

Selected Receipts.

OMELET OF FRENCH BEANS.—For such an omelet: Prepare the eggs and season as for an ordinary omelet, then stir in two tablespoonfuls of chopped French beans and the same quantity of grated Parmesan. Fry in a pan, and lift to fold over when the underside is golden brown. The same kind of omelet can be made with the cold remnants of cauliflower.

LEMONADE.—In a new receipt for lemonade, water that has just reached the boiling point is poured over the lemons and sugar, and the drink is cooled and put on ice. The juice of three lemons with the yellow rind of one, and two ounces of powdered sugar are used for each quart of lemonade. Cover the vessel as soon as the hot water is used, that no steam will escape. You will pronounce this the best lemonade you ever drank.

HOW TO SERVE FRUITS.—Serve all fruits as cold and fresh as possible and with granulated rather than powdered sugar. Serve large strawberries with hulls on, so that they may be dipped in sugar and eaten with the fingers. Serve currants and raspberries together with a little sugar, or currants alone with lots. Always wipe peaches carefully to remove the fuzz, which poisons some people. If you cut them, have the pieces as large as possible so that they will look luscious. Always serve fruit in glass. Cut it early in the day, sugar and set it in a cool place till wanted.

STUFFED SWEET EGGS.—Boil hard a dozen new-laid eggs, and put them in cold water for half an hour; then shell and cut them in half lengthwise, take out all the yolks, and mix them in a bowl with some sponge cake, twenty drops of vanilla essence, a quarter of a pint of cream, one teaspoonful of fine sugar, a small quantity of chopped citron peel, and a wine glass of Chartreuse, or any flavor you like. Arrange the whites on a buttered tin, fill them with the above stuffing, and place a peeled almond on each. Bake slowly for fifteen minutes, and serve hot with any fresh sauce you like. Apricot is good and delicate.

CHICKEN FRICASSEE.—For chicken fricassee, either use potted chicken or a freshly stewed one cut in small pieces. Melt an ounce of butter in a saucepan, add to it an ounce of flour and one cupful of rich milk or cream. When the sauce thickens add two hard-boiled eggs chopped very fine, a tablespoonful of minced parsley, salt and pepper to taste, and, lastly, the chicken. When well-mixed and heated in the sauce dip into shells, put over the top of each a little of the beaten yolk of an egg, and a sprinkling of fine bread-crumbs, and brown. The handy little pots of evaporated cream that come for 15 cents are useful in making sauces, as they are thickened by boiling to a substance resembling rich cream. This should be salted, however, as the evaporated cream has somewhat of a sweetish taste.

BREAST OF VEAL.—Remove the bones and any superfluous fat from the breast of veal. Season it on the inside with pepper, salt, a little finely chopped onion and some grated or minced ham that has been fried or boiled. Put a good layer of bread-crumbs over these, and spread them with one beaten egg, mixed with a spoonful of water, just enough for sufficient moistening. Roll the veal, tie with three strings and put into the oven to bake. Dot the top of the veal with some of the fat you have taken from the inside, so that you will soon have "dripping." Baste with this once every quarter of an hour. All baked meats are rendered finer by basting, not only because it keeps their surfaces from drying up, but because the fresh air, coming in by the frequent opening of the oven-door, is as good for meats as it is bad for cakes.

TONGUE WITH RISOTTO.—To serve a tongue with risotto, prepare the rice while the tongue is boiling. Fry a

small onion which has been minced fine in two tablespoonfuls of butter; then add slowly a quart of white broth and three minced mushrooms, with a cupful of well-washed rice. When the rice has boiled slowly a quarter of an hour, add six minced mushrooms and another quart of stock. Season the rice with an even teaspoonful of salt and a saltspoonful of pepper, and let it cook fifteen minutes longer. Add about three tablespoonfuls of grated cheese; Parmesan is the nicest. Serve the rice on a platter, with the tongue in the centre, and pass around the grated cheese. If you wish to color the rice, just before taking it up add a heaping teaspoonful of saffron mixed to a paste with a little stock. A tongue may also be served on a bed of spinach which has been properly blanched, boiled and chilled, and has then been chopped fine and warmed with a tablespoonful of butter and a gill of gravy.

Summer Religion.

"Do the Churches Neglect the City in Summer?" was answered in a Boston daily paper by clergymen of all denominations. The Catholic idea was furnished by Rev. Richard J. Barry. Father Barry wrote:

The Catholic people in the cities are not neglected in the summer. Before the Church, as before God, there are neither rich nor poor, small nor great, but men who must be sanctified in summer as well as winter. The Church has a mission and message, not so much to the world as the individual soul. The Church is the school of the children of God upon the earth, their guide toward a more noble state, toward a life of holiness and purity.

Every Catholic Church is a watch-tower and temple. Guard is kept by day and vigil by night that none may be lost, but all men saved to Christ. The Church teaches that God must be served at all times, and souls sanctified by frequent receptions of the sacraments. To this end our temples are open every day from early morning until late at night for prayer and the administration of the sacraments. And after the last worshipper has departed and the portals of the temple are closed, the priest's door is open to all who knock at it; his lamp burns all night; he is ready, staff in hand, at a moment's notice, to face heat or cold, contagion or death, when duty requires him to carry oil to the wounded, pardon to the guilty, or his God, in the Eucharist, to the dying.

The clergy provide at all seasons for the worship of God, and the preaching of His holy word. The life of priests in cities is a long, heroic devotion to the welfare of their fellow beings; obscure functions, painful labors and exhausting duties soon waste their hearts, but they are sustained by that hope which is in them through Christ Jesus our Lord. While most other professional men slumber, the priest is at the altar praying for his people, and thus does he commence his career of benevolent deeds; then he sets out to assist the poor, to visit the sick, to console the unfortunate and to strengthen the weak. Evening comes, but brings no repose. Some one is dying, perhaps of an infectious disease, the priest will not permit his spiritual child to expire without praying by his side to the God who died for him.

And so the Church keeps up day and night, summer and winter, an uninterrupted watch over the souls committed to her care. And such is the Catholic Church as her children know her; such is the Catholic Church, not as aversion or prejudice fancy, but such as it really is and exists among us to-day.

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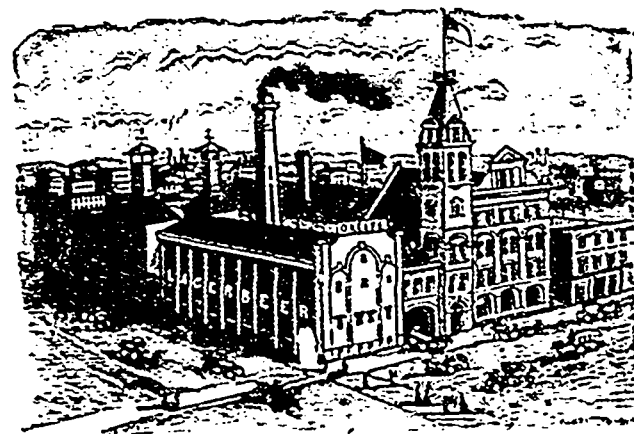
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