

Household Hints.

**PIE CRUST.**—One heaping tea-spoonful of baking powder, two quarts of flour, one teacupful of lard, two teacupfuls of water, a pinch of salt. Mix well, and sit a little flour on the moulding-board before rolling it out. This will make enough crust for four or five pies.

**BISCUIT OF CLAMS.**—One quart of milk, 12 clams, one small onion, one egg, one large pinch of salt, two tablespoonfuls of flour, half-teaspoonful of cornstarch, a little parsley chopped fine; put clams and onion with the milk, in a double boiler, let them simmer slowly for an hour, mix the cornstarch and flour with a little milk, beat until it is light and foamy, then stir into the simmering milk, continuing to stir them until it is cooked, then add the salt and a beaten egg; strain the soup and sprinkle the parsley over it.

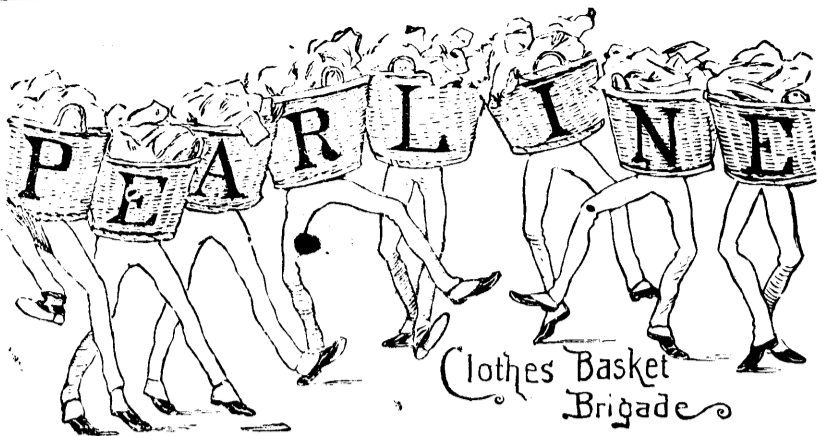
**PEPPER POT.**—Boil six pounds of tripe for an hour, then take it from the water in which it has boiled and put it in fresh water with a knuckle of veal. Let them boil for two hours, then put in some potatoes, onions, carrots, a little parsley and some celery salt, or stalks of celery, or any other herb or vegetable your taste demands. Plenty of salt is essential and considerable black pepper. When the tripe is tender cut into small bits and put it back into the kettle. After removing the vegetables make a nice gravy. Serve dumplings with it if you like them. Steam them for three-quarters of an hour, so as to be thoroughly cooked. Drop them into the boiling gravy just before using.

**ICE CREAM CAKE.**—Whites of eight eggs, one cup sweet milk, one cup butter, two cups sugar, two cups flour, one cup corn starch, two teaspoons baking powder mixed with the flour and corn starch, add the whites, bake in cakes about one inch thick. Cream for filling: Whites of four eggs beaten very light, four cups sugar; pour half a pint boiling water over the sugar, and boil until clear and will candy in cold water, pour the boiling syrup over the beaten eggs, and beat hard until the mixture is cold and to a stiff cream; two teaspoons extract vanilla; when cold, spread between the cakes as thick as the cakes.

**A COOL CLOTH WITHOUT ICE.**—One of the most useful hints for sick-room attendance is very seldom known outside of an hospital ward, and not even there in many cases. A writer in the *Ladies' Home Journal* tells how to obtain a cold cloth without the use of ice. Everyone knows that in fevers or weakness a cold cloth on the forehead or face, or base of the brain, is one of the most comforting things in the world. In the tropical hospitals, and in all places where ice is scarce, all that is necessary is to wet a linen cloth, wave it to and fro in the air, fold it and place it on the patient. Have another cloth ready, waving it to and fro just before applying it. These cloths have a more grateful and lasting coldness than those made so by the burning cold produced by ice.

**A GLASS OF WATER AT BEDTIME**—The human body is constantly undergoing tissue change. Water has the power of increasing these tissue changes, which multiply the waste products, but at the same time they are renewed by its agency, giving rise to increased appetite, which in turn provides fresh nutriment. Persons but little accustomed to drink water are liable to have the waste products formed faster than they are removed. Any obstruction to the free working of natural laws at once produces disease. People accustomed to rise in the morning weak and languid will find the cause in the secretion of wastes, which many times may be remedied by drinking a full tumbler of water before retiring. This materially assists in the process during the night, and leaves tissues fresh and strong, ready for the active work of the day. Hot water is one of the best remedial agents. A hot bath on going to bed, even in the hot nights of summer, is a better reliever of insomnia than many drugs.

