

THE HOUSEHOLD.

LUNCH DISHES.

It is what we eat between meals that makes us fat. The three regulation meals supply us with what we need for normal nourishment and development, but we must appeal to outside aid for the little extra flesh we crave. A sandwich and a glass of milk at eleven, another at night, ought to be a rule in every family, especially where there are growing children. And there should be more attention paid to the family luncheon than is generally the case. People whose breakfast is a farce, cannot really do with cold meat, and bread and preserves, washed down with tea seven days in a week, as they are often expected to; one might as well live in a boarding house at once as try to have a home-feeling on such fare.

POTATO SOUP.—This is very good for lunch. Peel and slice a dozen small potatoes and boil ten minutes. Drain off the water, pour over the potatoes two quarts of cold water, one small onion and a bunch of soup greens. Boil an hour and then rub the whole mass through a colander and return to the pot. Rub a tablespoonful of butter into as much flour and stir into the soup. Add salt and pepper to taste, one cup of hot milk, and serve.

LOBSTER CROQUETTES.—Take two cupfuls of canned lobster, add to it one tablespoonful chopped parsley, quarter of a nutmeg grated, salt and cayenne pepper. Bring one cup of milk to a boil, stir into it one tablespoon of butter and three of flour rubbed together, then the beaten yolks of two eggs. Now add the lobster and let it cool. Form into croquettes, dip in egg and bread crumbs and fry. They will brown in two minutes. Garnish with parsley.

AN APPETISING MINCE.—Take any kind of cold meat that has been roasted or boiled, mince fine, heat in a mixture of butter, tomato ketchup, or Worcestershire sauce, and serve on hot buttered toast.

Grated cheese helps out a bread and butter lunch nicely. It should be kept in a jar with an air tight top. Lay a very thin scraping of French mustard on bread and butter with some cheese sprinkled over.

HAM AND LETTUCE.—The next time you boil a ham save the gravy, and pour it hot over a lettuce. This is delicious, and an old Virginia dish.

In making chicken or ham sandwiches put a crisp lettuce leaf on each side of bread before adding the meat, which should be chopped fine and well seasoned. There is nothing much worse than to bite a sandwich and have all the meat come out and hang against your chin.

DEVELOPED SARDINES.—Put in a hot frying pan two tablespoonfuls of any kind of ketchup, a dash of pepper sauce and a tablespoonful of butter; squeeze in the juice of half a lemon. Remove the skins from your sardines and let them heat through in the mixture. Serve on hot buttered toast with the gravy poured over.

RICE POPOVERS.—One cup of cold boiled rice, two of sifted flour, a teaspoonful of baking powder in the latter, add two beaten eggs, a cup of milk and one big tablespoonful of butter, beat light and bake in little tins. They can be made in a very few minutes. A pleasant variety is obtained by splitting them open and putting jelly inside. They are nice made with cold boiled hominy or oatmeal.

A NOVEL HASH.—Mince and season highly your cold meat, put it in a baking dish with some gravy, about half fill the dish, then put mashed potatoes over the top and brown in the oven.

If you are making pies save some of the crust dough and make cookies of it. Bake quickly and serve hot for lunch.

Little meat pies made in patty pans are quickly prepared and make a dainty luncheon.

Salad of some sort should be served at every luncheon. If there is no green salad to be had, any cold boiled vegetable will taste good with a simple French dressing, providing you have good oil. Remember that doubtful oil is always bad.

Open a small can of potted chicken, moisten it with ketchup or chutney, add a heaping tablespoonful of butter, some celery salt and a little pepper. Heat in a chafing dish and eat with buttered biscuit.

Baked beans are good for supper if they have pepper sauce poured over them. Eat them with plain white onion pickles.

A dainty sandwich is made by frizzling the thinnest possible bacon till it can be crushed with a fork, then spread it between slices of bread and butter.

Remove the bones from any cold boiled fish, put in a deep dish without breaking, pour over it hot vinegar with a few cloves and whole peppers in it. Let it stand in a cool place. Eat with lettuce or celery.

Always have a few biscuits where they can be reached without leaving your bed. Many people waken as soon as the stomach is empty, and lie awake for hours. A bite to eat will put them off again in a few minutes.—*Jenness Miller Monthly.*

HELEN'S FLOWERS.

Last summer I said to Helen, my little ten-year old, "You may have a flower bed for your own if you will take care of it."

How her eyes danced. "Can I really, mamma? And when I want flowers may I pick them without asking you?"

"Certainly." I divided my seeds and bulbs with her and gave her four rose-bushes. I watched to see what she would do when the blossoms came; for I knew her disposition in this particular would tell through the flowers, or rather her disposition of them would tell.

The pansies came first, and when she espied them she ran in to ask me, if she could pick the nicest ones for Miss McKinley, her teacher.

"They are yours, don't you remember?" I said.

"Of course I do, but I thought maybe you wouldn't want me to give them away." I didn't tell her it was just what I did want.

