

About the House.

A BUDGET OF RECIPES.

Bread Pudding, Viennoise.

Beat three eggs. Add half a cup of sugar, cooked to caramel, dissolved in half a cup of water and boiled to a thick syrup, half a cup of sugar, half a teaspoonful of salt, half a teaspoonful of cinnamon, and three cups of milk. Pour this over two cups of grated bread crumbs (do not measure the crumbs too lightly) and one cup of dried currants. Mix thoroughly, and turn into buttered and sugared moulds. Let cook in a dish of water as a custard. Serve hot, turned from the moulds, with hard, or foamy sauce.

Apples, Manhattan Style.

Core and pare six or eight apples. Cook in a syrup made of a cup and a half each, of sugar and water, turning often, until the apples are tender throughout. Have ready as many rounds of sponge cake (stamped out from slices half an inch thick) as apples. Set an apple on each piece of cake. Reduce the syrup until it will jelly—half a tumbler of currant jelly simmered with it gives a pretty color,—then pour it over the apples and cake. Have ready a cup of sweet cream, beaten solid. Use this and maraschino cherries to ornament the dish. Add the cream when the apples are cooled slightly.

Orange Marmalade.—Slice 2 dozen unpeeled oranges, and remove the seeds. Mix with them 2 lemons, also shredded very thin. Measure the juice, and add enough water to make 3 quarts of liquid. Put all in a crock, cover, and set in a cool place over night. Turn into a preserving kettle, and bring slowly to the boiling point. Simmer until the peel is very tender; then stir in a pound of sugar for every pint of juice, and boil until the skin is clear. Remove from the fire, and, when cool, turn into jelly glasses. If preferred, the lemons may be omitted, and bitter oranges added. Some who like quite bitter marmalade use bitter oranges altogether, or half bitter and half sweet.

Scalloped Eggs and Rice.—Butter a bake-dish, and line it with boiled rice. Over the rice spread a layer of cream sauce or tomato sauce. Over the sauce slice a layer of hard-cooked eggs. Sprinkle with salt and pepper, repeating the layers until the dish is full. Cover the top with buttered bread crumbs, and bake 20 minutes.

Potatoes and Cheese.—To three cups mashed potatoes, add a tablespoon of minced, fried onion, minced parsley, salt, pepper, and four ounces of grated cheese. Put in a buttered dish, strew with crumbs, grated cheese and bits of butter, and bake brown.

Split-pea Soup.—Soak 1 cup split peas for several hours. Drain, and put over the fire with 2½ quarts water. Let simmer three or four hours, then rub through a sieve. Add 2 tablespoons flour, 3 tablespoons butter, and 1 pint of milk, blended as for cream sauce. When ready to serve, pour the soup over bits of buttered bread which have been previously browned in the oven.

Salad of Turnips.—Cut three large, sweet turnips into small cubes. Put two lumps of butter, as large as a hen's egg, into a frying pan, and let it get very hot. Put in the raw turnips, and stir constantly until the steam has cooked them tender; then add just enough vinegar to flavor, and salt to taste. When quite cold, fill the salad bowl with crisp lettuce leaves, then add the turnip, which has been thoroughly mixed with mayonnaise dressing. Garnish with lettuce and hard-boiled eggs, cut in half lengthwise.

Jelly from Evaporated Apples.—If the supply of preserves, etc., runs short during the winter, a clear, beautiful jelly may be made from evaporated apples. Take two pounds of the fruit; pick it over, wash it carefully, and put it on to boil with enough water to cover. Let it cook until done, adding a little hot water from time to time as may be necessary; then strain, and stir in the sugar, which must previously have been heated in the oven. The proportions are two-thirds of a cupful of sugar to each cupful of liquid. When the sugar has become thoroughly dissolved, strain again,

and pour into glasses to harden. This jelly is quite equal to that made from the fresh fruit.

Jam Popovers.—Two cups each of flour and milk, 2 beaten eggs, pinch salt, 1 teaspoon melted butter. No soda or baking powder should be used. Bake in deep patty-pans. When done, cut a little slit in the side of each, and insert 1 teaspoon jam. Serve with sweetened cream.

Cookies.—One and one-half cups sugar, and ¼ cup butter creamed together. Add 2-3 cup sour milk or cream in which 1 teaspoon of soda is dissolved, then add flour enough to make a soft dough. Flavor with nutmeg or vanilla, or use a few caraway seeds. Roll thin; cut into cookies; sprinkle each with a pinch of sugar or cocoanut, and bake quickly.

couldn't be blamed if He didn't listen to the prayers of a dyspeptic."

