

maintained, and be poured out as three ways of making chocolate, any one of which will yield a fairly soon as it reached the violent boil. The actual and active ebullition, he said, "put a bead" upon the tea. There is but one way of making Have the teapot hot from a plen-

tiful dash of boiling water; put in No font in the printing office has the dry tea, cover with boiling capitals big enough to express water, and slip a cozy or other mufaright the importance of that one fler over the teapot:

Leave it thus for three minutes, Yet the one, only and proper method of brewing the matchless and add the rest of the water. Pour a minute later into heate Pour a minute later into heated cups, and let the drinkers qualify Thekla-Dinah, though twenty difit to suit themselves with cream ferent kinds of a fool, ought not and sugar, or with sugar and lem-

Imprimis: Have a good brand of The cheap brands are really the more expensive, since one must put

palatable result.

brief sentence.

good tea!

twice as much in the pot as when a better quality is used, in order to get the requisite strength in the I suspect that is the reason so

many cooks resort to "stewing" the leaves to extract all that is in them. Next, measure the tea. "That way madness lies" for this

particular housewife. The fates who preside over the kitchen and mixing-room preserve me from the woman (it is never a man) who "has no especial way of

ignorance and want of skill when

she sees you measure dry leaves

and boiling water "just for a cup

I shall have more to say upon

The old rhyme runs truly to the

A renowned New York chef was,

I think, the first American cook to

insist that the flavor of the incom-

"Unless the kettle bolling be,

Filling the teapot spoils the tea."

this when I write of cakemaking

of tea"!

effect that-

making anything"! She will tell you complacently that "she goes by guess." She is even pa-

Measure Tea Carefully. on, unless they prefer to "take it straight," with nothing to deaden Smith, I "thank God for tea! the flavor of the celestial Some tea-topers contend that this

> nese, to whom we are indebted for The Russians, too, who are universal tea drinkers, add nothing to the beverage except boiling water. Albeit not a tea drunkard, I yield to none in my appreciation of the value of the delicious nervine and

But I do not boil it after the Tartar fashion, or take it clear general comforter. With Sydney because the Chinese prefer it thus. I drop a lump of sugar, just one, into the cup, pour in the tea, and when the sugar melts, soften and enrich the amber fluid with real cream.

Tea left to "draw" for from ten minutes to an hour is an infusion of tannic acid. The custom of extracting the tannin by long steeping is the base of the prejudice against what should be a blessing to mankind, and especially to women, the world over. the nerves or digestion.

the world do without tea? How did is the only right way to drink tea. it exist? I am glad I was not born They prove the assertion by the example of the Chinese and Japabefore tea!" I agree, moreover, with the poet Waller, that

"Tea does our fancy aid; Repress those vapors which the head-invade, Way to Servi And keeps the palace of the soul serene.

> COFFEE Here, as with tea, get the best quality, or let it alone. A blend of Mocha and Java in equal proportions is excellent.

H Danney

Chocolate.

Never buy the ground coffee that is sold in packages.

It is cheaper than the berry because adulterated with chicory or with beans.

Coffee factories buy both by the ton. If you have no coffee mill, see your coffee berries ground by your grocer. The better plan is to buy the roasted berries and grind as Add the boiling water gradually, stir-Freshly brewed tea never harmed you mean to use it, first setting the ring all the time, and set over the fire. quantity of coffee you need for the

low a cupful of freshly ground coffee to three large cupfuls of boiling water. And never fail to measure both coffee and water.

Boiled Coffee.

Beloved of our grandparents and still preferred to the French coffee by some persons who fancy it has more "body" and richness than the more modern va-

Allow half a pint of ground coffee to a quart of boiling water. Beat the white of an egg light and mix it with a crushed egg shell.\ Stir these into the dry coffee, wet to a stiff paste with a little cold water and put into the boiler. Stir down from the sides as it boils

en before it is ground.

French, or drip coffee, is made in what used to be called "a biggin." There are other and more euphonihot water for three minutes, then pour ous names for it now, and many

The principle is the same with all, except that some add to the percolation infusion, thereby increasing the strength of the coffee with each moment of standing on the grounds.

Allow a quart of freshly boiled water to an even half pint of ground coffee.

USING A STRAINER

Put the latter into the upper vessel-the strainer or filter-set the pot at the side of the range in a pan of boiling water and pour the measured water into the upper vessel, gradually, until the quart is

used up. Let it trickle through; pour from the spout of the lower pot into a hot pitcher and return to the filter. Run it through three times. Leave the coffee pot in the pan of boiling water until you are ready to pour into cups or into a silver urn or

It should not boil from first to last, yet be hot.

