

Health and Home.

Rice Custard.—Boil one teacupful of rice; when soft, drain off the water and add one tablespoonful of cold butter. When cool, mix in one and one-half cupfuls of sugar, a teaspoonful each of grated nutmeg and cinnamon. Add four eggs, the whites and yolks beaten separately; stir in gradually one quart of sweet milk and pour in slowly, stirring all the while; add half a teaspoonful of lemon or vanilla extract. Bake in a buttered pudding dish for one hour.

A most excellent recipe for "Dutch Apple Cake" is the following: Mix one pint of flour, one-half teaspoonful of salt, one heaping teaspoon of baking powder; rub in one-fourth of a cup of butter, and a 'd a beaten egg mixed in a cup of milk. The dough should be thick enough to spread one-half inch in thickness in a shallow baking-pan. Pare and cut sour apples in eights, lay in rows (sharp edge downward), sprinkle with sugar and cinnamon on the top and bake. Eat hot with cream.

Chocolate Cream.—Grate and melt over hot water four ounces of bitter chocolate, add to it three-quarters of a cupful of sugar, and when dissolved one quart of scalded cream. Stir for five minutes over the fire, then set aside until cold. Add eight well-beaten eggs and one teaspoonful of vanilla, pour into a buttered mould, set in a pan of hot water, cover and cook slowly over the fire until a skewer or knife blade will come out clean; this will take about an hour. Set aside until very cold, turn out carefully and garnish with cream sweetened, flavored and whipped.

Pressed Chicken.—Boil a fowl in just water enough to cook it until the bones will slip out easily. Take off the skin, pick the meat from the bones and mix the white with the dark. Skim the fat off the broth and season with salt, pepper, celery salt and lemon juice, and boil down to one cupful. Butter a plain round or oval mould, and arrange slices of hard-boiled eggs upon the bottom and sides alternately with thin slices of tongue or ham cut into round or fancy forms. Mix the broth with the meat and pack it carefully, and garnish the platter with celery leaves and points of lemon.

Egg Dumplings for Stews or Soups.—Put one tablespoonful of butter and one-half of a cupful of milk in a saucepan and heat to the boiling point. Add quickly one-half of a cupful of dry flour and stir until the mixture becomes a thick smooth paste; take from the fire and set aside until quite cold. Add the beaten yolks of two eggs, one-quarter of a teaspoonful of salt and one tablespoonful of finely chopped parsley and beat until thoroughly incorporated. Add gradually the whites of the eggs whipped to a stiff froth. Drop small teaspoonful of the mixture into boiling broth or salted water, boil or turn until done—about five minutes. Drain and serve as a garnish to a stew or fricassee or in a soup.

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