

Household Hints.

GOLDEN CREAM CAKE. — One cupful of sugar, one quarter cupful of butter, one-half cupful of sweet milk, the well-beaten whites of three eggs, one and one-half cupfuls of flour, two teaspoonfuls of baking powder; beat very light the yolks of two eggs in one cupful of sugar and two teaspoonfuls of rich cream; flavour with extract of vanilla and spread on the cake.

CABBAGE SOUP. — Remove the outer leaves and core from a medium-sized new cabbage; cook tender in plenty of salted water; drain, press out the water, cool and chop fine. Put two ounces of melted butter in a saucepan, add the cabbage, and fry until all the butter is absorbed, but do not let it brown; sift over a good tablespoonful of flour, season with salt and pepper and add a quart of hot milk. Any kind of meat stock may be used instead of milk, or half cream and half milk.

JOHNNY CAKE. — Put three cups of yellow cornmeal to soak with three cups of sour milk over night. In the morning add half a cup of flour, two tablespoonfuls of molasses, one beaten egg, a teaspoonful of salt, and finally a liberal teaspoonful of soda dissolved in a little milk. Beat the batter thoroughly for several minutes and pour it into shallow greased baking pans: bake it in a quick oven. It should be only about one and a half inches thick when done. It has considerable crust.

MADELINE CAKES — Rub to a cream half a pound of butter, add three cups of sugar and the strained yolks of six eggs, and then a cup of sweet cream or rich milk, in which an even teaspoonful of soda has been mixed. Beat the cake thoroughly and add three and one-half cups of flour in which two teaspoonfuls of cream of tartar has been mixed. Beat the cake well and add carefully the whites of four eggs, beaten very stiff. Use the two whites of eggs left over for icing, colouring some of it brown with chocolate, and the rest of it pink with cranberry juice. Cover each little cake with thick, soft icing. When properly made and baked, each little cake is deliciously tender, a melting morsel.

CHICKEN PIE. — Cut your chickens in pieces, wash them, and put them in a stew-pan with salt and pepper, and water enough to nearly cover them. To each one rub one ounce of butter in flour, and add it to the gravy when the chickens are done; let it boil a few minutes. Make a rich paste, line the sides of your pie dish, put in the chickens and half the gravy, cover the pie with the paste; leave an opening in the centre and ornament the top with paste cut in flowers or bars twisted and laid across the centre. When the crust is done take out the pie, pour in the remainder of the gravy, and send it to the table in the dish it is baked in. If all the gravy is put in at once it will be apt to boil over the top and disfigure the lid of the pie.

A DELICIOUS CAKE. — The following is a good way to make a delicate white cake with fruit filling: One cup of butter, and two cups of pulverized sugar, well creamed together. One cup of sweet milk added slowly, with four cups of sifted flour. Two heaping teaspoonfuls of baking powder, thoroughly mixed in and sifted with the flour. The whites of six eggs, beaten to a stiff froth and mixed lightly in the batter, which has first been thoroughly beaten. Flavour with orange or almond extract to taste, a teaspoonful and a half being the average required quantity. For the filling make icing of eight tablespoonfuls of pulverized sugar to the white of an egg. Three eggs will make enough. Blanche a pound of almonds and chop up fine and seed a pound of raisins. Bake the cake in jelly cake pans and while still hot put the icing on each layer and thickly bestrew with the almonds and raisins. Do this to each layer, save the top one, which should be covered smoothly with the plain icing. The icing should be flavoured like the cake. This is a simple and inexpensive recipe and has the strong recommendation in its favour, never fails.

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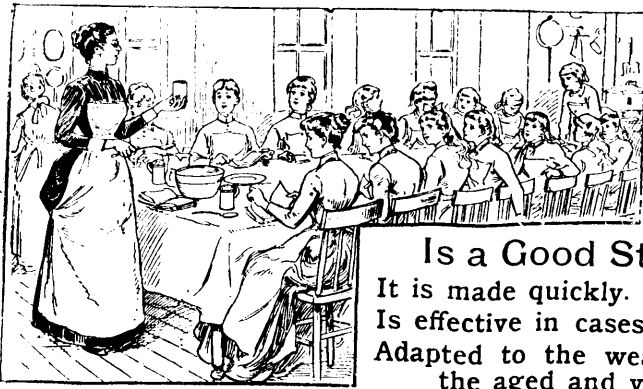
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Household Hints.

SPANISH SANDWICHES. — Bone two dozen anchovies that have been preserved in oil. Cut them in narrow strips about an inch long, and season with one tablespoonful of lemon juice. Pound to a paste two tablespoonfuls of capers and one sprig of parsley. Add to this mixture one-tenth of a teaspoonful of cayenne, two tablespoonfuls of mixed mustard, one tablespoonful of oil or butter, the yolks of four hard-boiled eggs, and half a teaspoonful of salt. Pound all together, until a smooth paste is formed; then chop the whites of the eggs very fine. Cut the crust from a loaf of graham bread, and afterwards cut twelve thin slices from the loaf. Butter these thinly with soft butter and spread with the pounded mixture. Spread the strips of anchovies on six of the prepared slices and sprinkle the white of an egg over them. Lay the other six slices on the first one, pressing down well. Cut the sandwiches into smaller ones, having them of square, triangular, diamond, or rectangular shapes, as you may fancy, and arrange daintily on a napkin. If the sandwiches are not to be served at once, pile them together and cover with a damp napkin until serving time.

DAINTY DISHES FOR A CONVALESCENT. — William was recovering very slowly from his long illness, and remembering how nicely my friend's brother got up from his long "typhoid," I went over to "skim her brains," and learn what she did for him. Would she help me? Most certainly and gladly. And she wrote out some recipes so carefully, and with such minute directions, that one could not fail to succeed, and the patient was nourished back to health. Each recipe proved perfect; and to help others over the hard place that comes in the exhaustion consequent upon typhoid fever I send them that they may be tried in other sick rooms in the land, and help to bring back the rose to the cheek and the light to the eye of the stricken one. After the fever has run its course and spent itself, in typhoid our good doctor says the cure then depends upon the food served to the poor invalid. Acting upon my friend's suggestion, I fitted up a little room off the sickroom, and merrily pinned the word "Refectory," traced in large characters, on the door. I had two gas stoves upon my convenient table, and there I prepared every mouthful that passed his lips for weeks; not only that, but washed the silver and china used in his room, so that the servants scarcely knew there was illness in the house, and the routine house-keeping was entirely undisturbed. A mistake in diet is always serious, often fatal, after typhoid. The patient must be generously fed and nourished, but the food must be soft and well masticated. During the fever, of course, milk is the great sheet anchor; after it has spent itself, comes the day for milk porridge, oatmeal, gruel, cornmeal gruel, and farina; then later on follows the time for clam broth and chicken panada. If delicately made their relish remains until the very last; but their preparation should be as careful and skilful as the efforts of a French chef in preparing a dinner.

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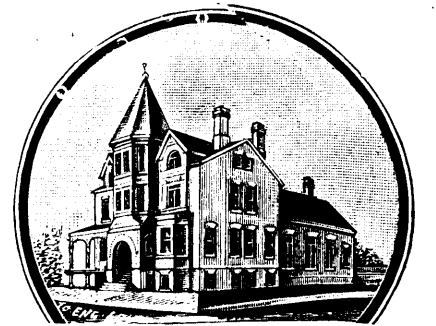
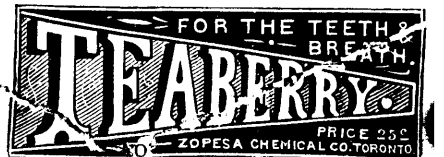
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