The same physician believes that there is scarcely a disease from which the human family suffers that could not be relieved or prevented by the use of fruit, which is too generally forbidden.

It is related that during the American Civil War, many of the troops who were ill with dysentery, cured themselves by going from the hospitals into the fields and eating the wild fruits that abounded, strawberries and blackberries being especially efficacious in these disorders.

Children suffering from cholera infantum were sent to the peach orchards in Delaware with most gratifying results, and typhoid fever has been known to take a favorable turn after the free use of fresh grape juice. It has been

therefore, it should be served uncooked. Happy the strawberry epicure whose fruit needs no washing to destroy the aroma; but bought in our markets, with the present standards of cleanliness, they must be rinsed in a colander of cold water. If done before stemming, the shape is left unbroken. And, here, let me call the attention of fruit-growers to the fact that amid all the by-laws pertaining to fruit, none are more necessary than to oblige every storekeeper to keep the summer fruits, that are for sale, covered, and protected from those enemies in the air—dust and microbes.

To how many this fruit calls up the delicious shortcake of the past, but let us teach our children to eat their strawberries uncooked and as part of a meal. Probably you have heard the story of the Englishman who was invited to dine at an American house, and had his notebook ready to jot down the curious things he saw. The cook was instructed to ornament the pudding with strawberries, and when served it was a fine structure of jelly and whipped cream. Imagine the horror of the hostess when taking out a spoonful to find that each strawberry had a toothpick fastened to it to keep it in place. They were simply wooden stems put in by the ingenious cook, but in spite of explanations the Englishman wrote in his notebook that "Americans are queer—they serve up toothpicks in the pudding." Freshly-picked and unstemmed, the dessert would have been perfect.

Raspberries are a delicious and wholesome fruit, possessing the advantage of not becoming acid in the stomach, and refreshing in fever and thirst. Made into raspberry vinegar and diluted with equal parts of water this forms an excellent gargle in cases of relaxed sore throat and that sudden loss of voice to which public speakers are liable.

Many housekeepers object to this fruit on account of the hard seeds, and there is work for our horticulturists to introduce a fruit where the seeds are less obvious than the commercial varieties now procurable in our markets.

Luther Burbank has said: "A day is coming when the earth will be so transformed by science that man will offer to his brother man—not bullets nor bayonets—but newer grains and better fruits."

In classic Greece, it was said to be the goddess Minerva who gave to Athens the olive; to-day it rests with such men as Burbank and others to furnish the seedless prune, to unite the apricot and plum, and, by and bye, to remove the hard seeds from the raspberry. We clamor for something new, and perhaps when these combinations are on the market, we may have to become interrogated like children, and ask the question: "What's that?"

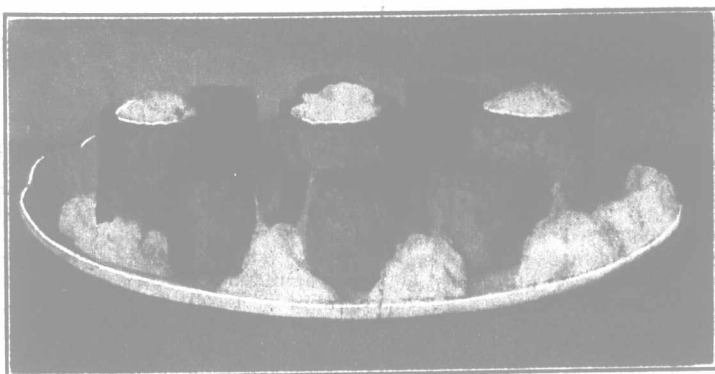
The currant, a native of the temperate zone, is not sufficiently appreciated. This fruit is nutritious and valuable in all scorbutic affections, as well as deranged biliary secretions. It is an antiseptic, too, and there may be those among us who know the old-fashioned English remedy of black-currant tea for a cold.

According to botanists, the distinction between the gooseberry and currant is not great, though in appearance they are so different. In our diet it is acidulous and slightly laxative, while the large proportion of sugar it contains makes it into a wine resembling champagne from the quantity of carbonic-acid gas it contains. And we take kindly to this fruit, remembering Mrs. Doctor Primrose's gooseberry wine of historic fame.

