

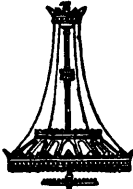
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HEALTH AND HOUSEHOLD HINTS.

Tomato Soup.—One quart of stewed tomatoes, strained through a colander, one pint of milk, a half teaspoon of carbonate of soda, a little salt and pepper, a pinch of cayenne is often preferred, a little rice boiled in water, and passed through a sieve is the best for thickening, and a lump of butter the size of an egg. Boil a few minutes.

Preserves Pudding.—One pint bread crumbs, one quart milk, eight tablespoonfuls sugar, yolks of four eggs; beat yolks and sugar together, then stir in the crumbs with boiling milk and rind of one lemon. Bake. When done beat the whites of the eggs to a stiff froth with two tablespoonfuls white sugar; spread pudding with jam, put on whites of eggs and bake a light brown.

Irish Scones.—Put one pint of white cornmeal into a bowl; put in the centre a tablespoonful of shortening; pour over sufficient boiling water—about one cupful—to scald the meal. Stand aside for an hour. Beat one egg, stir into the mixture, then add sufficient boiling water, about another cupful, to make a soft batter. With an egg beater beat constantly for five minutes. Drop tablespoonfuls on greased griddle; bake slowly. Turn.

Vegetable Marrow Soup.—Cut the marrow in small slices, boil until tender, pass through a colander, and, to make it finer, a sieve as well. Boil half a cup of rice in a saucepan; when well done also pass through sieve; to the rice and marrow add one quart of milk, a piece of butter the size of an egg; if this quantity makes it too thick, a little water may be added. Boil a few minutes, season to taste. A great improvement is an onion boiled with the rice.

Sweet Pickled Watermelon Rinds.—Pare the rinds and put them in weak brine for one night. In the morning put them in fresh water and scald until tender; then take out and drain. Allow 3 pounds of sugar and 1 pint of vinegar to 7 pounds of rinds. Tie up in a muslin bag a tablespoonful of cloves and one of cinnamon, and boil them with the melon and vinegar. Take out the pickle; pour it into jars. Let it stand for two days. Pour off the syrup and boil it again. Pour it over the melon rinds while hot, and when cold the pickle is ready.

Boiled Chicken and Rice.—Stuff, tie in a mosquito netting, put in hot water and boil, not violently, twelve minutes to the pound. One half hour before serving, take out one cupful of liquor, skim, strain and season. Soak one cupful of rice two hours, boil ten minutes, drain, add to it the broth and set in double boiler. Simmer till rice is soft, but do not stir it. When soft stir in with fork one teaspoonful each of butter and minced parsley and one beaten egg. Cook one minute, take from fire, make into flattened mound and lay the fowl on it. Serve with sauce or pot liquor.

To Prevent a Meringue from Falling.—From a far-away reader there comes an inquiry about the means of preventing a meringue from falling when taken from the oven. Usually the trouble arises from baking the meringue in too high a temperature. If you beat the whites of the eggs to a stiff, dry froth, then gradually beat in the powdered sugar (a generous tablespoonful for each white of egg), put the meringue on the pie or pudding when partially cooled, and bake in a moderate oven, with the door open, eighteen or twenty minutes, the annoyance may be avoided.

Stuffed Green Peppers.—Green peppers stuffed with the material that chicken salad, hash or meat or croquettes are made of and baked, are cheap, appetizing and satisfying. In preparing them cut the top so as to form a lid; remove the seeds, fill the space with the dressing; close the lid and fasten with a bit of toothpick. As the vegetable is quite hot, little or no seasoning should be put in the dressing. Most cooks make the filling too dry. A nice way is to mince any delicate meat with a little raw potato, raw onion, lettuce or celery, and add enough gravy, soup stock or Mayonnaise dressing to make it about like chicken salad. Men like this dish. With a chop and a roll, preceded by a dish of strong soup, and followed by a green salad, a baked pear, and a cup of black coffee, it is a dinner.

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