This will make a scant quart of

strong, clear coffee.

Even for those who have the poor taste to like it weak, let it be strong in the outset, and diluted with boiling water, if desired.

Black Coffee. As served in "demitasses" after dinmade as above, but stronger. Al-

four tablespoonfuls of cold water. Some drop in a bit of ice as large as pigeon's egg. The object is to arrest the ebuilition suddenly. Set the pot in

off the coffee carefully, not to disturb Cafe au lait is made by adding to very strong, clear coffee half as much scalding (not boiled) milk as you have used of water in making black coffee. Set for five minutes in boiling water and it is ready for use.

Chocolate.

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Rub to a smooth paste six tablespoonfuls of grated, unsweetened chocolate, with enough cold milk to moisten well. Have ready a saucepan containing two cupfuls of boiling water and the same quantity of warmed milk. Stir into this the chocolate paste and boil, stirring often, for twenty minutes, in a double kettle. Sweeten in the cups to the drinker's taste.

Lay upon the surface of each cupful a heaping teaspoonful of whipped cream.

Milled Chocolate. This is the French epicure's favorite breakfast beverage. Rub the chocolate to a paste with cold water and put it

over the fire in the water alone. Boil, and stir for twenty minutes; turn nto a heated bowl, or a tall glass eggbeater, and beat with an egg-whip for five minutes. Return to the saucepan, add the hot milk and cook for five minutes longer.

Crown each cupful with whipped cream in serving.

Is a milder, and, some say, a more nutritious form of chocolate than that made from the chocolate bean. Work four tablespoonfuls into a paste with



Kettle and Shield.

cold milk, and boil for ten minutes in hot water (about a pint) before adding two cupfuls of milk. Boil two minutes longer.

The addition of a little cream to each cupful is an improvement.

Marian Harland

Bread-Making

Will "Mrs. D.," of Niagara Falls, accept my recipe for bread-making?

At noon, dissolve one-half a fresh yeast cake in half a cup of lukewarm water. To one cupful of finely mashed potatoes add two cupfuls of tepid water, and str in the yeast.

Beat thoroughly and set in a warm place to rise. At night set a sponge with this mixture in a two-quart bucket. Keep out of draughts, and reasonably warm.

Next morning, scald two cups of sweet milk and put it into the bread pan, with two cups of cold water and half a teaspoonful of baking soda. Now, the sponge goes in, with enough flour for a good dough. Set to rise again until light.

Keep it out of draughts, but not too warm. Keep it out of draughts, but not too warm.

This is the base for any kind of bread. I use neither butter nor sugar, and but little sait. The dough must be kneaded thoroughly and until it leaves the board or tray bare without sticking. Then, you may roll it out and add cleaned and dried currants and raisins; knead again and set for another rising.

When light make into rolls or small loaves, and let them get very light, lighter than ordinary bread.

It is my way to use two kinds of flourhard, and then a soft wheat flour. I make the sponge of the soft, and knead stiff with the hard.

You may sweeten the dough to taste before putting any flour in the sponge. You may also add the fruit then if it is easier. Here is the recipe for Washington pie for which somebody asked awhile ago:

Washington Pie. One cup of sugar: one of flour and one teaspoonful of baking powder—sifted together in a big bowl. Make a hole in the middle, and break into it four eggs without separating whites and volks.

Beat all thoroughly until smooth, and add six tablespoonfuls of boiling water, one at a time. Roll into a thick sheet and bake. Split open and fill with this mixture: Beat two eggs light: heat a pint of milk and half a cup of sugar, together with a table-spoonful of corn starch wet up in a little cold milk.

Gluten Bread

I should like to get from you or from some reader a recipe for making gluten bread Mrs. L. R. A. (Buffalo, N. Y.). some reader a recipe for gluten bread Mrs. L. R. A. (Buffalo, N. Y.).

I have no recipe for gluten bread which I can confidently recommend. I have made it when it was prescribed for an invalid, but it was not palatable or good to look at.

Will somebody let us know if the gluten bread sold by bakers deserves the name, or if it is a composite production?

How may it be made at home of a quality that will rank it with breads that are both pleasant to the taste and nutritious?

Camphorated Oil

This is splendid for cuts, bruises, sore throat, bunions and lame backs.

Put a pint of kerosene into a quart bottle; add all the gum camphor it will dissoive, and shake until the camphor taken up by the oil. Then mix with it half pint of sweet oil and 5 cents worth

A final "lift" from our esteemed correspondent. It slippepd out of sight when her former contributions were copied. It is too good to lie over ever for another week.