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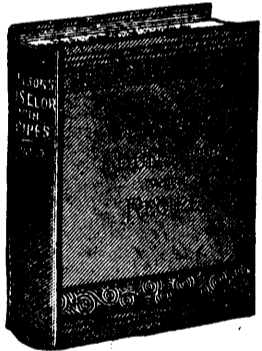
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Household Hints.

FILLINGS FOR LAYER CAKES.

**CHOCOLATE FILLING.**—The recipe for this filling, which is superior to ordinary chocolate preparations, I have never seen published. Into a saucepan containing two tablespoonfuls of water, break one quarter of a cake of Baker's Chocolate, and place where it will soften. When melted, add a small cupful of sugar and a quarter of a teaspoonful each of ground cloves, cinnamon and ginger. Let it boil until thick, stirring to prevent scorching. Remove from the fire, and add, when cool, one teaspoonful extract vanilla.

For a plain frosting and foundation of many fancy fillings, this is, I think, the best recipe. To the unbeaten white of one egg, allow one cupful of powdered sugar. Add the sugar slowly, beating constantly. When white and stiff, it is ready for the addition of any desired flavouring or colouring.

**ALMOND FILLING.**—Half a pound of sweet almonds, blanched by pouring over them hot water until the skins slip off readily, one and one-half cupfuls of sugar, whites of two eggs and five drops of extract of rose. Pound the almonds to a fine paste with a little sugar. Add the rest of the sugar, whites of the eggs and the extract, pounding all together until thoroughly mixed.

**VANILLA CREAM.**—Half a pint of milk, half a cupful of sugar, two tablespoonfuls of corn starch, one egg, one teaspoonful of butter, and one teaspoonful of extract of vanilla. Beat the egg, add the sugar, corn starch and butter, beating thoroughly. Place the milk on the fire, and when it boils add gradually the egg mixture. Cook until it thickens, and when cool add the flavouring.

**RAISIN.**—To the foundation frosting add one teaspoonful of extract of vanilla and one cupful of raisins chopped very fine. This makes a delicious filling.

**LEMON CREAM.**—The grated rind, juice and pulp, if liked, of one or two lemons, one cupful of sugar, one egg, one generous tablespoonful of corn starch, one teaspoonful of butter and one cupful of water. Beat the egg, add the sugar, corn starch, lemon and butter. Place the water on the fire, and, when it boils, slowly stir in the lemon mixture. Cook until thick, remove from the stove, and beat until cool enough to use.

**ORANGE CREAM** can be made in the same way, substituting for the lemons juicy oranges. This is better than plain orange or lemon icing. The following is a recipe for a simple, economical, nevertheless choice, layer cake, suitable for any of the above fillings. One cupful of sugar, one-half cupful of butter, one-half cupful of sweet milk, the whites of three eggs, two cupfuls of flour and two teaspoonfuls of baking powder. Beat butter to a cream, add gradually the sugar, then the milk, beating until light and white. Add the baking powder to the flour and sift four times. Beat the whites of the eggs to a stiff froth and slide upon the creamed mixture. Sift over one cupful of flour and stir in lightly, adding the remaining flour and any flavour desired.

**WHITE CUP CAKE**—One cup fresh butter, two cups white powdered sugar, four cups sifted flour, whites of five eggs, one cup sweet milk, two teaspoonfuls baking powder, one teaspoon extract of lemon.

**LEMON CREAM CAKE.**—Half a cup of butter, three-fourths cup sweet milk, three cups flour, two cups sugar, two teaspoons baking powder, whites of eight eggs. Cream—Grate rind and juice of one lemon, one cup sugar, half cup sweet milk or water, one heaping teaspoon flour, butter size of an egg, two eggs beaten separately; cook until thick.

**GOLDEN CREAM CAKE.**—One cup sugar, one-quarter cup butter, one-half cup sweet milk, the well-beaten whites of three eggs, one and one-half cups flour, two teaspoons baking powder; beat very light the yolks of two eggs in one cup sugar, and two teaspoons rich cream; flavour with extract vanilla and spread on the cake.

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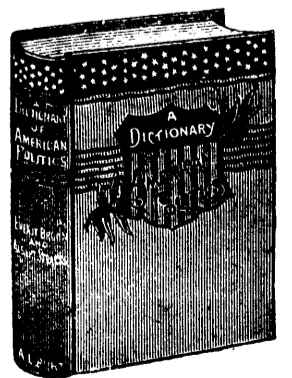
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