
before cutting it for the soup.

MARQUESE PUDDING.—Open a two-pound
can of preserved pears, drain them from the
liquid, cut them small and run them through a
sieve; add half a pint of white sugar syrup.
Cut up two pineapples into small slices, and
then into small dice. Add their weight of su-
gar and a pint of water; simmer half an
hour; set aside to cool. Boil half a pound of
dried cherries in half a pint of syrup and
cool. Surround the ice cream freezer with
ice, put the pear pulp in it and work it until
partly frozen; add while working the pears
with the spatula, the well-beaten whites of
four eggs. Drain the cherries and the pine-
apple from the syrup and add them, and when
nearly frozen put the mixture in an ice-pud-
ding mould. Surround it with ice and salt un-
til wanted.

TOMATO OMELET.—Put a pint of canned
or stewed tomatoes into an open stewpan and
let simmer for half an hour. Season with
salt and pepper and a tablespoonful of butter.
Beat six eggs well and add to them a level
teaspoonful of salt and three tablespoonfuls
of water. Put a generous tablespoonful of
butter into a large omelet pan or frying pan,
and when it becomes white and frothy pour
the eggs into it. Shake over a very hot fire
until the eggs begin to thicken and look
creamy; then pour in the hot tomatoes,
spreading them over the middle of the ome-
let. Roll up quickly, and, after browning for
an instant, turn out on a warm dish and
serve immediately. Care should be taken to
have a hot fire, for without great heat the
omelet will be hard and heavy. Oysters,
cheese, chicken, ham, and, indeed, nearly all
kinds of meat and fish may be used in the
same way as tomatoes. When meat or fish
is used it should first be heated in a little
sauce. Cheese is simply grated and sprink-
led over the omelet just before the rolling.

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