

Household Hints.

COOL DESSERTS FOR HOT DAYS.

Raspberry Float.—Mash a pint of raspberries, add two-thirds cupful of white sugar, beat whites of four eggs, so you can turn the dish upside down, add one-third of a cupful of fine sugar, squeeze the raspberries through a strainer, add the juice, one spoonful at a time, to the eggs, beating, so to mix it well until it is stiff and will stand firm. Remove to a fancy dish for the table.

Snow Flakes.—Grate a large coconut, being careful not to get any of the brown in to discolour it; heap in a glass dish. Whip one pint of cream, sweeten with fine sugar and mix, pour into another dish; have both brought to the table; when ready to serve, dish out the coconut, and over each dish, dip two spoonfuls of whipped cream; serve with cake.

Cocoanut Sherbet.—Two good-sized coconuts cracked; save the milk that is in them, break in pieces and grate all the white into a deep dish, pour over it two quarts of water and let it stand two hours, squeeze through a linen jelly bag; to this liquid add the cocoanut milk and three-fourths of a pound of sugar; mix well. If not sweet enough add more sugar, pour in the freezer and freeze.

Whipped Cream.—Allow one quart of thick sweet cream for one dozen persons, set in a pan of cracked ice until very cold, then with an egg-beater beat, take off the top in a separate dish and beat again, taking it off as fast as it gets stiff; when all is whipped sweeten with fine sugar, and flavour it with vanilla; serve in sherbet glasses.

Caramel Custard.—Put one cupful of sugar in a saucepan over the fire, stirring all the time until it is melted and brown, set it back on the stove and pour over it half a coffee-cupful of boiling water; this will make the sugar crisp, but let it simmer, and it will soon melt; beat four eggs, add a pinch of salt, pour over them a quart of new milk; when the caramel is melted, add it to the milk and stir well; pour into custard cups, fill a dripping pan half full of hot water, set the cups in the pan and bake half an hour or until done. Serve cold.

Tapioca Cream.—Soak over night two tablespoonfuls of tapioca, in three-fourths of a cupful of milk. Put one quart of milk in a double kettle over the fire until scalding hot, beat the yolks of three eggs with half a cupful of white sugar, add the tapioca, flavour with a teaspoonful of vanilla; when the milk is hot stir in the eggs and tapioca, let it cook two or three minutes, then pour out in a serving dish; beat the whites of the eggs to a froth and add two spoonfuls of fine sugar, pour over the top and set away in the ice box; serve cold.

Lemon Snow.—Take one-fourth of a box of gelatine and cover with cold water; after soaking half an hour, set it over a teakettle of hot water, pour over it half a pint of boiling water; when dissolved add half a pound of sugar and the juice of two lemons, stir well together and strain. Set away until it begins to thicken, then add the whites of two eggs, set the dish in a pan of cracked ice; with an egg beat the whole fifteen minutes or until white as snow, turn into a mould and set in the ice box until ready to serve.

Coffee Cream.—An inexpensive dessert is made from this rule: Soak half a box of gelatine for two hours in a cupful of cold water. Put half a cupful of ground Java coffee in a pint of boiling milk and let it stand ten minutes, strain through a cloth over one cupful of white sugar, add the yolks of four eggs well beaten, set over the fire and stir until it begins to be creamy, take from the fire and add the gelatine, stir well and strain through a tin strainer, set in a cool place, and when it begins to get stiff, stir into it a pint of whipped cream; pour all into a mould, which has been wet in cold water. A teaspoonful of cream before it is whipped is sufficient. Serve cold.

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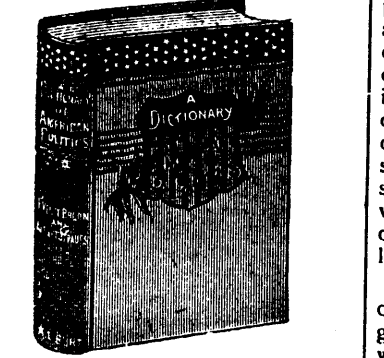
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Household Hints.

PEACH ICE.—Choose freestones, peel one dozen ripe ones, cut in two, take out the pits and mash them, add one pound of coffee sugar and one quart of cold water, stir until the sugar is dissolved, then pour into the freezer and pack with cracked ice and coarse salt; turn all the time until frozen, then serve.

CREAM WALNUTS.—Two cupfuls of sugar, one cupful of lard or butter, one cupful of sour cream, or milk if cream is not to be obtained. The yolks of two eggs, one spoonful of vanilla flavouring, and one spoonful soda. Flour to roll. After placing in the pans, stick half an English walnut meat in the centre of each. Bake with care.

ALMOND COOKIES.—Pour boiling water over one half pound of shelled almonds, and rub off the skins. Pound the meats to a smooth paste. Add one cupful of sugar, one cupful butter, one cupful thin, sweet cream, one spoonful baking powder, and flour to roll out one-half inch thick. Cut into small, round cakes, and when baked ice the top, and place an almond meat in the centre of each.

STEWED CHICKEN.—It seems to be a belief among some cooks that it is impossible to fricassee less than a whole chicken. A half or a quarter of a fowl can, however, be prepared in this manner and the invalid be spared the monotony of a series of meals at which the meat dish is the same until the overgenerous supply is exhausted. Lay the pieces to be stewed in a saucepan; pour in just enough cold water to cover them; put on a closely fitting top and cook slowly until tender; add four table-spoonfuls of milk, one beaten egg, and a teaspoonful of butter; boil up once and serve.

TRY this for dessert during this "heated term": Dissolve half a box of gelatine in a half pint of cold water, the juice and rind of two lemons, and two or three sticks of cinnamon, and let it stand for one hour; then add a pint and a-half of boiling water, a little sugar and one wine-glass of wine and a little brandy. Strain through a flannel until perfectly clear. Pour a little of it into a mould, and when the jelly is sufficiently stiff place on top of it about two dozen large strawberries and the same number of raspberries or red cherries, from which you have removed the stones, and about two ounces of pineapple and the same of currants when in season. Pour the rest of your jelly into the mould and put all on the ice until sufficiently stiff to turn out. This not only looks good, but it is as good as it looks.

SALAD DRESSING.—Almost every one likes a lettuce salad, and more would if it were properly dressed. A lettuce salad made as follows is almost sure to tempt the most fastidious palate: Select a good solid "head," let it be ice cold, pick off and throw away the coarse outside leaves, break off the other leaves from the stalk, wash them thoroughly and drain them for five minutes in a wire basket (a croquette basket will do). When drained tear the leaves one by one into small pieces. This is rather a tedious operation, but you are amply repaid, as the lettuce is much nicer this way than when cut up. The dressing is the most important part of a salad and should be attended to with care, as too much or too little of any of the ingredients will spoil it. The rule given is a tried one: Three tablespoonfuls of oil, one saltspoonful of salt and one-half saltspoonful of pepper should be mixed thoroughly in a saucer and a tablespoonful of wine vinegar added. Pour the mixture over the lettuce and toss it thoroughly with the hands. Serve at once.

SALT.—Salt will serve as an excellent tooth powder to keep the gums hard and rosy. Very salty water held in the mouth after a tooth has been extracted will often stop the bleeding. Two tablespoonfuls of salt added to a large glass of water make a good gargle for mild sore throat. A good tonic for the hair is of salt water, a teaspoonful of salt to a half-pint of water, applied to the hair two or three times a week. The effect at the end of a month will be surprising.
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