

Household Hints.

IT is said that an excellent way of testing tea is to put a teaspoonful in a glass of water and shake it thoroughly. If the tea is pure the water will be a pure amber tint, but if adulterated, strongly coloured.

THE old-fashioned onion syrup, made of minced onions, a table-spoonful of vinegar (cider vinegar is the best), and a half-cup of boiling molasses, will be found a good remedy for hoarseness and sore throat.

CARROT and celery cooked in cream make a nice dish. The carrots should be cut in thin slices and boiled in salt water, the celery in inch lengths and then scalded. Add the milk thickened with corn starch while boiling.

CRACKERS are the oldest form of bread known. In the ruins of the Swiss buildings which belonged to the Neolithic age, fragments of unfermented cakes have been discovered, which were not very unlike our modern crackers.

ICED GRAPES.—Take perfect bunches of grapes and wipe them, dip into white of egg well beaten, then sift fine sugar over them and lay them on a sieve in a warm place, where they will dry quickly. They are very ornamental.

PEACH CAKE.—Bake three sheets of sponge cake as for jelly cake; cut peaches in thin slices, prepare cream by whipping, sweetening and flavouring, put layers of peaches between the sheets of cake; pour cream over each layer and over the top.

CLOSETS should be aired the same as bedrooms, and the coming architect, if a woman, will see to it that closets in which clothes are hung are provided with a window, be it ever so small, going out on to the yard. This window will be protected so that in nearly all weathers it may remain open, and supply the closet with fresh air and light.

WE quote the following cure for ivy poisoning which is contributed to the Housewife by H. J.: Bathe the parts affected very freely every three hours with sweet spirits of nitre until every trace of the poison disappears. If the blisters are broken so that the nitre can penetrate freely, a single application is sometimes sufficient. I have used this many times, and never known it fail to effect a speedy cure.

FROZEN RICE PUDDING.—Wash and pick over three-fourths of a coffee-cupful of rice, and soak in one pint of milk for two hours. Then add one quart and one pint of milk, eight teaspoonfuls of sugar, one teaspoonful of salt, butter the size of an egg (melted), and nutmeg to taste. Bake two hours in a moderate oven, stirring frequently. When cold add one-half pint glass of strawberry jam and freeze.

TO CLARIFY COFFEE AND SOUPS.—A great many people do not realize the value of egg shells in clarifying soups and coffee. Six egg-shells will take the place of the white of an egg, which is ordinarily used for this purpose. They should always be saved. The clarifying of soup is not a difficult matter. After removing the fat from the jellied stock in the morning when it is cold, break up the jelly and to four quarts of jelly stir in a dozen egg-shells. If you use the white of an egg it will require but six shells. The soup may be very well cleared with egg-shells alone, and as these are usually thrown away, it is well to save them for this purpose. Stir in the egg-shells and put the stock over the fire to heat up. Let it heat slowly to the boiling point, and see that it thoroughly boils. Then set it back where it will merely simmer and will not cook violently. Let it remain for about half an hour while a thick scum gathers on top. Skim this off and stir in the soup through a napkin or bag kept for the purpose. It should be perfectly clear and shining if properly clarified. Professional cooks use about half a pound of raw beef to clarify five quarts of stock. This they chop to a fine mince and stir into the cold stock as soon as it is melted and before it is heated. Then stir the stock continually while it is heating up, and when it boils cover it, and after ten minutes' simmering strain it through a napkin, when it will be clarified.

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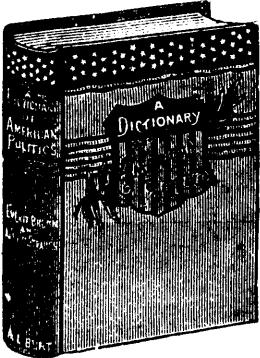


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Household Hints.

RICE PUDDING.—Take scant cup of rice, wash and put in two quart basin; add generous cup of white sugar, little salt, butter as large as a walnut. Fill up with good rich milk. Let bake three hours, stirring occasionally. If its gets too dry add milk, as it should be creamy when done.

POVERTY PUDDING.—Put a layer of apple sauce in a buttered pudding-dish, then a layer of cracker or bread crumbs, sprinkled with bits of butter and seasoned with spice to taste, then a layer of sauce, and so on, the upper layer being of crumbs; lay bits of butter on top and bake; eat with cream.

MINCE MEAT.—The ingredients are: Green apples cooked, lean meat from hogs' heads; sweet cider boiled down or sorghum molasses, raisins and currants. Flavour as when using beef. When making pies use butter instead of suet. Sugar to taste. Cider boiled down one half and sealed will keep sweet.

A HINT FOR YOUR AFTERNOON TEA.—Take an evenly-baked square loaf of bread, cut off the crust very carefully, and with a sharp knife slice in very thin slices, taking care not to lose the shape of the loaf. When the loaf has been all cut up gather it together and tie with a ribbon. When ready to serve, untie the ribbon, and the slices will fall apart in a white, feathery mass, ready to be eaten.

MEAT three times a day is more than average downtown-dwelling human nature can endure. Functional disturbances of the liver, gallstones, renal calculi, diseases of the kidneys, dyspepsia, headache, fits of ill temper or of the blues, irritability and general absence of the joy of life, are largely due to an excess of meat and other highly concentrated food. What shall we eat? We reply, eat more fruit.

BAKED SQUASH.—Wash and wipe. Cut across in slices about an inch thick. Place in a shallow pan. Pour boiling water in the pan, about half full. Sprinkle with salt and a little granulated sugar. Put in hot oven and cook about thirty minutes. By this time the water should be gone. Take out, sprinkle with dry bread crumbs, and pour over a half pint of sweet cream, or sweet milk, and little pats of butter on each slice. Return to the oven and bake until a golden brown. It makes "a dish fit for a king." A pan 8 x 12 inches will hold a sufficient quantity for six persons.

FRUIT CAKE.—Sugar, two cups; three eggs; sour cream, one and a-half cups; soda, one teaspoonful; currants, one cup; raisins, one cup; citron, one quarter pound; one-half nutmeg; flour. Directions: Beat the eggs thoroughly, add sugar and beat smooth. Dissolve the soda in a little warm water and put it in the cream, and make the cake quite thick with flour to prevent the fruit from settling to the bottom. Cut the raisins in halves and remove the seeds, then scald a few moments to soften; drain and dredge the fruit before putting into the cake. Cut the citron very thin. Put in a layer of cake mixture, then a layer of the citron, and so on, until the citron is evenly divided through the whole.

SWEET PEACH PICKLES.—Gather sixty nice firm peaches (not too ripe) of medium size. Wash and peel them, but do not take the seed out. Take one quart of good vinegar, four pounds white sugar, and put both in the kettle at once on a moderate fire. Stir until the sugar is dissolved. When it comes to a boil drop the peaches in carefully so as not to bruise them. Cook till tender, then set the jar (I use self-sealing) on a wet cloth with a spoon on it, as the jar might not expand fast enough, and drop the peaches in, pressing closely. Then pour the syrup on boiling hot. Flavour to suit taste and seal immediately. I use cloves or spice. You should have a nice, thick syrup: that is preferable to the ordinary preserve.

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