

**Health and Home.**

**Strawberry Shortcake.**—To one pint of sifted flour add two teaspoons of baking powder, one teaspoon of salt and sift again. Rub into the flour a heaping tablespoon of butter; add one teacup of milk and mix with a spoon; turn out on the well floured board. Do not knead or handle the dough any more than is necessary. Roll it out, spread with butter, fold and roll into two sheets, to fit pie plates. Rub the top with sweet milk, and bake in a hot oven for twenty minutes. Pick over a pint of strawberries, removing the hulls, and wash them slightly, add a cup of powdered sugar. On taking the shortcake from the oven, split open and butter generously. Spread a layer of berries over the lower half of one short cake, invert the top crust, spread that with berries, put on another layer spread with berries, then put on the top piece right side up. Serve hot, with or without whipped cream.

**Strawberry Fritters.**—Sift one cup of flour, one-fourth teaspoonful of salt and one teaspoon of baking powder. Beat an egg until light, add half a cup of milk, and gradually stir into the dry ingredients; add one cup of hulled strawberries cut in half. Drop by spoonfuls in hot fat and fry to a golden brown, drain on soft paper and serve with sauce.

**Sauce.**—Beat together one whole egg and half a cup of sugar; set the sauce pan containing these ingredients into hot water and beat vigorously while half a cup of water is added. When the mixture thickens, remove from the fire and add a tablespoon of lemon juice.

**Strawberry Mousse.**—Crush a pint of strawberries and press through a sieve. Soak one tablespoon of granulated gelatine in two tablespoons of cold water, then dissolve in two tablespoons of boiling water, and strain into the strawberry juice. Add one cup of sugar. Whip one pint of cream until thick. When the strawberry mixture begins to thicken, add the cream. Turn into a mould. Pack in ice and salt, and let stand for four hours.


**Strawberry Salad.**—This is a dessert salad, and it may be served in various ways. It makes a delightful summer dessert, and is agreeable to all who like a touch of novelty. Hull a pint of strawberries, sprinkle with four tablespoons of powdered sugar, pour over two tablespoons of orange juice and one tablespoon of lemon juice. Stand on ice until chilled and serve with wafers. Currant juice, chestnuts in lemon or vanilla syrup, or an equal bulk of raspberries all make delightful additions to this form of salad. It is delicious served in orange cups, with the oranges cut small and mixed with berries. The orange cups are made by cutting the top from the orange, scooping out the contents with a spoon, and soaked in ice water until wanted for use.

**Frozen Strawberries.**—Wash and hull a pint of berries, add a cup of sugar, one cup of orange juice and mix lightly. Place this in a glass fruit jar, adjust rubber and screw on the lid. Bury in ice and salt and let remain for four hours. Serve in small, thin glasses. The juice will be partly frozen, resembling a frappe in consistency. The top may be covered with a spoonful of whipped cream, but it is delicious without. Nice for lawn parties or summer luncheons.

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