

position until she has a leisure

Two pounds of lean beef. The coarser parts of the meat will do as well as choice cuts, but there must be not a particle of fat upon it. One pound of lean veal. Mince it fine. Two pounds each of beef and of veal bones, cracked faithfully by the

A bunch of soup herbs, including

Two teaspoonfuls of onion juice. Chop the onion and squeeze through cheesecloth. If the pulp be added it will

with the water into a deep pot; cover closely and set at the side of the range, where it will not reach the boiling point under an hour's time. Simmer thus for four hours, never allowing it to boll hard, yet keeping it at boiling heat all the time. At the end of the second hour pour in a cupful of cold water to throw up the scum; cover and set the pot back in place when you have skimmed it. Should the water sink to less than half the original quantity while the soup is in cooking, replenish from the

When the soup has cooked four hours and you have reduced the liquid to two quarts, remove from the fire, season as directed above, cover again tightly and set in a cool place until the morrow. It should be a firm jelly, clinging to meat and bones. Scrape off the fat carefully. A greasy bouillon is nearly disgusting. Set over

drop in the white of an egg and the crushed shell, bring to a fast boil and strain again through the flannel. which should be perfectly clean. Do not squeeze the cloth at any time. Finally, having satisfied yourself by tasting that the seasoning is right, set away the bouillon in a cool place. When quite cold put on ice.

Particle of Fat

I have been thus explicit in giving the details of the process, because they are substantially the same in making jellied soups of whatsoever kind. The manufacture is by no means as tedious and difficult as might appear to the casual reader. While the soup is boiling, other work may go on without interruption, the bouillon taking care of itself, and demanding no thought beyond an occasional glance to

make sure it is not cooking too fast. Jellied bouillon is in great request at women's luncheons and in the sick-room. An invalid will relish and digest a few spoonsful of iced jellied soup who would turn

away in revulsion from hot liquids.

Jellied Chicken Soup. Clean and dress a large fowl. It should weigh from four to five pounds when cleaned. Sever each joint from the rest and cut the breast into four pieces. Crack a knuckle of yeal from which most of the meat has been stripped. (Veal is especially useful in making jellied soups because it contains much gelatinous matter.) Put the pieces of fowl and the veal bone into a pot; add two teaspoonfuls of onion fuice and three stalks of celery cut into inch lengths, and cover with a

gallon of cold water. Cover closely and set where it will not boil under an hour, yet will heat steadily. Cook slowly for four hours, or until the flesh of the fowl slips from the bones. The toughest meat may be made tender by slow and prolonged cooking. The liquid should be reduced

to two quarts. Set the pot away, covered tightly, until the contents are a cold jelly. Heat to a boil to loosen the jelly from the bones, and strain as directed in the foregoing recipe. Clear with a cracked egg shell and the white of an egg as with beef

Jellied Chicken and Sago Soup. Make as for jellied chicken soup, but when the meat has boiled from the bones, stir into the hot soup four tablespoonfuls of sago that have soaked for three hours in a cupful of cold water. Add now a quart of boiling water and simmer for another hour. Leave the soup until cold. Skim then, and re-heat the boiling point. Strain through double cheesecloth without squeezing, season to taste with white pepper and celery salt and set away to cool and to

A palatable and nourishing dish for invalids.

Jellied Veal and Celery Soup. Crack a knuckle of veal into bits to get at the marrow. Put it over the fire, with six stalks of white celery cut into inch lengths; cover with a gallon of cold water and cook slowly for four-perhaps five-hours, replenishing the liquid with boiling water should it boil away too fast. When the meat is done to white rags, season with white pepper and salt, a little minced parsley, two teaspoonfuls of onion juice and a teaspoonful of kitchen bouquet. Set away for ten hours, skim and heat to liquefy the jelly, and strain without squeezing. Serve ice cold in bouillon cups.

The recipes given herewith are susceptible of numberless variations at the hands of the ingenious cook. The general principles of slow and regular cooking; an abundance of raw, sound meat and a judicious proportion of such materials as contain gelatine, together with wise seasoning, hold good

Marin Harland

Family Meals For a Week

Replenish Dinking Water from Boiling Kettle

MONDAY.

