

a thickened milk gravy in the pan. Cabbage, chopped very fine and boiled until tender and served in a deep dish with the bacon grease poured over it, for seasoning, and the slices used as a garnish, makes an appetizing cabbage dish which, with potatoes, makes a satisfying luncheon dish.—Mary Taylor Ross, in 'What to Eat.'

The Invalid's Tray.

(Miss M. Frances Rankin, in New York 'Observer'.)

The preparation of the invalid's tray is a matter of great importance, and deserves the most careful consideration. Some one has said, 'a multiplicity of dishes confuses the palate.' However this may be true for the person in health, an attractive variation should mark and guard against a possible monotony for the convalescent. In cases of recovery from serious illness, it were wise to refer to the physician as to what the patient may or may not eat. The arranging of the tray should never be left to an incompetent maid, but by some interested member of the family when the nurse is not on hand.

The most scrupulous attention should be given to the nicety and daintiness of the tray itself, as well as to the method of preparing suitable and appetizing dishes. A snow white cover free from suspicion of soil is of paramount importance. Dainty china adds not only attraction for the eye, but appeals to the appetite.

Below are a few recipes which will prove favorable to digestion and delightful to the most dietary whims. But as hinted at the beginning, a non-professional should ever minister solid food without the approval of attending physician.

Cream Barley Soup.—Mutton from the neck is best. Remove all fat and cut the meat into small pieces. Allow three pints of cold water to two pounds of mutton. Cover, and when it reaches boiling point, set back off fire and simmer four or five hours. Let it cool, and when cold remove all remaining fat. Strain, season with salt. If desired, a few tablespoonfuls of barley may be added while cooking. A tablespoonful of cream added to each cupful, after warmed, will greatly increase its nutritive value and deliciousness.

Soft Boiled Egg.—The best way to boil eggs soft for any one, is to heat a bowl in oven till very hot. Stand egg into warm water just to remove chill, place egg in bowl, pour boiling water upon it, cover and let stand five minutes. If egg is not warmed a little first, it will crack when the boiling water is poured on it. This method of cooking egg, assures the white jelly like.

Flemish Cream.—To one teaspoonful of good gelatine, add one-half cupful of cold water. Set on stove to dissolve. Cool, and when it begins to thicken, whip one-half cupful of sweet cream, sweeten with powdered sugar. Flavor, and add to the gelatine, mixing thoroughly. Set on ice. It must be all beaten together just before serving, else the gelatine will settle. Is a nourishing delicacy.

Celery Bouillon.—One tablespoonful of corn starch, blended with a little fresh milk; add to this one pint of fresh milk, one pint of beef stock; one stalk of celery, chopped fine, salt and pepper. Place on fire, boil one minute. Strain before serving.

Delicious Egg Cream.—Place over a tumbler a sieve and turn into it the white of one egg; with spoon stir gently till egg runs through into tumbler. Fill tumbler with fresh milk, sweeten. Stir, until egg and milk assimilate, which they will do. Place on ice to cool.

Scraped Beef Sandwich.—Cut entire wheat bread very thin, spread with butter scantily, cut the bread then into dainty triangles and place scraped beef between the layers. A pound of beef off the 'round' is sufficient. Scrape with sharp steel knife. The patient will not know he or she is eating raw beef unless told. If preferred, the pulp beef may be made

into cakes and scorched over hot coals. This will be found most strengthening and appetizing when solid food can be given.

The Mother's Recess.

Set apart a little space of time in the midst of each forenoon, says a writer in 'The American Mother,' to forget all care, sweeping, baking, dinners, duties of all kinds, and just do what you want to.

Throw the tired body on the lounge or in the hammock, swinging on the porch, or take the easy chair with a book or a paper for companion, or go and sit on the door step in the sunshine and hear the birds sing to you, go out and gather a bunch of sweet peas for the rest of it, run in and chat with a neighbor if there is one near enough, or, best of all, if you are a child of the Father, take the Word to see what new message he has for you to-day.

Let the recess be as near as may be at a uniform time, then keep enjoying it in prospect till it comes.

Yes—, of course there will be someone to criticize you. Your mother-in-law will say you are 'getting shiftless,' a neighbor will add, 'Yes, I saw her reading a story when the rooms were topsy-turvy,' and may be even the 'gude man' will just wonder what has come over his model little wife. But do not mind. Quietly, if need be stubbornly, persist, and if at the close of twelve months you are not in effect a year younger instead of a year older than when you began your practice of recess, why then you can give up the habit and try some other way.

Selected Recipes.

Dates with Cream.—Dates, figs, and prunes can now be used for many desserts. A simple luncheon-dish is dates with cream, and it may be prepared in two ways. In either case the dates are to be stoned and washed. They may then be steamed until very tender, cooled and served with plain cream or gently stewed in a syrup (one-half of a cupful of sugar and three-quarters of a cupful of water to the pound of fruit), slightly flavored with vanilla and when cold served with whipped cream.

Scotch Cakes.—For Scotch cakes, which are very nice to serve with preserves, etc., only three ingredients are required—a cupful of butter, half a cupful of sugar, and one pound of flour. Mix the flour and the sugar. Beat the butter to a cream, and gradually beat it into the dry mixture. The new mixture will be stiff and brittle, and must be worked thoroughly with the hands until it becomes pliable. Sprinkle a board lightly with flour, and, laying half the mixture upon it, roll it down to the thickness of about half an inch. Cut into four parts, and pinch the edges with the fingers to make little scallops. Bake in a moderate oven. Be sure that the measurements are exact, and take care in mixing and baking.

PATENT REPORT.

Below will be found a list of patents granted by the Canadian Government last week, obtained through the agency of Messrs. Marion & Marion, Patent Attorneys, Montreal, Canada, and Washington, D.C. Information regarding any of the patents cited will be supplied free of charge by applying to the above-named firm.

Nos. 86,376, Hubert M. Taylor, Hamilton, Ont., incandescent electric lamp; 86,383, Joseph Moreau, St. Germain de Grantham, Que., rearing machine; 86,408, John McIntosh, Alexandria, Ont., carriage pole; 86,442, Norbert Alard, Montreal, Que., safety device for elevators; 86,457, James Munro, New Glasgow, N.S., spring bed; 86,491, Ernst Abee, Bad-Nauheim, Germany, cardiac trusses; 86,503, Gustave Louis Mouchel, London, Eng., structures in or adjacent to water-ways.

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