The roses were picked as fast as they opened and always for her teacher or a schoolmate, "who hasn't any flowers, mamma."

When the Annunciation lilies sent up their spikes she could hardly wait till the buds burst, and then such ohs! and ahs! and "please, mamma, come and see them. There's one with seven flowers, counting the buds and all! If you really wouldn't mind, I'd like to send that to Tommy Coats. You know he is sick and his mother is dead."

Her voice grew husky, and a blur dimmed my eyes, but I said "run and get the shears."—*Nellie S. White, in Housekeeper.*

LITTLE HOUSEKEEPERS.

That is a fine foamy batter, Little Housekeeper, but do not think your work of cake-making is over. Now comes the baking, which is even more troublesome. You must control our giant, the fire, else he will scorch the cake with his fierce breath, or if he is sulky, he will just simmer it and leave it sodden and uncooked. You must test your oven. If the cake is a plain one, with only a table-spoonful of butter in it, the oven should be hot. You should be able to bear your hand in it and count twenty-five.

For the cakes with more butter the oven should be cooler, while for pound, sponge, or angel cakes the oven should be very moderate in its heat, the count being increased to thirty or more. For layer cakes the oven should be very hot, and the count but twenty. All cakes should bake first on the floor of the oven. If the oven is too hot, either the crust will form too quickly, and the soft inner dough will burst it in the rising and escaping of gas, and it will make a ragged, cracked loaf, or else one end or side will bake first, and the loaf will be warped, with one thin side and one thick side.

Placing the pans of cake on the shelf of the oven first will cause similar mishaps. If the oven is too cool the cake will rise too much, sometimes running over the pans and be full of coarse air-holes, besides being very liable to collapse the moment it is taken from the oven. If the oven is inclined to burn on the bottom do not set the pans directly on it, but on the grate, a sheet of iron, or even folds of paper. Burnt cake is unpalatable, and pans in which cake is once burned are more than liable to burn again in the same spots.

Careful cooks always scour off the least trace of burning from all pans and kettles.

Shield the cake with paper if the over-heat scorches, being careful to warm it before placing it over delicate cakes, as cold paper will sometimes cause such cakes to fall. It is wise to line the tins with paper when cake is to be baked slowly, especially fruit cakes. Grease the tins, then fit in clean white paper, and do not forget to grease it also.

While the cake is baking gather up the dishes, my cook, and put them in clean hot water. I am sure that the Little Housekeeper does not wish to make any one extra work. Do not leave the table strewn with soiled dishes. Wash them up, if possible, and leave the kitchen as neat as you found it.

Here are three more don'ts: Do not leave a lot of batter on the mixing dish and spoon. Clear it off neatly with a knife and add it to your loaf. Do not slam the oven door. Not only the sudden jar but the draught of cold air which it sends into the hot oven will make your cake fall. Do not stir your pans when the batter is still uncooked.

When the Little Housekeeper's cake looks sufficiently baked, test it by running a clean broom-splint quickly down in the thickest part of the loaf. If the cake is cooked, the splint will be dry when pulled out. Take the pans out gently and stand them up edge-wise, or on a flat-iron stand, that the bottom of the loaf may cool as quickly as the top. Be careful that you do not place your hot loaf in a draught or before an open window, little housewife, for the sudden chilling will make the cake fall.

There is a right time, too, for taking the loaf from the pan. This is when it is warm. You must wait until cooling has given the cake enough firmness to keep it in shape, or handling will break it in pieces. On the other hand, if you wait till it is entirely cold, the grease with which you coated the pan will be absorbed into the cake, and it will stick to the pan. You will be very lucky if it does not break in many pieces while you are trying to take it out.

Another point in making cake nicely is not to use too much flavoring or spices. Too much of either robs the cake of that delicacy of flavor, which is as much the part of a fine cake as its feathery texture. One teaspoonful of flavoring is usually enough for two medium-sized loaves. In the case of spices, do not heap the spoonfuls. Clove, particularly, is a very pungent spice; be cautious in using it.—*Harper's Young People.*

IN CONTAGIOUS DISEASE.

The nurse's first duty in a case of contagious disease is to prevent the spread of infection. It rests with her, and she shares her responsibility only with the doctor. In most communities a house where there is contagious disease is quarantined, and casual visitors do not pass in and out of it.

As large and sunny a room as is possible in the second or third story should be chosen for the patient, the higher the better. No one should sleep on that flat, or come there, except the immediate attendants and the doctor.

The carpet should be taken up and the floor well scrubbed and dried. Stuffed furniture and draperies of every description should be removed from the room, leaving nothing in it that cannot easily be cleaned and purified. The necessary furniture is a bed, a small table, an easy-chair for the nurse, and, if there is but one nurse, a low iron bedstead where she can rest when she is not needed. This is better than a stuffed couch as it can be thoroughly cleansed. All else can be kept in an adjoining room, or if that cannot be had, a part of the hall. There should be a bureau to hold bed-linen night-dresses, an extra blanket, old cotton, etc. Do not let the ectera consist of anything that cannot be washed or burned. A washstand with the necessary toilet apparatus, the vessels that are needed in the sick-room, a pan to wash dishes in, broom, dustpan and brush for sweeping, and, most important of all, a tub and disinfectant solution for disinfecting the clothes.