BREAKFAST. Blackberries, moulded catmeal with cream, told ham, cut as thin as shavings and garnished with water cross; graham bread, toast, tea and coffee.

LUNCHEON. Tomato and lettuce salad, deviled eggs (ice cold), cream cheese sandwiches, thin bread and butter, cake and orange marmalade, iced tea a la Russe.

DINNER. Jellied bouillon, hamburg steaks, stuffed peppers, asparagus a la vinaigrette, crackers (toasted) and cottage cheese, stewed rhubarb and pineapple, spongecake, black

TUESDAY.

BREAKFAST. Berries, rice jelly and cream, breakfast bacon, boiled eggs, brown bread, toast, tea and coffee.

Veal loaf, tomato and green pepper sand-wiches, potato salad, crackers toasted and buttered, white bread, baked custards, cake, teed company. DINNER.

Chicken and rice brota, roast lamb and mint sauce, Saratoga chips, green peas, ice cream and cake, black coffee.

WEDNESDAY.

BREAKFAST. Raspberries, cereal and cream, fried egg-plant, boiled eggs, rolls, toast; tea and LUNCHEON

Cold lamb, thin brown bread, polenta (i. e., fried mush), cucumber salad and erackers, berry shortcake, cocoa. DINNER.

Cream corn soup, curried lamb (a left-ever), rice, spinach a la creme, bananas (eaten with the curry), peach compote, black coffee,

THURSDAY

BREAKFAST. Fruit, cereal and cream, sliced veal log (a left-ever), fried tomatoes, bread, toast, tea and coffee.

LUNCHEON.

Baked omelette, thin bread and butter (rolled), tomato and cress salad, crackers, berries and cream, cake, tea (iced). DINNER.

FRIDAY

BREAKFAST. Fruit, hominy boiled in milk. fish balls, tomato toast, whole wheat bread, tea and coffee.

LUNCHEON. Clam broth with whipped cream on it, cold tongue in asplc jelly, thin bread and butter, radishes, water cress salad, baked apples and custard, cookies, cocoa.

DINNER. Jellied chicken and sago broth (founded on liquor in which yesterday's fowl was boiled), baked pickerel with cream sauce, whipped potatoes, baked pears (cold) and cream, black coffee.

SATURDAY BREAKFAST.

Fruit, cracked wheat and cream, fri-casseed eggs, bread and butter, toast, tea and coffee,

LUNCHEON. Chicken salad (a left-over), brown bread and cream cheese sandwiches, dried rusk and iced milk, temato sauce and cream, cake, tea.

Green pea soup, breast of veal stuffed and roasted, stewed tomatoes, new potatoes with butter-and-parsiey sauce, peach ice cream, white cake, black coffee.

SUNDAY BREAKFAST.

Fruit, cereal and cream, broiled lamb

LUNCHEON. Cold veal (a left-over), macedoine salad with mayonnaise, toasted crackers and Roquefort cheese, graham bread and peanut sandwiches, cream cake, iced coffee.

DINNER.

Pea and tomato soup, roast chicken, creamed squash, baked eggplant, lettuce salad with French dressing, peaches and cream, cake, black coffee.

A Cheap Floor Stain. I noticed in the Exchange that "Mrs. I P. H.," of Hartwell, Ga. would like thave a simple, inexpensive stain for floor. I am sending herewith a stain that both simple and cheap.

Stain for Floor. Dissolve two ounces of permanganate of potash in two quarts of boiling water. If too dark to sult your taste, pour more water on it until you have the right color. Apply with a flat brush lengthwise of the boards. Let it dry over night and rub with boiled linseed oil.

I hope this is what is wanted. If not, I have other stains which, however, are more expensive. I stained my floors myself, and I find the simple stains very effective.

A. E. V. (Dedham, Mass.).

Why not add to the benefit you have rendered us already in supplying the cheap stain by sending one or two others? There is always an active call for them—a call that increases in force and urgency as hardwood floors gain in two with sensible housekeepen.

The Housemothers' Exchange

CAN you or any of our readers help me by giving a menu for lunches and for dinners for a week which do not include a hot-meat dish more than twice a day?