In AN issue of the exchange, now some weeks old, we noticed an inquiry from "Mrs. J. S." respecting woven silk portieres. Am I intruding in saying a word that may help her?
We have a pair of silk portieres, which were, of course, prepared at home and then, sent to the address I inclose, to be worse. then sent to the address I inclose, to be woven.

They have proved so satisfactory that I think "Mrs. J. S." will find that the weaver's directions, if obeyed faithfully, will result in her having a pair of beautiful curtains.

Our strips were cut about three-quarters of an inch wide, the width depending upon the weight of the silk. Then we were careful to make two balls of one kind at the same time, so that the stripes would match when the curtains were hung together.

If I can be of any assistance to "Mrs. J. S." I shall be glad to communicate with her soon, as the work required to prepare the silks takes some time, and it would be a pity were the curtains unsatisfactory. K. W. (Pensacola, Fla.).

I am holding the address of the I am holding the address of the friendly writer, and that of the weaver she commends, in case either may be required by "Mrs. J. S."

And it may well be that other, workers upon silk portieres may wish to be further informed with regard to some, or all parts of the manufacture. ix Coffee With Egg and Shell Corn Bread tronizingly compassionate of your

Will some kind southern sister tell me how to make corn bread? My husband was "raised" down in Dixle and wants corn bread! And I don't know how to make it! He "doesn't want cook book corn bread," he says. What he is after is the good old-fashioned corn bread that is so common down South. down South

In meturn. I will. if it is desired, send a recipe for a cough and cold cure that seldom fails. It was given to me by an old doctor.

It may be made quickly from materials nearly every one can have in hand at a moment's notice.

I also have some calico patches to spare.

Mrs. M. E. L. (Allentown, Pa.). I wish you had let us have our pay in advance in the shape of the conve-nient cold and cough cure. The disease is fearfully prevalent just now.

Now as to the corn bread!

Does it really and truly

Coffee Set in Copper

Bean and tomato soup (a left-over), savory pudding of macaroni and lamb (a left-over), spinach souffle (a left-over), stewed carrots, rice custard pudding, marmalade, black coffee. good to John as it did when he was a parable beverage depends greatly upon whether it is made with freshly boiled water, or if it has been boy?

A boy who was hollow down to the heels, and as hungry within an hour after he had eaten twelve big buckwheat cakes with sausage and syrup TUESDAY BREAKFAST.

lamb croquettes (a left-over), quick bis-cuits (Graham), toast, tea and coffee. LUNCHEON.

Cheese omelet, brown bread sand-wiches, with peanut butter; coffee, bread and Swiss cheese, charlotte russe, cocoa. DINNER. Oyster soup, baked ham, string beans, stewed chestnuts, lettuce and egg salad, crackers and cheese floating island, black coffee.

WEDNESDAY BREAKFAST. Oranges, oatmeal portidge and cream, bacon and fried hominy, muffins, toast, tea and coffee. LUNCHEON.

Clam fritters, stewed potatoes, le salad with French dressing, brown white bread, jelly roll and cocoa. DINNER. Tomato and celery soup, pot roast of beef, baked bananas, cauliflower with cream sauce, apple shortcake (hot) with butter and sugar, black coffee.

THURSDAY BREAKFAST. Grapes, cereal and cream, fried bacon, boiled eggs, waffles, toast, tea and coffee. LUNCHEON.

Mulligatawny soup, baked calf's liver with sauce piquante, scalloped tomatoes. Swiss chard, cracker plum pudding, black coffee.

DINNER.

SATURDAY

BREAKFAST. Fruit. cereal and cream, creamed fish (a left-over), rice muffins, toast, tea and coffee.

Griddle cakes and sausages, maple syrup and honey with the cakes as a second DINNER.

LUNCHEON.

FAMILY MEALS FOR A WEEK

SUNDAY

BREAKFAST. Grapefruit, puffed rice and cream, roe therrings, cornmeal muffins, toast, LUNCHEON.

Pressed corned beef (a left-over), baked beans (warmed). Boston brown bread (steamed over), orange and celery salad, with mayonnaise dressing; lemon jelly and cream, cake dressing; lemon jelly DINNER. Bean soup (based on liquor in which beef was boiled), roast leg of lamb, spinach a la creme, fried salsify, potato custard pie, black coffee.

MONDAY

BREAKFAST.

Fruit, cream of wheat, fried apples and acon, rolls, toast, tea and coffee. LUNCHEON. Corned beef hash (browned), baked po-tatoes, baked eream toast, lettuce salad, hasty corn starch pudding and hard sauce, tea. DINNER.

Baked apples and cream, macaroni and

DINNER.