When the nurse takes charge she should say to herself, "nothing goes off this floor that is not disinfected." If she carries this out faithfully the infection cannot spread. If she is obliged to go down-stairs herself she should have a cotton wrapper, a fresh

pair of shoes and a cap to put on; these should be kept outside the room and never be allowed within it.

In cases of infectious disease it is especially important that the air of the room should be kept pure by free ventilation. This does not mean having a constant draught through it. The thermometer should register 65° in fevers, and 70° in diseases of the throat. If a window cannot be kept open in a sick-room one in the hall or adjoining apartment should never be shut. Whenever the nurse, coming to her patient from this fresh air, perceives that the room is close she should cover him carefully, protecting the face, and open the window for a few minutes, leaving on the extra covering until the room is again warm. In old houses there is sometimes a disused pipe hole in the chimney. If the cover is taken out of this it is an aid to ventilation.

There are many good disinfectants. Each physician has his favorites. Different kinds are required for different purposes. Some will stain clothing, while others are harsh and disagreeable for personal use.

Cheap and efficacious ones are: Copperas, one and a half pounds to a gallon of water.

Sulphate of zinc, two ounces, and the same quantity of common salt, to a gallon of water.

Boracic acid, two ounces to a gallon of water.

The copperas solution should be put into vessels before they are used by the sick person, the discharges covered with it before they are emptied, and a pailful thrown down the water-closet two or three times a day. If an earth-closet is used it should be plentifully sprinkled with dry copperas.

A tub half filled with the sulphate of zinc solution should stand ready to receive soiled clothing as soon as it is removed from the person or bed. It should be well soaked in this, wrung out, carried to the laundry in a covered pail, and boiled in a covered boiler with washing soda in the water.

The dust collected in sweeping the room should be burned. The furniture should be wiped every day with a cloth wrung out of the sulphate of zinc solution. No food should be allowed to stand in the room. The nurse should never eat in the sick-room. A shelf outside of the hall window will be found a great convenience for keeping a pitcher of milk cool. Dishes and spoons used by the patient should be disinfected.—*Elizabeth R. Scovil, in Ladies Home Journal.*

SUMMER RECIPES.

CHERRY PUDDING.—Heat one quart of juicy cherries canned or fresh, to the boiling point and stir in smoothly four tablespoonfuls of cornstarch which has been wet in cold water, and cook five minutes. Place it in molds, cool, set on ice, and serve with sugar and cream. If the cherries are fresh or unsweetened, one cupful of sugar should be added when placed on the stove to heat.

FROZEN PUDDING.—Take one quart of cream, the yolks of four eggs and beat together. Take one pound of granulated sugar and one pint of water; heat, and when quite hot add one-fourth pound of pounded almonds (previously blanched), one ounce of citron, finely chopped, one ounce of grated cocoanut, two ounces of raisins, one orange and lemon each, peel and juice. Freeze one hour before required, and let harden after freezing.

MACAROON ICE CREAM.—Pulverize four ounces of macaroons; heat one pint each of milk and cream to the boiling point; then remove from the fire, and stir in one-half pound of granulated sugar until dissolved. When cold, freeze and when quite stiff stir in the pulverized macaroons. Let stand two hours before serving.

STRAWBERRY CREAM.—Take one quart of fresh strawberries, crush slightly and cover with a cupful of powdered sugar. Let stand three or four hours, then rub through a fine sieve. Place in the dish in which it will be served; then take one pint of rich cream which has been previously chilled on ice and whip it, skimming off the stiff froth as it rises, and laying on a sieve to drain, returning the cream which drips to be whipped again. Place on the ice to harden, after adding sugar to sweeten. In half an hour serve with the strawberry pulp, or pour over it.

SUMMER SALAD.—Take two heads of nice crisp lettuce, one pint of green beans, cooked tender, one medium-sized cucumber, sliced thin, two medium-sized tomatoes, sliced, two hard-boiled eggs, sliced, one young onion. Cover with Mayonnaise and add a dash of cayenne pepper. After placing in the salad bowl garnish with young beets sliced finely.

GRANDMA'S BROWN BREAD.—On baking day save about a pound of dough when working out your loaves. Seal one quart of yellow cornmeal, stir in while hot one cupful of brown sugar, one teaspoonful of salt, and thin with one cupful of cold water; when cool add the dough, picked to pieces, and mix thoroughly. Set aside until light, then add one cupful of cornmeal and flour, or shorts, or both, enough to mix stiff; work into loaves; when light bake slowly one or one and a half hours, according to size of loaves.