

MALTINE WITH COD LIVER OIL AND HYPOPHOSPHITES FOR LUNG AND THROAT DISEASES.

Perfectly well established is the value of cod liver oil in the various diseases of the air passages, and combined with maltine and the hypophosphites, its remedial value is vastly enhanced. In the elegant and palatable preparation, Maltine with Cod Liver Oil, are combined the valuable tissue-building oil, and that sustainer of vitality and digestive, maltine. No emulsion can compare in remedial value with this preparation, for in addition to disguising the unpleasant taste of the oil and rendering it more easily digested, the maltine plays a most important part in maintaining adequately the process of nutrition so essential in wasting and pulmonary diseases. This it does by rendering the starchy foods in a form which assures its assimilation, with the result that emaciation gives way speedily to plumpness, the irritated bronchial tubes are soothed, rest grows natural and health becomes an assured fact. Maltine with Cod Liver Oil and Hypophosphites is a food medicine and digestive.

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IN THE HOUSEHOLD.

BLANQUETTE OF BULLOCK'S HEART.

- 1 beef heart.
- 1 onion.
- 1 carrot.
- 3 cloves.
- 1 bay leaf.
- 1 tablespoon flour.
- 1 " butter.
- Sprig of parsley.
- 3 yolks of eggs.
- Cold water to cover heart.
- Salt and pepper.
- Chopped parsley and rice for garnish.

Soak the meat for 24 hours, changing the water several times. Take it out of the water and cut into pieces the size of a mutton chop. Put the pieces into a granite ware saucepan and cover with cold water; boil, skim. Then add salt, onion into which the cloves are stuck, carrot cut into small pieces, sprig of parsley and the bay leaf; boil slowly for one hour. Blend the butter together, add one pint of the liquid in which the heart was cooked, boil; then add the well beaten yolks of two eggs; cook, but do not *boil* the sauce. Strain this over the pieces of meat, sprinkle the chopped parsley over and garnish the edge of the dish with plain boiled rice.

GERMAN ROTH KRAUT.

- 1 quart shredded red cabbage.
- 2 tablespoons butter.
- 1 tablespoon onion.
- 1 teaspoon vinegar.
- 1 " salt.
- 1 " sugar.
- ½ saltspoon white pepper.

Put the shredded cabbage into a basin of cold water, and the butter, salt, pepper and onion—which has been finely chopped up—into a sauce pan. Cook over a moderate heat until the onion gives out a very strong odor; but do not brown. Lift the cabbage from the water; shake slightly, then put into the sauce pan with the hot butter and onion.

Turn the cabbage over and over, so that the butter may penetrate into it all. Cover and cook over a moderate heat. Tip the pan occasionally, and if you see a little liquid in the bottom it is sufficient. Should you see that the cabbage is frying, instead of steaming, add two or three tablespoonsful of boiling water; but if cooked slowly, this should not be necessary. When the cabbage is so tender that you can cut it with a fork against the side of the pan, which should be in from twenty to thirty minutes, add the vinegar and sugar and cook for ten minutes longer, or until almost dry. Serve in a deep vegetable dish, garnished with alternate rows of mashed potatoes and sprigs of parsley.

BREAKFAST MUFFINS.

- 1 tablespoon butter.
- 2 eggs.
- 2 cups milk.
- 3 " flour.
- 1 teaspoon salt.
- 2 teaspoons baking powder.

Soften the butter and add to it the yolks of the eggs beaten, then add the milk and mix thoroughly; add the flour, salt and baking powder; beat well, and, lastly, stir in the well-beaten whites of the eggs, pour into hot greased muffin pans and bake in a quick oven for 25 or 30 minutes.

Society Dancing.

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