

## HOUSEHOLD.

## 'When The Spring-Time Comes.'

(Adele K. Johnson in New York 'Observer'.)

Breakfast, always important because it does more than any other one thing to pitch the keynote of the day for the most of us, should be made specially inviting and wholesome in early spring when the appetite so often needs tempting. Acids are the best tonics and aids to digestion, and should have a place on every breakfast table. As a rule, lemon juice or fresh fruits are the most delightful ways of serving it. In the country, where fresh fruits are not easily obtained, dried prunes or other fruit, or evaporated fruit skillfully prepared, make an appetizing substitute. But avoid cloying sweetness. The season of sweets and preserves is over. Whether fruit shall be eaten first or last at breakfast is coming to be quite a disputed question, and is, perhaps, one of the things that each must answer for himself. But eat it, do for breakfast, if at no other meal.

It takes at least a half-hour longer to digest fried meat or other food than it does that cooked in any other ordinary way, but the former is far less likely to be greasy by deep frying than when only a little fat is used in a shallow fry-pan. In fact, if croquettes, or other preparations of meat, fish, or fowl are egged and breaded fifteen minutes before they are fried and then immersed in smoking hot fat, and removed from it the minute they are done, they will never be sodden and greasy. Flouring should be done immediately before frying.

Shredded codfish or remnants of other baked or boiled fish that were flaked while warm are delicious creamed for breakfast, and can be served in a variety of ways. Make a plain sauce of one cupful of milk brought to a boil and thickened with one tablespoonful of flour rubbed into an equal amount of butter. Add the flaked fish and stir with a fork until heated through; serve alone, on slices of toast, or on patty shells. If the latter, sprinkle the top with sifted bread crumbs, dot with butter and brown in the oven. If preferred, the creamed fish may receive a flavor of onion, parsley or celery; or two or three eggs, or a teacupful of mashed potato can be added to the sauce with the fish.

So much has been said of the nutritive value of eggs that it would seem as though every housewife, certainly every one who needs to economize closely in domestic expenditures (and there are few who do not) would appreciate it. But how many of the more than two hundred ways in which they are said to be served are seen in our ordinary menus? Start a reformation; if only to see how great a variety of tempting and wholesome omelets you can easily serve for breakfast by simply adding the prepared bits of meat, fowl, or vegetables that were left over from the previous day to a plain omelet. Mince cold ham, beef or mutton fine, season well and heat; reheat canned peas, beans, corn, tomatoes or other vegetables, having them rather dry, and spread a layer over one-half of an omelet just before turning it. Always serve an omelet on a warm dish; an omelet pan ought never to be used for frying other food.

The number of cereal foods are constantly being added to, and certainly there is now enough variety in both substance and flavor to please all tastes, and dispel the suggestion of 'invalid food' that has so long clung to them. Properly cooked, which usually means sufficiently cooked, and eaten with cream, no food is at once so delicate, satisfying and nourishing for spring breakfasts.

For the other meals of the day tempt everyone's appetite with lean meats, acid vegetables, salads and tart desserts. In the country where green vegetables are scarce, canned ones should be freely used, always remembering to heighten their flavor by opening the can two or three hours before they are needed, to aerate them.

Dandelions, which are always obtainable there, are one of the most valuable of spring vegetables, whether eaten fresh or steamed like spinach, and served with a dressing of lemon juice, butter salt and pepper.

Spinach should be thoroughly washed

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through four waters and enough of the last one will cling to the leaves to cook it with. Boil half an hour, drain and pour over the dressing recommended above.

Pie plant is far more delicious baked than stewed. Cooked in this way and served in patty shells as tartlets is also preferable to pie. If you must have the latter, half bake the pastry shell, fill with scalded pieplant that has been sweetened and flavored, ornament the top with straps of pastry and return to the oven just long enough to bake the latter. Serve as soon as cold.

## Room to Cry In.

In Sweden according to travellers who have resided in that country, it is a household custom to provide rooms where the children may go and cry, and scream, and make all the noise they need to. In all other parts of the house they are expected to be quiet and mindful of the presence of their elders. On the whole it seems rather a good plan—good for the children and good for the elders, too.

## Work and Place For All.

The Lord hath work for little hands,  
For they may do His wise commands;  
And He marks out for little feet  
A narrow pathway straight and sweet;  
And there are words for little eyes,  
To make them earnest, true and wise.  
—'Good Cheer.'

## Selected Recipes.

**Orange Shortcake.**—Mix as for biscuits and bake the shortcake in a thin, round tin. Split the cake while hot and butter well; remove the skin and slice the oranges crosswise, removing all seeds, and place the slices between the layers and on top, being generous with both oranges and sugar. Serve with whipped cream.

**Peanut Candy.**—Boil together two cups of molasses, one cup brown sugar, one tablespoonful of butter, one tablespoon of vinegar. Having cracked and rubbed the skin from the peanuts, put them into buttered pans and when the candy is done pour over the nuts. Cut into squares while warm.

**Baked Sweet Apples.**—Wash and carefully core several sweet apples. Arrange in a baking dish and allow to each apple two

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drops of lemon juice and a teaspoonful of sugar, and add three-quarters of a cupful of cold water. Bake thoroughly.

Stuffed Apples is a charming New York dish. Sour apples are used. These are washed and the cores removed. These openings are filled with cold chicken, duck or other meat, which has been finely chopped, lightly seasoned and mixed with bread crumbs. The apples are carefully baked.

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