

the word, a day that shall so stamp itself on the memories of the boys and girls that, long after they have become men and women and made homes of their own, the looking back shall bring thoughts of cheer and sweetness and brightness, and stimulate the desire to create a like atmosphere in their own homes. At the same time, I am fully of the belief that habitually to remain at home on Sunday morning for the purpose of preparing the family dinner is neither wise nor right.

The question to be considered is, Can these two beliefs be made to harmonize?

I want to forestall contrary opinions by making haste to say that my early years were spent in a home where this was done. I can hardly conceive of the possibility that the dear mother whose memory I cherish should stay at home from church to get dinner. Even when the family was large, and I, the youngest of the flock, must have been a trial to the family nerves in church, we were always there. Yet, all through the years of home life and all through the many years that have intervened since the old home was broken up, I find myself looking back and saying: 'What good times we used to have at our Sunday dinner-table!'

Since I left the old home it has been my pleasure to see many others that were managed, so far as Sundays are concerned, much as my own was, and I have given them careful study. I believe the secret of success lies in large measure in two words,—knowledge and adaptability,—the knowledge of what dishes are not injured, but are even in some instances improved, by being prepared the day before and 'warmed over' for Sunday, and patience to study the special tastes of each member of the family, and adapt the Sunday bill of fare to them.

There are a great many of the masculine gender who have a horror of those words 'warmed over.' To them, it simply means, as one friend of mine expressed it, 'mussy odds and ends.' Bless his heart! Very often in the season when poultry was cheap did our Sunday dinner consist of roast turkey and all the accessories. The turkey was prepared and cooked the day before, and arranged all ready to be popped into the oven when we came home from church, to heat itself thoroughly through and come to the table looking precisely as if it had been roasting the regulation four hours. Of course the cranberry sauce and the pumpkin-pies were all ready; but so, also, was the delicious succotash and the Indian pudding, made on Saturday, and needing only a few minutes' warming. Yes, even the boiled onions, all the better for having been boiled the day before and being warmed over in a little creamy milk. I have done the work myself too many times not to be sure that I am right.

Selected Recipes.

BAKED ASPARAGUS.—Boil the asparagus until tender; cut in small pieces and put in a well-buttered deep pie plate. Break several eggs on top. Dot the eggs with bits of butter and sprinkle with salt and a bit of pepper. Bake in a hot oven until the eggs are cooked and serve at once.

CRESS SANDWICHES.—Spread thin slices of good bread with butter (the bread must be at least twenty-four hours old to make good sandwiches); have ready plenty of fresh, crisp watercress thoroughly washed and dried; spread your buttered slices of bread lightly with a sour salad dressing, and place small bits of cress all over it; then lay on the other slice of bread, and cut it in small fancy shapes.

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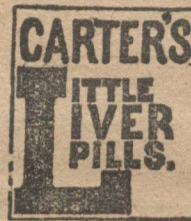
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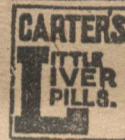
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