

## Health and Home

**Rice Pudding.**—Put three tablespoons each of well washed rice, granulated sugar and seeded raisins, and one quart milk into a buttered baking pan, and let it stand on the back of range one hour, then bake slowly until the rice comes to the top and the milk is nearly absorbed. Serve hot with butter, or cold with cream.—American Kitchen Magazine.

**Coffee Jelly.**—Dissolve three-quarters of an ounce of gelatine in one-half cupful of water, then pour it into one cupful of strong hot coffee; add one-half cupful of sugar; cool and strain. Whip three-quarters of a pint of cream; add it to the gelatine; turn into a mould and set away to harden.

**Farina Croquettes.**—Put one-half pint milk into a double boiler, add slowly four level tablespoons farina, stir till it thickens, then remove from the fire, add the yolks two eggs well beaten, one-half teaspoon salt, a dash of pepper and one teaspoon fine chopped parsley, turn out to cool. When cold form into small cylindrical croquettes, dip into egg, then into bread crumbs and fry in hot, deep fat. Drain and garnish with parsley.

One of the greatest mistakes about food which people make is to forget that the true value of food to anybody is the measure of its digestibility. Half a pound of cheese is vastly more nourishing, as regards its mere composition, than half a pound of beef, but while the beef will be easily digested and thus be of vast service to us, the cheese is put out of court altogether for ordinary folks by reason of its indigestibility. We should bear this rule in mind when we hear people comparing one food with another in respect to their chemical value.—London Hospital.

**Batter Bread.**—One teacup of cornmeal, half cup of cold hominy or rice, 1 spoonful of lard or butter melted, 1 teaspoon of baking powder (the best), enough sweet milk to make the batter rattle: two eggs, 1 teaspoon salt. Put into a mixing bowl the teacupful of meal and the hominy. Scald with boiling water stirring briskly all the time, until you have a batter like mush or light-bread sponge. Set this aside to cool. Pour in sweet milk until the batter is thin enough to rattle when lifted in spoonfuls and poured. Sift in the baking powder, add salt and melted lard. Last stir in the two eggs, not beaten separately. Pour at once into a buttered baking dish—the one in which you wish to serve the bread. Place in a hot oven and bake for half an hour.

The growing practice of utilizing the waste products of all manufactures has brought out the fact that buttermilk possesses many unsuspected qualities. A medical paper says its reputation as an agent of superior digestibility, has become firmly established. It is, indeed, a true milk peptone—that is, milk already partially digested, the coagulation of the coagulated portion being loose and flaky and not of that firm, indigestible nature which is the result of the action of the gastric juice upon sweet cow's milk. It is of great value in the treatment of typhoid fever and, being a decided laxative, it may be turned to advantage in the treatment of habitual constipation. It is no less valuable in kidney troubles, from its diuretic qualities. It is in great request for the treatment of diabetes, either alone or alternately with skim-milk and in cases of gastric ulcer and cancer of the stomach it can often be retained when no other food can. Chemical analysis shows that in its nature it greatly resembles koumys, with the exception of which it is the most grateful, refreshing and digestible of the products of milk.

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