

Household Hints.

AN excellent receipt for strawberry shortcake is as follows: Stem two quarts of strawberries, sweeten to taste, and mash them slightly with a wooden spoon. Rub two ounces of butter into a quart of flour, then add two teaspoonfuls of baking powder, one teaspoonful of salt and sufficient milk to make a soft dough; mix quickly, roll out about one inch and a-half in thickness, put into a greased baking-pan, and bake in a quick oven for twenty minutes. When done take from the oven, split in halves and spread each half lightly with butter. Place the lower half in a deep dish or platter, put half the berries on this, then cover with the other half of the shortcake; cover this with the remainder of the berries, pour over them a quart of cream, and serve at once.

STRAWBERRY PUDDING—One of the most delicate batter puddings is made of the beaten yolks of eight eggs, half a cup of flour, a quart of milk and the whites of eight eggs. The milk is heated to the boiling point in a double boiler, the flour added and cooked ten minutes, constantly stirred, the eggs added (very carefully, lest they curdle the mixture), instantly removed and stirred till cooled, and the whites of three eggs added last of all, with a little salt. The pudding is now poured into a floured and buttered bag and boiled for an hour. At the end of this time it is served with a strawberry sauce made by beating half a cup of butter to a cream with a cup of sugar, adding a basket of strawberries mashed and beaten to a pulp, and, if you wish, the beaten white of two eggs. The golden pudding and crimson sauce are very pretty together. Another dainty sauce is made of a basket of strawberries strained as described for a mousse, and added to a pint of whipped cream. Such a sauce may be served with blanc-mange, a frozen rice pudding, a white or yellow custard, or any delicate dessert.

PRESERVED STRAWBERRIES.—There is no berry more delicious when preserved than the strawberry, and none more difficult to put up successfully. The flavour of the berry is so evanescent that it entirely disappears in canning. It requires a rich syrup to hold this delicate flavour, and therefore strawberries should always be preserved. Select perfectly ripe, fine-flavoured fruit for this purpose. The most delicious preserves in the world are made of wild strawberries. Hull the strawberries, and as soon as you have about a pound ready, weigh them and put them with three-quarters of their weight of sugar in a porcelain-lined kettle. Continue till the kettle is nearly full, then set them at the back of the stove. When the strawberries are well covered with juice bring them forward where they will boil up rapidly. Stir them only enough to prevent their burning. After they have boiled rapidly for ten minutes, skim them carefully and begin putting them into cans, which should stand in boiling water to prevent the hot preserve cracking them. Seal them up instantly as tightly as you can. Wipe off each bottle as it is filled and sealed, and stand it on a paper on the kitchen table till cold. When cold screw up again and set it away. These preserves will keep more securely if the bottles are packed in sawdust. Another method is to preserve the berries exactly as directed, using a pound of sugar in place of three-quarters of a pound, to every pound of berries. When the preserves are ready to put into cans, pour them into tumblers instead, and set the tumblers, covered with glass, in a "broiling" hot sun for two days. At the end of this time cover them with brandy papers, and seal them up under a layer of cotton wadding tied or sealed closely over them, but not in such a manner as to rest on the preserve. If you prefer, seal up the preserves in paper instead of wadding, though this is not the newest method. The last preserve is very rich, but too candied and sweet to be agreeable to every one's taste.

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STRAWBERRY DUMPLINGS.—Put one pint of sifted flour into a bowl and rub into the flour two ounces of butter; add a teaspoonful of salt, a heaping teaspoonful of baking powder and sufficient milk to moisten; mix quickly, take out on a board, and roll out into a sheet a quarter of an inch thick; cut into cakes with a biscuit-cutter, put about three strawberries in each cake, fold them over neatly and steam about twenty minutes.

STRAWBERRY SPONGE.—Cover half a box of gelatine with half a cupful of cold water, and soak for thirty minutes; then pour over it a half pint of boiling water, add one cupful of sugar and stir until dissolved; add one pint of the strawberry juice, and strain into a tin basin; put this basin into a pan of cracked ice to stand until cold and thick, stirring occasionally. Then beat to a stiff froth, add the well-beaten whites of the eggs, and beat until smooth; turn into a fancy pudding-mould to harden.

STRAWBERRY CREAM.—Put three pints of strawberries in a deep dish with one cupful of sugar. Season three pints of cream with a cupful and a-half of sugar and two table-spoonfuls of wine. Freeze this. Take out the beater and draw the frozen cream to the sides of the freezer. Fill the space in the centre with the strawberries and sugar, which cover with the frozen cream. Put on the cover and set away for an hour or more. When the cream is turned out, garnish the base, if you like, with strawberries.

SUN-COOKED STRAWBERRIES.—Pick over the strawberries and weigh them; then put them in a preserving-kettle. Add to them as many pounds of granulated sugar as there are strawberries. Stir and place on the fire, and continue stirring occasionally until the mixture begins to boil. Cook for ten minutes, counting from the time it begins to boil. Pour the preserve into larger platters, having it about two inches deep, and place in the sun for ten hours or more. The preserve is now ready to be put into jars and placed in the preserve closet. It will keep with out sealing. Remember that these preserves are put into the jars cold; that no water is used in cooking them, nothing but the strawberries and sugar, and that they will be very rich, so that only a small quantity need be served to a person. The flavour of this fruit is perfect. Only fine, ripe strawberries should be used. The platters of preserve can be placed on a table in a sunny window or on a sunny piazza. It is so early in the season that there is not much trouble with flies. I do not see why the fruit could not be put in the jars and the jars placed in the sun for two days. I shall try it this year with some of the preserve. It would make the work much easier.

SUNSHINE.—In selecting a site for a summer residence or the all-year-round home, bear in mind that light is needful for a healthy life. The rays of the sun are a powerful disinfectant and they ferret out hosts of impurities. Remember the adage "Where the sun does not go, the doctor does."

SWEATING FEET.—In reply to frequent enquiries for a "cure" for sweating feet, we would advise consulting a physician. There are well-known "cures" which are safe to use only when prescribed by a doctor. Sponging the feet with very hot water is very helpful and pleasant; sponging them with vinegar is also good. Rubbing with neat's foot oil is also of service. These simple methods sometimes "cure," and are, therefore, owing to their harmlessness, worthy of a trial.

SINGING.—Encourage your little ones to sing. Music lessens care and heartache. Often and often the words of a song, the sweet melody, linger in the heart after the voice is silent, and keep alive the courage which had almost died—anxiety and heart pain cause heart disease, and after that quickly comes death. Song sweetens toil, and it is imperative that parents and teachers should aim to increase this means of happiness for the children if for no other reason than to strengthen their minds and hearts for the labours to be borne in future years.

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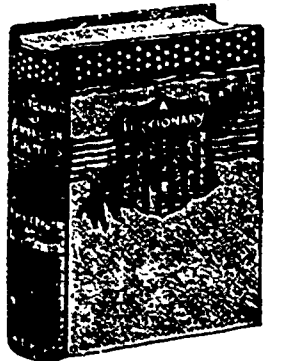
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