

Uses of Fruits.

Next in importance to the best modes of cultivation and the selection of the choicest varieties, comes the most approved methods of preparing fruits for use. We would be glad therefore if the ladies, who read this Journal, would make free use of this column for an interchange of ideas on this subject.

STRAWBERRY SHORT CAKE—A HYGIENIC RECIPE.

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Singularly enough, some of those dishes that are most highly esteemed as "delightful deserts," judging after the manner of the ordinary palate, are just the ones that have given the best results under hygienic treatment. Among these is strawberry shortcake. Made according to the hygienic recipe given below and properly managed in all the little details, it never fails to give good satisfaction.

Fruits—and especially the small fruits—are such delicate products of the soil that, whether served as such or in combination with some cereal product, they require exceedingly careful management at every stage, else a part of their exquisite flavor is lost. This is too often done by over-sweetening, or (in the cooking) by making injudicious combinations, as with butter, spices, etc.

To the unpurverted palate no improvement can be made on the thoroughly ripe raw strawberries. If slightly under-ripe, a trifle of sugar may be tolerated; but do not add thereto either milk or cream. If you do, my word for it, you will in less time than it takes to tell it, have a curdled unsightly mass, fit only for the slop pail.

But was it not the "cake" we were talking about? Well, "our" strawberry cake has no butter in it, neither in the mixing nor after it is baked. "Is it good?" Suppose you try the experiment. One thing, it will not cause a headache, even if you eat two

large pieces—provided you have not already dined too sumptuously before it is served. Now for the making of it.

STRAWBERRY SHORTCAKE. — Three cups sifted Graham flour, three cups sifted white flour, two cups sweet cream, one teaspoonful soda, finely pulverized; two teaspoonfuls cream of tartar, four quarts of fine strawberries, or six ordinary.

If the fruit has been properly gathered and not carted in open trays through a dusty thoroughfare, no washing will be needed; when this has to be done much of the juice is necessarily wasted. When the berries are a little firm, a good plan is to sprinkle lightly with ice water and then with sugar, in order to start the juice. Do this at least an hour before they are wanted; and unless very ripe and soft, it is best to chop them with a knife—a silver one if you have it.

Mix the cake as for "cream biscuits," sifting the soda and cream of tartar several times through the flour. Roll to the thickness of half an inch, prick well with a fork and bake in a moderate oven from thirty to forty minutes; it must be nicely browned, top and bottom. When done, remove from the oven and lean edgewise to cool till you can handle comfortably. Split carefully in halves by first dividing the crust (at its edge) with a knife, and then taking a fork and separating the cake as nearly through the middle as possible. Lay these each on a plate, crust downward, and put on the prepared fruit; then lay one half upon the other, the crusts still downward, and after half an hour serve.

The above quantity of flour will make three cakes the size of a tea-plate. It is best in spreading the fruit not to drench the cake with it, but to leave out a bowlful of berries and pass as you serve; no other sauce is needed. Should you have the ordinary Graham flour