As the warm days begin to come, the

dames were wont to evolve jellies

that, in clarity and flavor, are not

equaled by the finest products that

sophisticated of our housewifely

readers that this same gelatine is

an animal product. It is prudent

not to enter into details of the

manufacture. Like many another

popular article of human food, it is best received on faith by the con-

suming one asking no questions for

decomposes too readily to be com-

pounded into jellies that are to be

stored for use in the months to

We do not can or pot jellied soup

the diaphragm's sake.

It is superfluous to tell the least

have gelatine as the basic idea.

As the warm days begin to come, the problem of planning attractive and nourishing meals is almost a burden, as with the first warm day the cry goes up, "Don't let us have meat!" There are only myself and my husband in the family, but as we care very little for fish, and neither of us can eat dishes made with cheese, it keeps me with my thinking-cap on most of the time. Therefore, any suggestions as to the possibility of contriving meals without hot Therefore, any suggestions as to the possi-dity of contriving meals without hot heats, fish or cheese will be peculiarly wel-

neats, fish or choese will be peculiarly welcome to us.

I was somewhat amused by "Mrs. W. J. B.s" comment upon menus, but I wish to say to her that during the first week of my housewifely life my weekly accounts show that I spent from \$2.75 to \$4 per week on the table. The sum has been on the rise over since. As I kept no list of menus, my experience can be of little real use in that direction; but if at any time I can help you, or any of our members, I shall be happy to write again.

A "WEST SIDE" HOUSEKEEPER (Worcester, Mass.).

That you can be a help and a comfort to many of us is a truth I shall

not waste time in proving. I do not believe in chance, even where the most trivial concerns are involved. For none of us can determine what is trivial and what important when results are considered. The fate of nations has been determined by the cackling of geese, the tread of a naked foot upon a thistic, a spider's apparently purpose-less weaving, the unwary step of a hoof

Being an animal bi-product, it a thing is the more it tempts the

I choose, then, to regard it as a significant coincidence that the first letter I drew from the Exchange drawer this morning should be that of our Massachusetts housemother. For the subject docketed for today's Familiar Talk is "Appetizing Midsummer Meals Without Meat." I recollect the title as it stands on my schedule, by the time the world was fairly awake. The birds, singing their matins in the honeysuckles under my window, and my thoughtful, slightly perplexed self had the day to ourselves as I entered my study and pulled open that drawer. For once, demand and supply shook hands cordially over

in the private family. I have, it is

true, poured it hot into air-tight

jars and kept it good for some

weeks. I doubt not it could be pre-

served for several months if prop-

erly made and kept sealed from the

the preparation of jell-ed soups to

be eaten in lieu of hot in the "good

old summer-time," when the cooler

Soup-jelly should be strong.

must have gathered unto itself the

best elements of the meat and

What we are considering today is

air and in a dark closet.

This is the true explanation of the circumstance that nearly all of our Corner will, this week, be taken up with

But the Massachusetts member has laid a big contract before us by excluding fish and cheese from her menus. In our home, we count largely upon both. In the arrangement of meals suitable for summer fare, sardines, shrimps and cold, fresh fish enter into the composition of seasonable salada Crackers and cheese go as naturally together as bread and butter. It is next to imposible to shut these articles of human numption out from a summer menu.

substitute something of her own selection better suited to the idiosyncrasies of herself and John.

Attractive Cups

and Spaons for

must cook long and slowly until the

residuum in the strainer is tasteless

and no more nutritious than the

same bulk of bleached cotton

There is no short cut to excel-

lence in the work of preparation.

Unless the busy house-mother has

learned the art of dove-tailing the

tasks of the day, so as to carry on

several processes at once, bestow-

vegetables that go into it. They ing the requisite amount of time and bones. Put again over the fire,

Vestied Soups

would be.

What is the Matter With My Cake?

Please tell me what is the matter with my cake? What makes it so coarse grained? I do just what the recipe calls for, but it isn't good. Do you meit the butter? I get disgusted with trying and failing, for it is always bad. For whites of three eggs how much flour? Is it the flour, or isn't the oven hot enough that makes it so coarse?

