

Co.

CHOCOLATES

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onsciousness or insensibility arise through several different Fainting, stroke, sunstroke, drinking, etc. This is when a always needs a clear head, there-when you see a person about on ousness, try to prevent him from g, and lay him down. If you wer any hemorhage you will pre-same, and the same time the t is now in a position that he preathe easy, which is generally e back or side. Undo any tight ing around the neck, waist and , this will relieve pressure on , heart, and abdominal organs-teeth should be removed, so the anger of obstructing breathing d occur, and see the tongue is of all air passages. Plenty of air must be had at all times, and reating cannot be noticed apply icial respiration. Give them no or fluids by the month, and if spine is fractured, it must be hed and maintained at rest. If patient is in a convulsion, support had, and wrap a clean handker faround something hard and put dis mouth, this will prevent him gh is tongue, and keep him quiet, is return to consciousness, give water to drink. Encourage him leep, in all cases except optim poi-nes, which you will notice by the is of the eye being construded. the for the next article on "Con-sion of the Brain." "Quartermaster."

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(1910.)

Frequent Turning irst have your pan red hot and p in a piece of suet about the size a hicory nut. Take your steak, a oin or porterhouse, at least one i one-half inches thick, two inches ch is better; let it remain three the state of the steak of the nutes first on one side then on the for searing. This is to keep the ces in. Keep turning the steak istantly at intervals of three to five nutes until done, rare, medium or il, as desired, and the result will twin brother to a brolled steak. Another way to fry steak is to sear three minutes on each side, then are a cover on the pan and let it ok slowly seven minutes more en lowly seven minutes more en de, when it is medium.

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Rain won't

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Flour Flour should always be sifted sev-eral times, as this adds to the light-ness of bread or cake. When sour milk is to be employed with the flour, cream of tartar or baking powder is omitted, and only soda used. Tea biscuit, made with soda and sour milk, are delicious southern delica-cies. A quarter of a teaspoonful of soda is sufficient for a quart of flour. Golden Rod Toast Boil the required number of eggs until hard, then put the yolks and whites separtely through a sieve. Have ready slices of hot toast, and in the center of each put two spoonfuls of the yolk, surounding the edge with the white. Over the whole pour white

The severe frock of black adorned with the ainspie while rose, is the fact and bend hit head right down and you will feel like a new feels sick and and/y, make her states and the severe frock of black adorned finds may housekeepers have had prune whip and other baked pudding a dash cold water, and she with the whites of eggs falling a disappointing way when removed from the oven. Instead of hains a bett or a collar, you must loosen to be quilte done, uncover and is a bett or a collar, you must loosen the endeavor of every individual may the white so there eggs.
If the top of the pudding does not set the the tor a collar, you must loosen the beguite done, uncover and first the white so there eggs.
If the top of the pudding does not set the brond of the brandy or any other of exert and long does not a moment. When done, turn out on a plate, cover with a meringue and brown. Brown at meringue and brown. Brown and mering the artification the ison the state of the broiler frame, at this dots, to the light.
Flour should always be sifted server and the broad of the broad or a moment. When done, turn out on a plate, cover with a meringue and brown. Brown and the broad or any other of the pudding does not seem to be quilte done, uncover and meringue and brown. Brown and the sourd, faile her brandy or any other of the pudding does not seem to be quilte done, uncover and meringue and brown. Brown and the done done, brown and the sourd, faile her brandy or any other of the pudding does not set the the broader of the broiler frame, brown and the brown brown and bro Day in and Day out.

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