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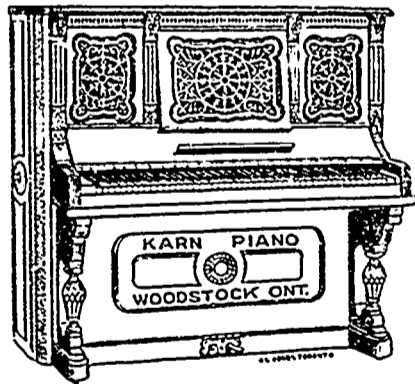
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### HEALTH AND HOUSEHOLD HINTS.

A number of refreshing draughts and timely suggestions for preparing fruit are given by Mrs. Rorer in the *Household News* as a preventive against the heat of mid-summer.

**Custards.**—To make a custard take one can of Gail Borden Eagle Brand Condensed Milk, to which add one quart of water, four eggs beaten light, a pinch of salt; flavour and sweeten to taste. This will make an excellent custard.

A good breakfast dish is made by combining plain omelet with potato. Chop a few cold boiled potatoes fine, season with a little chopped parsley, salt and pepper, and brown in a little sweet butter. Spread on the omelet before rolling.

**Shirred Eggs.**—Liberally grease the egg dishes with butter and place them in the oven for an instant. Carefully break an egg in each cup and bake in the oven for eight minutes. Remove, season with salt and pepper and one half of a teaspoonful of melted butter to each egg. Serve at once.

A dainty omelet souffle for dessert may be quickly made from the whites of six eggs beaten separately from the yolks. Beat the whites to a froth, add the yolks, also well beaten, and half a cupful of powdered sugar. Season with lemon juice, mix as quickly as possible, and heap in a well buttered pudding dish. Sift powdered sugar over the top and bake only in a hot oven. When a light brown serve without delay.

**Egg Lemonade.**—Separate four eggs. Beat the whites and yolks separately until light. Dissolve one cup of sugar into one pint of boiling water, add to it the juice of four good-sized lemons. Now, turn into this say one quart of grated ice, enough to chill it quickly. Stir the yolks of the eggs into the whites, turn them into a pitcher and pour in at a good height, the lemonade. Pour the mixture from one pitcher to another for a moment and serve.

**Omelets.**—A delicate omelet is made from half a dozen eggs in this way: Set aside the whites of three, and beat until light the yolks of all, and the whites of the other three. Add a tablespoonful of cornstarch, a teacupful of sweet cream, and season to taste with salt and white pepper. Put a teaspoonful of butter in the omelet pan, and when hot pour in the mixture and place it in the oven. When set pour over the top the beaten whites of the eggs that were set aside. When a light brown serve at once.

**Ginger Drink.**—But over the fire two gallons of water. When boiling, stir in three pounds of sugar. Then add the whites of three eggs, slightly beaten, to two ounces of ground Jamaica ginger. It is best to moisten the ginger in a little cold water before adding. Bring this slowly to a boil, skim carefully, and then stand aside to cool. When cold, add the juice of a good-sized lemon, and half a yeast cake, dissolved in two tablespoonfuls of cold water. Turn into bottles, cork, and tie down tightly. Stand at once in a cool place for ten days, and it is ready to use.

**Beauregard Eggs.**—Boil four eggs for twenty minutes or until hard. While they are cooking prepare a cream sauce with one tablespoonful of butter, one of flour and one cupful of cream or milk. Melt the butter without browning, add the flour, stir until smooth, then add the cream or milk. Stir continually until it thickens. Season with salt and pepper. Add the whites of the eggs, press through a sieve, to the sauce. Lay nicely browned, even pieces of toast on a hot platter. Cover with the sauce and whites, then put on top the yolks of the eggs pressed through a sieve.

**Eggs.**—Eggs are always a welcome addition to the morning meal, and if a little thought and care are given to their preparation, they serve to vary the usual somewhat tiresome steaks and chops. Perhaps the best way to cook eggs is to put them in a kettle or tin basin, pour on a quantity of boiling water and let them stand on the back of the stove ten minutes, or, if you are hurried, after they have been in the first water three minutes, pour it off and fill again with boiling water; in four minutes more they will be done. Mashed with a silver fork on your plate, seasoned with butter, salt and pepper, it makes a delicious addition to your breakfast-table. This is for the epicure who cares more for comfort than for style.

Bell Telephone Company,  
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