

Health and Home Hints

A New Thanksgiving Dinner.

When a housekeeper succeeds in making a Thanksgiving dinner which suits the old traditions and at the same time provides new and dainty dishes, she has achieved a triumph. Even the time-honored menu may be improved upon with some ingenuity. To suggest such a dinner, the following menu is given with all the necessary recipes, new ones and good, gathered from housekeepers far and wide:

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| Fruit Soup | | |
| Mashed Sweet Potatoes | | |
| White potatoe croquettes | | |
| Baked squash | Spinach, Swiss style | |
| Apple and cranberry jelly | | |
| Oyster soufflé | | Rolls |
| Celery | | |
| Surprise salad | Olive sandwiches | |
| Indian pudding with cream | | |
| Marshmallow mold | | |
| Mince pie | | Lemon pie |
| Cheese | | |
| Lemon milk sherbet | | Nut cookies |
| Coffee | | |

Fruit Soup—One chopped pineapple, two chopped oranges, one pint of canned strawberries (whole), one cup of powdered sugar, half pint sherry wine, mix well together and serve very cold in punch glasses. Just before going to the table add a covering of chopped ice.

Roast Turkey—After it is nicely picked and drawn, wash thoroughly, adding a little soda to the water in washing. To a fourteen-pound turkey take a small loaf of bread, crumb fine, add half pound of fat pork, one-fourth of a pound butter, pepper, salt and enough boiling water just to moisten; stuff and sew strongly. Bake twenty minutes to each pound of turkey, keep the oven at an even heat, basting frequently. When done remove from the pan, and make the gravy.

Potato Croquettes—Two cups of mashed potatoes, two tablespoons of cream, a teaspoon of onion juice, or a finely chopped onion, a teaspoon of salt, a dash of nutmeg; yolks of two eggs, a tablespoon of chopped parsley, butter the size of a walnut, a dash of cayenne. Beat the eggs until light, and add to them the potatoes, then add all the other ingredients. Mix and turn into a small saucepan. Stir over the fire until it is thoroughly heated through. The mixture will then leave the side of the pan without sticking to it. Take from the fire, and when cool form into cylinders, roll first in egg and then in bread crumbs and fry in boiling fat. This will make about twelve croquettes.

Mashed Sweet Potatoes—Bake the potatoes, cut lengthwise and carefully scoop out the potato. Mash well, add a little butter, pepper and salt and a little cream or milk; beat until creamy; return to the shells, heating lightly, and place in the oven to heat.

Baked Squash—For holiday dinners no vegetables look prettier than baked Hubbard squash or pumpkins. Two medium sized, round squashes should be selected. One is cut up and baked with butter, pepper and salt in the usual way. The other is put in the oven just long enough to be prettily browned. Using the stem for a handle cut the top neatly from this second squash and save it for a lid. Scoop out the contents of this squash and save for pies. Cut the baked squash from its rind and fill the other squash shell. Pass this shell on a tray with a lid in place. It makes a toothsome and attractive dish.

Apple and Cranberry Jelly—Wash the apples, cut in quarters and stew, skins, cores and all (of course, cutting out wormy places). Wash and pick over the cranberries and put into a large kettle in the proportion of one-third cranberries to two-thirds apples, and three times the measure of the two combined of water. Let them boil slowly, or until the whole mass is soft, then strain through a jelly bag, add sugar, equal parts, and boil as with other jelly.

Oyster Soufflé—Heat a pint of oysters in their own liquor, drain and strain the liquor and cut the oysters into small pieces when cold. Melt two level tablespoons of butter; when hot, add level tablespoon of flour and gradually half cup of oyster liquor. Season to taste with salt, celery salt, paprika and a little finely minced parsley. Add the oysters, let come to a boil and add beaten yolks of three eggs. Take from the fire, and fold in stiffly beaten whites of the eggs. Turn into a buttered baking dish and bake in a moderate oven from twenty minutes or until the mixture is firm in the center. Serve at once with or without a mushroom or cream sauce.

Surprise Salad—Select a well shaped cabbage, scoop it well out and decorate the outside with alternate rows of cranberries (fashioned with wooden toothpicks) and whole cloves until completely covered. Fill the inside with chopped celery, cabbage and nuts. Use a mayonnaise dressing and on a platter decorated with lettuce.

Indian Pudding (Enough for five people) Take one quart of milk and scald it in a double boiler; while it is heating, take six tablespoons of Indian meal and stir it up with one large cup of molasses, mixing it in the buttered baking dish, which should be a small stone jar, or an earthen pan, deep, and shaped like a flour pot. When stirred smooth, add the scalded milk, stirring well. It will look very thin, almost as if there were no meal in it. Then scatter some bits of butter over and bake three or four hours. When done it will be of a somewhat jelly-like consistency, with some whey and some clotted cream. Serve it out into a pretty dish and serve with plain cream.

A lighter dish for those who do not wish to eat hot pudding after the preceding good things, is the following:

Marshmallow Mold—It is simply a well hardened square mold of lemon jelly, having within it a layer of pink, then a layer of white marshmallow. It is to be cut down with a knife and served with whipped cream.

The Pie Crust—Place in a chopping bowl one and one-half cups of flour, one-quarter cup of lard, one teaspoon of salt. With a sharp chopping knife, chop the shortening thoroughly through the flour, after which add just enough ice water to hold the mixture together (from one quarter to one-half cup is sufficient), chopping all the time until a smooth dough is formed, which should be allowed to stand in a cold place for a day at least before using.

Mincemeat—The liquid ingredients for this mincemeat may be varied according to taste—and principle. The original recipe calls for one and one-half quarts of wine, four pounds of meat, boiled tender, three pounds of suet, three pounds of raisins, three pounds of currants, two pounds of citron, one-half pound of candied peel, six pounds of brown sugar, one-half peck of apples, one ounce of allspice, one ounce of cloves, one ounce of cinnamon, one-quarter ounce of mace, one ounce of nutmeg.

A New Idea.

TONIC TREATMENT FOR INDIGESTION—NEW STRENGTH FOR THE STOMACH FROM NEW, RICH RED BLOOD.

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