Mince of liver on toast (a left-over), souffie of Swiss chard (a left-over), potatoes boiled plain with parsley sauce, bananas and cream, cake, tea.

Okra soup (based upon that of yesterday), baked bluefish, mashed potatoes, green peas, steamed suet pudding with wine sauce, black coffee.

Scotch onion and egg soup, braised fresh beef's tangue with sauce tartare, browned sweet potatoes, stewed tomatoes, pumpkin pile, black coffee.

Dried Currant Wine

Will you kindly give me a recipe for wheat and dried currant wine?

Mrs. L. F. L. (Lynn, Mass.). As I now hear for the first time of the beverage you name, I am unable, of myself, to supply the demand. Will somebody send it in?

HOUSEMOTHERS' EXCHANGE for that eggless gingerbread referred to by the mother who wrote to you with the dear little baby on her lap.

I think there are many others who would be glad to get it, with eggs at 30 cents a dozen, with the probability before us of their getting dearer still.

Please reprint those two recipes, and oblige
A DAVENPORTER (Davenport, Iowa). It is never lacking from the dinner table when I am the guest in Old Virginia. But I have yet to see the white cook who could make the genuine "pone" as it should be made and baked.

I have half a dozen recipes for make to match, as if he had not had so much as a crust for twenty-four hours?

The dumplings he swallowed and assimilated with ease then would be like paving stones to the man's stomach I have half a dozen recipes for mak-Please reprint those two recipes, and oblige A DAVENPORTER (Davenport, Iowa).

Your first letter lies before me.

It is superscribed "Use Soon!" in blue pencil. The one and only reason it has not appeared is the want of room. I would fain keep up with the procession of letters if I could. Pray accept the apology, exculpate me and find herewith the old recipe:

Boil a good piece of lean beef the day before the mincemeat is to be made.

Next day chop it fine, cleaning it of all bits of skin and gristle, and mix with twice its weight of fine, juicy, tart apples, also chopped.

Have ready four pounds of the mixture of meat and apples in the proportions I have named; three pounds of currants, thoroughly cleaned, washed and dried; a scant pound of suet, cleared of strings and minced to powder; one pound of sultana raisins; three-quarters of a pound of citron, shredded fine; two tablespoonfuls each of clnnamon and of mace (ground); one tablespoonful each of cloves and of nutmeg: a tablespoonful of fine salt; two and a half pounds of best brown sugar; a quart of brown sherry and one pint of the best brandy.

Mincemeat, compounded according to this venerable recipe, is warranted to this venerable recipe, is warranted to piars, covered with oiled silk and set in a cool place.

It is troublesome and not cheap, but no better pies were ever eaten. Make it at least two weeks before it is to be used and let it ripen.

I have known his brother Dixie-ite pronounce the ash cake he used to wash down greedily with buttermilk forty years ago—"a vile mess," and the "pone" without which he could not have enjoyed his dinner in that far-off time, as "only fit for chicken feed." I have known his brother Dixie-ite

Other ages, other appetites!
We will, for the sake of argument, suppose that John's grown-up tastes have not changed in twenty years.
May I, as his wife's well-wisher and

one who, like himself, was "raised" at the South, lend a hand on the corn bread question?

This was the way my old coffee-colored mammy made cornmeal pone:

A quart of water-ground cornmeal was wet up with cold water, salted to taste (some cooks put in no salt), shortened with a little melted lard or dripping, and formed with the hands into thin, oblong cakes. These were laid upon a well-greased pan—or griddle or "hoe"—and baked rapidly.

The practiced cook moulded the dough into oval mounds, shaping them dexterously and lightly by tossing the dough over and over. ing the dough over and over.

The pone is served hot, and broken, never cut.

I like it still!

I have half a dozen recipes for making as many kinds of bread out of southern cornmeal. But I hold my hand that other and, mayhap, more skilful cooks may contribute to John's comfort. Mincemeat Recipe

I asked you some time ago for the recipe for mincemeat you sav has been used by you, your mother and grandmother for years. I have as yet seen no answer to the recuest.

I should also like to have the formula

BREAKFAST. Oranges, cereal and cream, fried scallops, oppovers, toast, tea and coffee. LUNCHEON.

no better pies were ever eaten. Make it at least two weeks before it is to be used and let it ripen.

Will the dear little baby's mother send us the eggless recipe she liked? We have had so many after the same order that I fear to attempt a selection.

In this pro the Laurie fought out : The featur unusual vi the fight l The other M.P., expremore acclar in this provi few days, he amongst the proving the proving the things being servative c being equa-win out in things, how leaving no triumph for istration.

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