

Household Hints.

SALADS.

A sauce should never be poured over lettuce. It wilts the leaves and goes to the bottom of the bowl; those served first get none of it and those served last too much of it.

Nasturtium, or Indian cress, is a flowering salad, with a peppery, pungent taste. Both flowers and leaves are eaten. A more beautiful salad cannot be imagined.

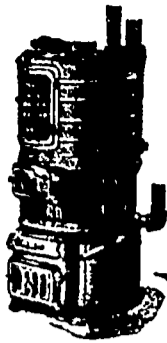
While tomatoes are still brought to us from the South, and as long as they are an early treat, they will please as a salad. Beauty and taste are combined when the tomatoes are left whole, peeled and the core taken out and replaced by mayonnaise.

It is an odd fact that while the cucumber is regarded by many as a disturbing element in the stomach, its juices are supposed to be healing and soothing for external application.

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Household Hints.

BREAST OF LAMB WITH MACARONI.—Breast of lamb, quarter of a pound of macaroni, one lemon, half a pint of water. Place a layer of thin slices of bacon in a braising pan; lay the breast of lamb on them; peel the lemon and cut in thin slices and place the slices on the meat; cover these with a few more slices of bacon, add an onion cut fine and half a pint of water; also salt and a little pepper; cover closely and let it simmer slowly about two hours; prepare the macaroni and place it on a platter and the breast of lamb on it; make a rich gravy from the drippings and pour on the whole.

BRAISED MUTTON.—Cut up three onions, two carrots, and one turnip; place them in a stewpan, add seasoning, then lay in the mutton and cover with a piece of buttered paper. Place the stewpan on the fire until the vegetables begin to cook, being careful not to burn them; then add a pint of water, a pint of stock broth, a tablespoonful of vinegar, a tablespoonful of mushroom ketchup, and a sprig of thyme; let it boil a few minutes, remove the scum, place the stewpan in the oven, and let braise two hours. When cooked take out the mutton, strain the gravy, and reduce it one-half by boiling; take off the fat and scum as it rises. Place the mutton on a hot dish, put some mashed potato around it, pour the boiling gravy over it, and serve.

MUTTON IN SWEDISH STYLE.—Remove all the fat from a loin of mutton, and the outside also, if too fat; remove the skin; joint it at every bone. Mix half a small nutmeg with a little pepper, salt and bread crumbs; dip the steaks into the yolks of three well-beaten eggs, and sprinkle the crumb mixture all over them. Then place them together as they were before cut apart, tie them and fasten them on a small spit and place them on a plate in a deep baking-pan. Baste well with butter and the drippings in the pan. When done place on a hot dish; add half a pint of water or gravy to that in the pan, one tablespoonful of tomato catsup, one tablespoonful of dropped capers; thicken with flour. After skimming off the fat let it boil up once after the thickening is added and pour over the meat; serve very hot.

ASPARAGUS SOUP.—Trim off the rough ends of a bundle of asparagus, break off the heads about an inch long, and throw them into some clean water. Bruise the asparagus (not the heads) in a mortar and then put it into a stewpan with a handful of well-washed spring onions, some seasoning, and two quarts of stock broth, and let it boil for one hour. Then strain off the sauce into a clean stewpan, and thicken it with a little roux. Bruise one and one-half pounds spinach in the mortar and squeeze the juice through a fine hair sieve, then add it to the soup and let it simmer for twenty minutes. Boil the asparagus heads until tender in water with a little salt added, drain them on a sieve, place them in a hot soup-tureen, pour the boiling soup over them, and serve with some small pieces of toasted bread, which should be neatly arranged on a small dish.

GENOISE PASTRY.—Put a quarter of a pound of fresh butter into a bowl and warm it until it can be beaten with a spoon; add to it four ounces powdered white sugar, and beat the two together until a smooth white cream is obtained. Add one egg, and keep on beating the mixture until it is smooth again; then add three more eggs in the same manner. Lastly incorporate quickly a quarter of a pound of fine flour and as soon as the mixture is smooth, pour it out to the thickness of half an inch on a buttered flat pan, which must be put into the oven at once. When done, in ten or fifteen minutes turn out the slab of Genoise and put to cool, underside uppermost, on a sieve. When cool, spread on the top of it the thinnest possible coating of apricot jam and next a coating of rich chocolate icing. Put it into a very hot oven again for rather less than a minute, take it out and let it cool again. Then cut it up with a sharp knife into any shape desired.

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