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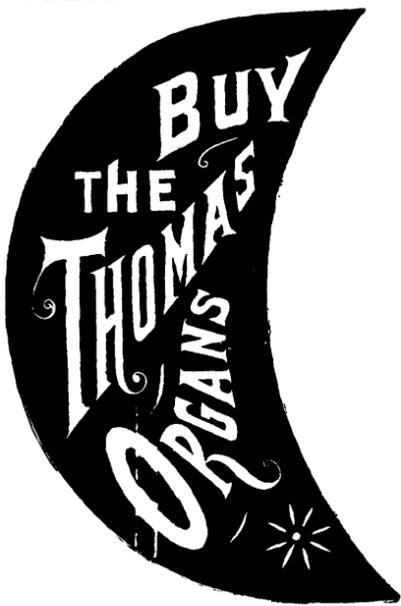


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HEALTH AND HOUSEHOLD HINTS.

Cold potatoes cut in dice and laid on a bed of lettuce can be covered with cream dressing.

Cabbage is eaten raw, shredded fine, soaked in French dressing and covered with boiled dressing.

Lettuce should be put in cold water to make it crisp, and shaken dry in a napkin before being dressed.

Green beans are cooked, cut in two-inch pieces, laid on a bed of lettuce and covered with French dressing.

Asparagus is boiled, the tough part of the stalks removed, the remainder cut in short lengths and covered with mayonnaise.

Tomatoes are scalded to remove the skin, cut in slices when cold, and served with a spoonful of mayonnaise or boiled dressing on each slice.

Cauliflower is separated into sprigs, the tender part of the stalk cut fine, and covered with mayonnaise. It must not be boiled too long for it becomes dark.

Dandelion salad is made of the young leaves of the plant, thoroughly washed, soaked in cold water for an hour, shaken dry and saturated with French dressing.

Vegetable salads are delicious when one needs something piquant to prick the appetite, writes Elizabeth Robinson Scovill in the July Ladies' Home Journal. They can be made of tomato, celery, green string beans, dandelion, cauliflower, potato, cucumber, asparagus and cabbage, besides the ever-popular lettuce.

Cucumber Salad.—Needed: One large or two small cucumbers, one-half teaspoonful of pepper and salt mixed, one tablespoonful of best French vinegar, three tablespoonfuls of pure salad oil. Peel and slice the cucumber as finely as possible, sprinkle the pepper and salt over it; add vinegar and salt in above proportions a moment before using.

Raspberry Jelly.—Crush the Raspberries and strain them through a wet cloth. Put the juice into a preserving pan with three-quarters of a pound of hot, but not burnt sugar, to one pound of juice; boil it ten minutes and take care that it does not darken; remove the pan off the fire, strain the juice through a bag and pour it into pots. Do not touch the bag until all the jelly has passed through, else it may become thick.

Raspberry Jam.—Use three-quarters of a pound of sugar to a pound of fruit. First boil the fruit alone a few minutes, then add the sugar. Boil three-quarters of an hour, stirring well. Fill little jars or glasses while the jam is boiling hot; when the glasses are cold, cover them first with papers soaked in sweet oil or brandy, and then with second papers moistened with the whites of eggs, and pressed against the sides of the glasses to exclude the air.

To Preserve Pineapples. Take six large ripe pineapples; put them whole into a large kettle; fill it up with cold water and boil the pineapples till they are tender; take out and drain; when cool remove the leaves and pare off the rind; cut the pineapples in round slices half an inch thick, extracting the core so as to leave a round hole in the centre; weigh them and to each pound allow a pound of loaf sugar. Cover the bottom of a large dish with the sugar; on this place a layer of pineapple, then a layer of sugar and so on till the slices are all covered, finishing with a layer of sugar; let stand twenty-four hours; then drain the slices from the syrup; put the syrup in a kettle and boil and skim it till the scum ceases to rise; put in the pineapple and boil all twenty minutes. They will be found very fine.

Spiced Currants.—These form one of the most delicious meat relishes that the garden affords. Take two pounds of sugar, one pint of vinegar, a teaspoonful each of mace and cloves, and half a teaspoonful of cinnamon, the same of all-spice, and a small piece of ginger root. Use the ground spices and put them in a muslin bag with half a dozen peppercorns, and then put them into the boiled and skimmed vinegar and sugar. While hot, put the currants in and allow them to cook gently for about ten minutes. Then put all into a stone jar, cover it and put aside to cool. The next day drain all the liquor from the currants, heat it, and pour it (boiling hot) over the fruit again. Always do this for six consecutive days, boiling down the liquor the last time till there is just enough to cover the fruit. It is very rich and nice.



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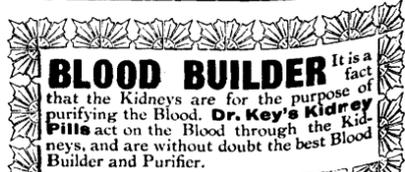
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