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**HEALTH AND HOUSEHOLD HINTS.**

**Peach Marmalade.**—Choose very ripe and good-flavoured fruit; peel and cut in quarters; weigh, and put in a porcelain kettle with a little water; stew slowly until they are very soft, then add three-fourths of a pound of sugar for each pound of fruit, and cook together until thick; put in tumblers or jars and seal.

**Tomatoes and Potatoes.**—Take small, ripe tomatoes, cut off the bottom, scoop out the seeds, and with a small knife pare off the thin skin without breaking the tomato; fill them with cold potatoes cut into tiny squares, and mix in a little mayonnaise sauce, turn them upside down on a bed of chopped lettuce seasoned with oil and vinegar.

**Stuffed Tomatoes.**—Select as large and firm ones as possible; cut a round place in the top, scrape out all the soft parts, mix with stale bread crumbs or powdered cracker; add onions, parsley, butter, pepper and salt; chop all very fine and fill the tomatoes carefully. Bake in a moderately hot oven; put a little butter in the pan, and see that they do not burn or become dry.

**Cream Cheese Cakes.**—Line a German cake-tin, with a good, short, crust, not too thick, and fill with the following mixture: Take half a pound of cream cheese. See that the cheese is perfectly dry, then place in a basin, and stir well with the yolks of three eggs, three tablespoonfuls of castor sugar, and a few picked currants. Pour into the cake-tin and bake until a nice golden brown.

**Peach Pie.**—To one cup and a half of sifted flour, add cold butter cut in bits, enough to shorten well, and a little ice-cold water to mix; roll, and spread butter over it, and roll out again; cover a pie tin, and fill with fresh, ripe peaches, peeled and quartered; crack four or five pits and blanch the kernels, put them in the pie to flavour, sprinkle over the peaches half a cup of sugar, and add two teaspoonfuls of water; cover, and bake in a moderate oven.

**Vienna Tea Cakes.**—These little biscuits are a pleasant addition to afternoon tea or coffee. Rub very smoothly into half a pound of Vienna flour a quarter of a pound of castor sugar, and the same quantity of crushed almonds. Mix well and add the yolks of two eggs, a tablespoonful of orange-flower water or vanilla essence, and work to a stiff paste with a little cream or milk. Roll out, cut into shapes, prick them all over, and bake for about twenty minutes.

**Peach Jelly.**—Select freestones and a juicy peach; peel and cut in quarters, crack the stones and blanch the meats; chop fine and add them to the peaches, put in a covered tin pail or jar, set them in a kettle of hot water and cook until tender, pour in a jelly bag and let drain; allow three-fourths of a pound of sugar for every pint of juice, boil together fifteen minutes, then test with skimmer, raising it out and in: when it drips off in two or three places it is done.

Chemically, the apple is composed of vegetable fibre, albumen, sugar, gum, chlorophyl, malic acid, gallic acid, lime, and much water. Furthermore, the German analysts say that the apple contains a larger percentage of phosphorus than any other fruit or vegetable. The phosphorus is admirably adapted for renewing the essential nervous matter—lecithin—of the brain and spinal cord. It is, perhaps, for the same reason, rudely understood that old Scandinavian traditions represent the apple as the fruit of the gods, who, when they felt themselves to be growing feeble and infirm, resorted to this fruit for renewing their powers of mind and body. Also the acids of the apple are of signal use for men of sedentary habits, whose livers are sluggish in action, those acids serving to eliminate from the body noxious matters, which, if retained, would make the brain heavy and dull, or bring forth jaundice or skin eruptions and other allied troubles. Some such an experience must have led to our custom of taking apple sauce with roast pork, rich goose, and like dishes. The malic acid of ripe apples, either raw or cooked, will neutralize any excess of chalky matter engendered by eating too much meat. It is also the fact that such fresh fruits as the apple, the pear, and the plum, when taken ripe and without sugar, diminish acidity in the stomach, rather than provoke it. Their vegetable juices are converted into alkaline carbonates, which tend to counteract acidity.—Medical Age.

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