

## Health and Home.

**Cheese and Nut Sandwich.**—Take equal parts of grated cheese and English walnuts pounded to a meal, or ground; moisten with thick sweet cream and season to taste with salt. Spread between thin slices of buttered bread.

To make an onion pie, fill a pie dish with layers of parboiled Spanish onions cut in quarters, bread crumbs, tiny bits of butter, pepper and salt; add half a pint of milk, and cover with pastry or mashed potatoes. Bake for an hour and a half.

If tea and coffee cups are rinsed in cold water before being washed in soapy water, they will not be stained. The hot soapsuds act as a mordant on the tannin of the tea or coffee, and so fix the stain on the china.—April Ladies' Home Journal.

**Green Tomatoes.**—With beefsteak green tomatoes make a good combination. They are cut in rather thick slices, salted and peppered and fried slowly in hot butter. They may be served on the platter with the steak, or as a side vegetable. Creamed green tomatoes are also commended. In this case they are cut in slices, boiled in salted water for about fifteen minutes, then served with a rich cream sauce.—Ex.

**French roast of mutton** makes a pleasant change from the roasts we know so well by sight at table. Take the best end of a neck of mutton and have it cut the same length as for cutlets. Spit the bones apart and trim away the meat from the tops as for cutlets. Now roll the joint backward to form a circle, bones to the outside, and tie firmly with string to keep in shape. Wrap a good piece of caul round the tops of the bones and roast, basting frequently. Garnish each bone with a small cutlet frill and fill the basket with potato chips. Pour a good gravy round and serve very hot.

**Orange Cheesecake.**—Line an open pie tin with light pastry, and to raise the edge put a second layer of paste on the edge, which should be moistened with water or white of egg; break two eggs, put the yolks into a basin and the whites onto a clean dry plate; beat the yolks well with two ounces of sugar, an ounce each of sponge cake and ratafia crumbs, the strained juice of two oranges, a tablespoonful of cream, and lastly, the whites of the two eggs, previously sprinkled with a pinch of salt, and whipped with a knife to a stiff froth. Pour this mixture into the paste and bake for half an hour in a moderate oven.

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