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Meat and fowls may be made more tender if, when they are boiling, a teaspoonful of vinegar be added to the water.

Try cleaning the hands with ground mustard and warm water, instead of soap, after having handled any strong smelling substances.

It is positively asserted that to drink a half pint of hot milk or hot water will have the effect of producing sleep in eight cases out of ten.

Curry Sauce is made by allowing one pint of milk to the tablespoonful each of flour and butter and to these adding one teaspoonful chopped onion, one teaspoonful of curry powder and the same amount of salt.

Venetian Sauce.—Make a rich drawn butter sauce and add to it the juice of half a lemon, one tablespoonful each of parsley and capers cut fine. Season to taste with salt. These seasonings are enough for two tablespoonfuls each of flour and butter and a pint of hot water.

Velvet Sponge Cake.—Yolks of six eggs and the whites of three, two teaspoonfuls of granulated sugar, one teaspoonful of boiling water, two and one-half teaspoonfuls of sifted flour, one tablespoonful of baking powder. Beat the yolks of eggs and sugar until very light; then add the well-beaten whites; add slowly the boiling water, stirring all the time; then add the flour with the baking powder sifted into it; season with the juice and grated rind of a lemon; bake in a rather hot oven, that is to say, hotter than is usual in baking cakes.



Christmas Cakes... made with
Pure Gold Baking Powder
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To remove a tight ring from the finger, take a long thread of silk and put one end under the ring and draw it through several inches, holding it with the thumb in the palm of the hand. Then wind the long end of the silk tightly round the finger down to the nail. Take hold of the short end of the silk, and, holding it towards the finger end, unwind it, and the silk pressing against the ring will withdraw it.

For charreuse of chicken, chop rather fine one cupful of the white meat of cooked chicken. Mix with it one spoonful of chopped parsley, two spoonfuls of chicken stock, a suspicion of onion juice, salt and pepper to taste, and one egg well beaten. Thickly butter a mould or basin, cover the butter with browned crumbs, and then press a thick wall of boiled rice around the mould. Fill the space in the centre with the prepared chicken and cover it with rice. Put the lid on the mould, place it in a steamer and cook three-quarters of an hour. Carefully turn the cooked chicken out upon a warm platter and pour around the form a celery, tomato or curry sauce, and serve. This makes a delicious course for a luncheon or an entree at a dinner.


Stewed Kidney.—Take a nice fresh beef kidney, let it stand in cold water about ten minutes. Remove all fat and skin, then cut with a knife or chop into small pieces about the size of dice. Put in a stew pot, just cover with cold water and put on over a very slow fire. Add a slice of onion, half a teaspoonful salt, quarter teaspoon pepper, three dessertspoons canned tomatoes, half a teaspoon Worcestershire sauce. Let simmer, not boil, about an hour, or until tender. Take about a tablespoonful of the gravy in a cup, and when cool mix it with a dessert spoon of flour to a smooth, thin paste; gradually stir into the kidneys until they seem thick enough. Let simmer a little while longer. Serve very hot in a covered dish.

This can be prepared the day before and simply heated next morning for breakfast. Delicious. A beef kidney can be bought for five cents.

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