Blackberries are an uncertain quantity in our climate, but one of the most wholesome native fruits we possess, and in some families, where this fruit is extensively used, the good health of the children is attributed to the large quantity of the preserve used instead of butter. But to get a variety that combines hardness with superior quality is a problem yet unsolved.

I remember many years ago the late Charles Gidd, when dining with us, remarked on a heaped dish of what we called "blackberries" used as a centerpiece for the dinner table. They were so delicious as dessert that he rose from the table to see where they grew. But, alas! the expression of his face betokened disgust and disappointment when he discovered it was the fruit of some plebeian dewberries that grew along the ditch bank.

Though cherries are a summer fruit, they must be used in moderation, and



Bread Pudding—Hard Sauce.  
(From Boston Cooking School.)

OUR SUMMER FRUITS: THEIR VALUE IN OUR DIET.

(Paper read by Mrs. F. J. Torrance at the Quebec Pomological Society, Ste Anne de Bellevue, P. Q.)

I believe it was Felix Alder who said that there are two lamps that should burn in every home—the lamp of love and the lamp of science—and women must be the torch-bearers to guide along the way.

This is pre-eminently the age of movements, some useful, some otherwise, but one of the most interesting is that which has for its object the improvement of food standards, securing uniformity of package and goods. It is a movement to safeguard our homes, and made necessary by the facts learned by research, that it costs more than twice the amount necessary to live, because we have badly-selected items, wasteful methods of preparing, and unthrifty methods of buying.

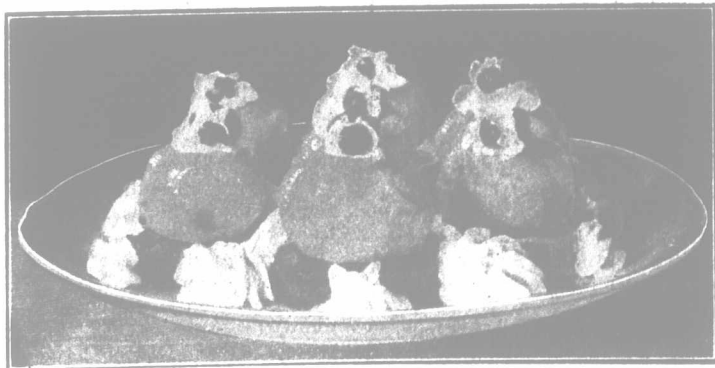
It is needless to state to an audience of horticulturists and housekeepers the

demonstrated that there is scarcely a disease accompanied with fever that will not yield to a steady diet of grapes.

In our summer menu we have learned that fresh fruit is necessary to perfect dietary, for it stimulates and satisfies, containing many elements necessary for our bodies, not only the fruit sugar, but potash combined with various vegetable acids, such as tartaric and malic acids.

And what shall I say of the strawberry, much loved and longed for every year, as June comes tripping along with her wealth of fruit and flowers. From the small, shy, aromatic berry hidden among the grass, to the mammoths of rival nurseries, they run the gamut of new-found delights that no other fruit can inspire. Said one horticulturist long ago: "If I can get my children through the winter and into the strawberry patch, I no longer fear for their health."

Many physicians nowadays forbid this fruit to those who have gout or rheumatism, yet Linnaeus tells of curing himself



Apples, Manhattan Style.  
(From Boston Cooking School.)

amount of carbon, starch, albumen, and sugar found in this or that article of food, for while the former provide the fruit, the latter have for their aim the balanced ration to give proper nourishment to the brain and body of those for whom they cater.

One of the aims of domestic science is to obtain a new and higher ideal of the meaning of digestion. Too often the preparation of food for the table has been to provide gratification for unnatural appetite, and has been regarded as one of the baser departments of household economies. But digestion is so important to our well-being that it cannot be overestimated, and a witty physician once remarked that the "Almighty

of gout by an exclusive diet of strawberries.

A discovery of salicylic acid in this fruit has suggested that it is of benefit in rheumatism, but there is less than one-hundredth of a grain in a pound of fruit. One thing is not always understood, that a strawberry, twenty-four hours after picking, has lost much of its perfection, the virtue has gone out of it.

For this reason, as well as others, see to it that no matter how small the plot of land, there is intensive culture enough given to provide this delicate fruit for the table in its perfection.

More than any other fruit, the flavor of the strawberry is injured by heat;