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HEALTH AND HOUSEHOLD HINTS

Paradise Pudding.—Three eggs, one-half pound bread crumbs, three apples finely minced, one cup of currants, juice of half a lemon, nutmeg and salt to taste; beat eggs and stir all together; rub currants in flour, and add last. Boil one hour and a half; eat hot with sweet sauce.

Chocolate Pudding.—One quart milk, three tablespoons sugar, four tablespoons corn starch, two and one-half tablespoons chocolate; scald milk; dissolve corn starch in a little scalded milk, and before it thickens add the chocolate dissolved in boiling water; stir until sufficiently cooked. Use with cream or a sauce of butter and sugar creamed.

Cream Cakes.—Living where cream is plenty, I use it in preference to butter in cakes. I find the cakes keep moist longer and think them more wholesome as well. A good standard receipt is this—one cup of sugar, two eggs, one cup of thick, sour cream, one teaspoonful of soda and flour to thicken. I vary this by using four yolks to make gold cake, or four whites to make a silver cake; or by using sweet cream and baking powder, or a cup of maple sugar and a heaping tablespoonful of mixed spice. I also make cookies from this receipt by adding a half cup more of sugar; roll as soft as can be handled.

Preserves Pudding.—One pint bread crumbs, one quart milk, eight tablespoons sugar, yolks of four eggs; beat yolks and sugar together, then stir in the crumbs with boiling milk and rind of one lemon. Bake. When done beat the whites of the eggs to a stiff froth with two tablespoons white sugar; spread pudding with jam, put on whites of eggs and bake a light brown.

When lard and butter are scarce and high-priced it is possible to get along acceptably with beef suet in many instances. Procure fresh, nice suet—that about the kidneys is best—chop it fine and place in a kettle with some water over a slow fire. Let it simmer slowly for half a day, and when the water has boiled away and the suet rendered, strain and place to cool. Use for frying potatoes and mush.

For pie crust, biscuit, etc., rub thoroughly into dry flour until all is finely powdered; mix quickly with cold milk or water and bake as soon as possible. It is better eaten fresh and hot, though pies may be heated over in the oven. Avoid using too much suet for shortening. A little less than butter will do.

For ginger snaps, rub one cupful of suet and one of sugar to a cream. This involves patient hard work. Add one cupful of molasses, with salt, ginger and spice, and beat thoroughly. Have flour sifted and ready, and pour one cupful of boiling water over one heaping teaspoonful of soda; pour this into sugar, molasses, etc., stirring rapidly and constantly so that it is thoroughly assimilated and the grease does not rise to the top; stir in flour until stiff enough to handle. Roll thin, cut in small cakes and bake in a hot oven. Let stand a moment before removing from the tins; take out carefully and place on a folded cloth until cold, when they become crisp and hard, although very soft and tender while hot.

Many people melt suet and lard in equal quantities together and then cool and use it for all ordinary purposes, in preference to all lard. I have eaten very nice doughnuts that were fried in it. If suet is perfectly fresh and sweet the most fastidious cannot complain of the taste. For some purposes, like frying potatoes, etc., add salt, and while it is very hot, before putting in the potatoes, a little butter mixed and browned slightly with the suet is an improvement to the flavour. For greasing tins it is as good as anything. Thick, sweet cream is really the ideal shortening for pie crust and for other things. It seems sweeter, more nourishing and palatable, as well as healthful, than anything else. If one can secure a plentiful supply for use in cooking, cream in gravies, soups, vegetable steves, etc., with a little butter, is nicer than meat steves.—The House-keeper.

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