

**Pineapple Jelly.**—One-half box jelatine soaked in one-half pint cold water one hour. Add one pint boiling water, one and one-half cups sugar and one can pineapple reduced to a pulp. Stand on stove till it just boils, strain into mold and set on ice to cool. Remove carefully by wrapping cloth dipped into hot water around mold till it will turn out easily.

**Fig Cake.**—One cupful sugar, one-half cupful good butter, whites four eggs, one-half cupful milk, two cupfuls sifted flour, three tablespoonfuls baking powder; flavor and bake in two long sheets.

**Filling.**—One pound figs chopped and stewed with one cup water and two tablespoonfuls sugar.

**Icing.**—One cup sugar and four tablespoonfuls water. Boil till it hairs and pour over white of one egg. Beat till white, flavor.

**Bride's Cake.**—Whites of eleven eggs, one and one-half cupfuls sifted powdered sugar, one cupful sifted flour, one teaspoonful cream of tartar; add flour gradually; flavor and bake in pan without greasing; ice.

**Caramel Cake.**—Make cake as for fig cake using two whole eggs.

**Caramel Filling.**—Cook three and one-half cupfuls C sugar with three-fourths cupful cream, one tablespoonful melted butter. Boil till thick; flavor with chocolate grated and melted.

Have your cake cut and carefully piled upon plates covered with a small linen doily.

The table service will show to better advantage if the rooms are darkened and lighted by lamps placed rather high.

A small button-hole bouquet consisting of a rose bud, spray of jessamine, clove pink, or any fragrant flower may be placed at each plate with a pin stuck conspicuously through the stems.

In the reception rooms dainty trays of sweet meats such as marsh mallows, salted almonds or any dainty confectionery which will not spoil the fingers, should be placed. The marsh mallows and salted almonds you may make yourself. The rest I should advise you to buy. Here are recipes for both:

**Marsh Mallows.**—Cover two ounces gum arabic with two ounces cold water. Soak for one hour and then gradually heat over boiling water till dissolved. Strain and add six ounces powdered sugar. Stir in double boiler till stiff. Remove from fire and beat till very white. When stiff, add one teaspoonful of vanilla. Mix and press into a square tin box which has been dusted with corn starch. They should be made but a short time before using as they soon dry out.

**Salted Almonds.**—Blanch by pouring boiling water over them. Drop into cold water at once and rub off the skin. Dry, sprinkle lightly with salt, place in a shallow pan with a lump of fresh butter, and brown evenly in the oven.

A very pretty way of serving an orange ice is to cut a slice from the top and carefully remove the pulp of as many oranges as you have people to serve. Fill with the mixture when frozen and replace the cap, fastening it by means of one-half yard of white baby ribbon tied around the orange.

## ECONOMICAL HINTS.

### VEGETABLE DIET, ETC.

An old subject, but some of my ideas may be new to a few. I saw a query about vegetable dieting and I am moved to "say my say." During my career as "school ma'am" it was once my fortune to board in "the chapar-

ral." Had any one asked me my opinion upon vegetable diet, I should have said I considered meat necessary to a comfortable existence.

Did you ever try this bill of fare, month after month: beans, plain-boiled, morning, noon and night, with boiled potatoes added at noon? I did. The tea, coffee and bread were good, likewise my constitution, but no meat, eggs, sauce or other thing for variety, except that for a few weeks cabbage was substituted for beans, made rather a monotonous diet. To be sure when spring opened we were regaled with young onions, and I had always supposed I could not eat them, but soon learned, and made many a supper upon bread, onions and salt.

A few years later, when attending to a smaller school in a home of my own, it chanced one spring that our appetites were in a better condition than our purses; so we determined to make the most of our resources. We had a fair sized yard, and tried gardening. We had a small lawn, vines, and a few flowers for ornament, and a piece of ground about fifty by sixty feet to cultivate for profit. My better half had a knowledge of farming which came into play then; so he plowed and planted, taking spare time or making it, night and morning for the work, as his daily labor kept him from home eleven hours of the day. For seed we had corn, beans, peas, lettuce, beets, radishes, cucumbers, potatoes, tomatoes, and cabbages, though the bugs took all of the last named. We reveled in vegetables and did not buy a pound of meat from May till October, for we did not care for it. I experimented and found I could make good soups without meat, and we had vegetables in great variety of dress. I tried frying cucumbers and green tomatoes, but cannot say I cultivated a taste for them. Corn we boiled, fried and stewed; we prefer the boiled corn, cooked only ten minutes in salted water.

Our potatoes were fine and we had them from the first of July till December. As our seed had cost about one dollar, our butcher bill nothing, our grocery bill small, and our health excellent, we felt our experiment had been a success.

Tomatoes are a very great convenience. One may slice and eat them fresh; stew, fry or bake, with seasoning and serve on moistened toast, convert into soup, add to a meat stew to give flavor, make into catsup or spiced tomatoes, or use green for pickles and preserves.

### TOMATO SOUP.

One quart of pared and sliced or canned tomatoes, one quart of water, boil for forty minutes, add one-half cupful of graham or white flour, mixed to a cream with cold water, a tablespoonful of sugar, salt and pepper to taste; add one and one-half cupfuls of milk, bring to a boil, and it is ready to serve.

### POTATO SOUP

is another good dish and easily made. Take three large potatoes, peel and slice them, cook till very soft in a quart of water (it boils down), add one quart of milk, salt and pepper, let scald, then put in a spoonful of butter and lift. For those partial to onion flavor, an improvement might be made by cooking a small onion with the potatoes. That brings to mind another, a

### POTATO AND ONION SOUP.

Take three medium sized potatoes, three small onions, one-half cupful of rice. Slice potatoes and onions and put with the rice into three pints of water; cook thoroughly, pour through a colander, add salt and pepper, let scald and lift into tureen containing small lump of butter and a few crackers broken in two.