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## HEALTH AND HOUSEHOLD HINTS.

**Squash Pie.**—One and one-half cupfuls of  
squash after it is sifted, two cupfuls of boiled  
milk, with butter the size of a walnut melted  
in it, four eggs beaten slightly, one cupful of  
sugar, one-half teaspoonful of salt, one-half  
teaspoonful of extract of almond. This makes  
two pies baked on deep plates.

**Breakfast Puffs.**—Beat two cupfuls of flour,  
one cupful of milk, and one cupful of water  
together. No salt, no powder, no eggs. Heat  
the gem-pans, put a bit of butter in each, let  
it melt and pour in the batter. The butter  
will rise round it, making greasing the pans  
unnecessary. There should be one dozen  
crisp gems.

**Pastry for One Pie.**—One cupful of St.  
Louis flour, one-quarter cupful of lard or beef  
drippings, one quarter cupful of butter, ice  
water to mix. Have the butter and lard cold  
and hard, put them with the flour in a chop-  
ping tray and chop until very fine, then add  
the water, roll out once, roll up in a tight roll,  
then cut in two parts for the two crusts, stand  
on end and roll out once more, not too thin.

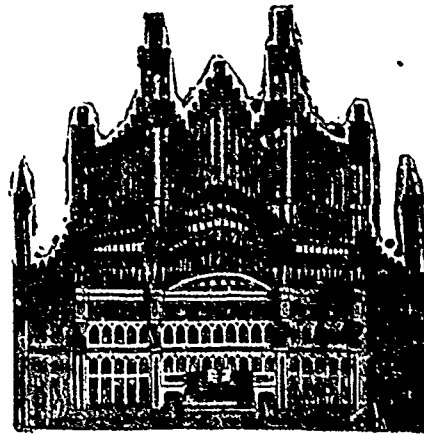
**Chicken a la Terrapin.**—Cover a four-pound  
fowl with water. Simmer till done, and re-  
move from the broth. When cold cut up the  
meat in large slices. Add to the broth a little  
savory, marjoram, sage, thyme, three bay  
leaves, pepper, salt, parsley, a slice of onion,  
slice of lemon, and five mushrooms. Simmer  
one hour. Add one tablespoonful of braided  
flour, then add one teacupful of cream and the  
fowl. Remove parsley, bay leaves and lemon  
and add the crumbled yolks of three hard-  
boiled eggs. Serve very hot.

**Unfermented Grape Wine.**—Take Con-  
cord grapes, best quality. Pick them care-  
fully from the stems, and put them into a  
preserving kettle, add two quarts of water  
to every gallon of grapes, boil 15 min-  
utes. Take it out of the kettle and put into a  
cloth strainer and hang it up to dry, press  
slightly, return to kettle, bring to a boil. Add  
one pound of sugar to each quart of coffee, as  
soon as it boils, skim, and bottle in gem jars  
while boiling hot, or in common bottles, cork-  
ing well and sealing with wax.

**Coffee Pudding.**—Make a cup of strong  
black coffee by the simplest, best and surest  
method, by pouring boiling water very slowly  
through finely powdered coffee in a paper  
bag. Pour this over a pint of fine, dry cake—  
lady fingers, sponge cake or similar kinds.  
After soaking for an hour or more, put in a  
pudding dish, and add a custard made of two  
well beaten eggs, a cupful of rich milk and a  
tablespoonful of sugar. Bake for half an hour  
in a moderate oven. Before serving, take an-  
other small cupful of strong coffee and sweeten  
almost to a syrup: mix it with a pint of whip-  
ped cream, beating well together. Pour over  
the pudding or dish separately.

**Charlotte Russe.**—Some lady's fingers,  
three-quarters of a pint of cream, half an ounce  
of isinglass (I strongly object to gelatine), two  
dessert spoonfuls of curacao, an ounce of white  
sugar, a large sponge cake, and the white of  
one egg. Take as many fingers as will line  
the bottom and sides of the mould, slightly  
moisten with the white of egg, and lay them  
a little over each other all round. Now do  
the same on the bottom, making them fit  
closely, and place the mould in the oven for  
five minutes to dry. Whip well the cream and  
liquor, adding the isinglass, and sugar dis-  
solved in just sufficient water to dissolve it  
well—not more than a tablespoonful—beat it  
well into the cream. Then cut a slice from  
the large cake to put on top and that must fit  
very tight. Put the cream into the mould,  
press carefully into the piece of cake, and set  
on ice till it is needed. If that does not turn  
out solid the fault will not be in the recipe.

**Apple Meringue Pie.**—Pare, slice thin and  
stew juicy apples with about a teacupful of  
cold water in the bottom of the kettle, to pre-  
vent burning; when done, mash smoothly,  
sweeten to taste, and flavor slightly with lemon  
juice. Cover the pie plates with delicate rich  
paste and fill with the apples, leaving one-  
quarter of an inch at the top; bake by a  
steady, moderate fire until the paste is brown,  
then fill with a meringue made from the whites  
of two eggs, and one light teaspoonful of  
sugar; beat the whites of the eggs stiff before  
adding the sugar, and add a little vanilla; re-  
turn to the oven and allow them to brown;  
serve cold. The paste for the above is made  
as follows: One quart of flour, one-half of a  
pound of fresh butter, one-quarter of a pound  
of lard, with enough ice-cold water to make a  
very stiff paste. Into the sifted flour cut the  
lard with a broad-bladed knife, until the mix-  
ture is as fine as sand; add to this just enough  
ice-cold water to make the paste stick suffi-  
ciently to enable you to remove it from the  
mixing bowl, to a perfectly clean cold mixing  
board; roll in short, quick strokes from you;  
put on one-third of the butter in bits, one-  
quarter of an inch thick. Roll the paste up,  
and then flat as before, spreading on the same  
amount of butter; roll up and out again until  
the butter is used, lastly lining the plates  
with one-quarter-inch sheet.



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