Please answer next Sunday.

SWEET SIXTEEN (Pittsburg, Pa.).

Sweet Sixteen is in what the old people used to call when I was at her age-"a peck of troubles." Instead of picking them out, one by one, suppose I tell her how to make a good plain cake? She has been a trifle ambitious, I suspect, from her allusion to whites of

Certain rules apply to all kinds of cake baking. But become preficient in making simple varieties before adven-turing "silver" or "fruit" or "white mountain" or other intricate composi-

Cream butter and sugar before you beat the eggs. To do this warm the butter very slightly-just enough to enable you to rub it into the sugar. It is need-less in hot weather, unless the butter has just come from the ice box or cellar. Measure it into a bowl: measure the

sugar and put upon the butter. With a wooden spoon rub and beat and stir until you have a creamy mass much lighter in color than when you began to work it. Sift the flour before measuring it. After it is measured, add the baking powder and sift again twice to

the fire and warm quickly to a boil.

As this is merely to rid bones and

meat of jelly, do not keep it up more

than five minutes. Drop in a lump of

ice as big as an egg to check the bub-

ble, transfer the pot to the table and

Meanwhile, line a colander with

white flannel which has been scalded

and then rinsed in two waters. Pour

the soup into the colander, taking

care not to disturb the dregs of meat

let it alone for ten minutes.

incorporate the whole. Now, beat the yelks of the eggs for three minutes, steadily, in a chilled bowl; mix in the creamed butter and sugar, put the milk into this and stir for three minutes more, adding spice or

Next stir in the flour alternately with the whites, which should be whipped first to a standing froth. If you have not an assistant to do the whipping, it will not hurt the compounded yolks, butter, milk and sugar to stand for three minutes while you do it. The eggs and dish in which they are whipped should be chilled. Beat in whites and flour with long even strokes

ing" in the whites. When you have made good cake a few times you will learn how the batter should look and feel under the spoon when it is "just right."

Nothing but watchfulnes and careful practice will make you expert in the art. But it is quite possible for you to make a fairly good cake at the first trial of the simple rules here laid down. The very first cake I dared to different to the last trial of the simple rules here laid down.

pound under the direction of my mother. she called-

One even cup of butter.
Two cupfuls of white sugar.
Three cupfuls of sitted flour.
Four eggs.
One cupful of sweet milk.
One rounded teaspoonful of baking pow-

This is an excellent foundation for jelly and cream cakes, and good when baked in small tins or as a single loaf.

was "a decided success."

wringing to one who loves young peo-ple and who sympathizes with music

"One, Two, Three, Four Cake."

young or the old. der.

Try this; beat faithfully before the flour and whites go in. and evenly, not long, after these are added.

ing into print. You may flavor with vanilla, and add mace or cinnamon or nutmeg, if you This is the best compromise I can wish. We did none of these things when I bent all the energies of a 14-year-old tyro to the task. And all who ate and wondered over the fragrant loaf, said it

No More Musical Instruments. Six boys, all lame, have written to lament their "ill luck" in failing to get the violin offered in our column. From others who have had the handling of part of our correspondence we hear the same story, with trifling variations. I am afraid to compute the number of applicants for one poor little second-hand fiddle! The experience is heart-

in the light of this story-it is a doubtful good to one that brings disappointment and chagrin to a hundred. Hereafter, no more musical instruments will be held up for general bidding on the part of the needy and the invalid, the

If any one has a disused instrument he would like to pass over to somebody who cannot afford the luxury, and that somebody desires it with great desire, I will try to bring about the consummation of mutual desires without rush-

suggest. The strain upon feeling is too great for the donor who must say "no" to one hundred and ten claimants for one forlorn violin, and be rated by a mortifying percentage for offering it at all to the hundred and nine who are sent empty away, and, last and least. to the well-meaning editor, who has to stand between donor and luckless claim-

To Make Clothes White To give clothes that bluish whiteness so hard to obtain under ordi-

nary circumstances, soak them the night before washing in bluing water. Then, the next day, do not use bluing at all; but, after washing, rinse them in clear water only. This will do away with the yellow appearance, so annoying to most persons.