

### Minnie May's Department.

MY DEAR NIECES.—I want to have a little chat with you this month upon sauces and garnishes. We had boiled chicken a few days ago for an eight o'clock supper, at which our friend Miss C. was a guest. We all said "How delicious!" but we were almost tempted to feel annoyed at Miss C., because she helped herself to tomato catsup, consequently could not enjoy the delicate flavor of the chicken. When will people learn that delicacies like boiled chicken do not require the aid of strong sauces to make them palatable? Of course, when a joint of cold meat is put on the table, pickles, catsups, and sauces should accompany it. Years ago pickles, pies, spiced meats, cheese, etc., were introduced at tea or supper, but now we do not do so. Judgment must be exercised in preparing a meal, as in every thing. If a friend or friends from a distance are of the party, the hostess should provide something substantial and appetizing for their refreshment. Nothing more displays the good breeding of a lady than consideration for the actual wants of her guests.

We used to laugh at a cousin who insisted upon eating mustard with mutton and mint sauce with beef. Many persons eat vinegar with sardines, but we think it destroys the delicate flavor of the fish. Now, a few hints in regard to garnishes for meats, which may be of use to some of our young housekeepers. Horse radish scraped into shavings for roast beef; leaves or tender sprigs of spear-mint around mutton or lamb; parsley for chicken, veal and fish, to the latter two slices of lemon may be added; red beet root, boiled and sliced, and boiled carrot sliced, make a pretty garnish for corned beef; fried sausages or balls of force meat around turkey and roast chicken; parsley around boiled fowl; game should be garnished with jelly.

MINNIE MAY.

### RECIPES.

A subscriber sends her receipt for cleaning coat collars and all woolen goods:

Get soap-tree bark, which can be procured at the drug stores, break a piece about two inches square into small bits, and pour over it half a pint of boiling water, let it stand an hour or two, then sponge the collar well with the liquor. A second sponging with clean water will clean it nicely. Both washing and rinsing water should be as warm as for flannel. We have, by using this bark, washed black and blue Empress cloths successfully, and have cleaned hair-cloth chairs which had been soiled by contact with the head.

MRS. C.

### BARLEY PUDDING.

To make pearl barley pudding, which is cheaper and better than rice, soak the barley over night, having first washed it thoroughly. Boil it in the same water it was soaked in, in a covered tin vessel, set inside a kettle of water to prevent the barley burning. When cooked soft, add eggs, sugar, currants, raisins and nutmeg in the same proportions as for a rice pudding.

### SANDWICHES.

For mixed sandwich, chop chicken, tongue and ham very fine. Melt half a cup of butter, add a dessertspoonful of good mustard; if liked, a little pepper; stir it with the beaten yolk of one egg into the meat and spread on thin slices of bread neatly trimmed and buttered. Or, chop fine such parts of a well boiled or baked ham as cannot be cut in neat slices for the table; add four teaspoonfuls of melted butter; mustard if liked, and pepper; chop up two or three hard boiled eggs, and the well-beaten yolk of one, to bind the whole together, and stir up the whole with the ham till well mixed, and spread on nicely cut slices of bread well buttered.

### SPARKLING BROTH, OR BEAN SOUP.

Procure one quart of small black beans, or white ones will do, and soak them in boiling water

over night. In the morning put the beans in six quarts of water in a large boiler, adding some beef or mutton, or any kind of cold meats that may be in the house, first cracking the bones and cutting off the fat from the meat. Put to it one large onion, some nutmeg, and whole pepper; set it on the fire where it will simmer nine hours; then strain it, rubbing all the mealy parts of the beans through a sieve; wash the boiler and return the soup to it to heat up. When served, cut up half a lemon in very thin slices and lay in the bottom of the tureen, pouring the soup, boiling, over them. A wineglass of claret is a great improvement.

### BAKED FISH.

Take any nice fish, boil it, remove the bones, and chop considerable parsley very fine, with one small onion; have about as much bread crumbs as fish; take a pudding dish and butter it, then lay in a layer of bread crumbs, then a layer of fish, ending with the bread crumbs; mix your parsley and onion with salt and pepper through your bread crumbs; put lumps of butter over the top, a very slight grating of nutmeg, and pour over it all sweet cream, or very rich milk, till it rises nearly to the top. Bake in a quick oven till it has a nice, rich brown crust.

### FRESH ROLLS.

Heat a pint of new milk; make a thick batter, into which put a teacup of yeast; after it lightens, beat up three eggs, one teacup of sugar, and put in the batter; then rub a teacup of lard in some flour, make it into a dough with the sponge, and after it lightens work out into rolls. Let them lighten then bake.

### TO CLEAN OLD TEA AND COFFEE POTS.

Take a little concentrated lye, with enough water to fill the vessels about half full. Boil slowly for about fifteen minutes, and they will be as bright as new.

### TO PREVENT THE HAIR FROM FALLING OUT.

Wash the head carefully in salt water and shaving soap; then rinse the soapsuds off and wipe as dry as possible. Repeat this operation two or three times a week, brushing the hair thoroughly after it is dry, until the hair no longer combs out.

### HOUSEHOLD WEIGHTS AND MEASURES.

Wheat flour—One pound is a quart. Loaf sugar, broken—One pound is a quart. White sugar, powdered—One pound one ounce is one quart. Best brown sugar—One pound two ounces is one quart. Eggs, average size—Ten are one pound. Liquid measures—Sixteen teaspoonfuls are half a pint.

### MEAT, DIET.

It is a great mistake to suppose that much meat is necessary in order to give us strength and nourishment. It is very well in proportion, but rice eaters, buckwheat eaters, cracked wheat and oat meal eaters are the strongest people living, and the healthiest also. A fair proportion of milk supplies every needed ingredient not furnished by the grains.

### CHICKEN SALAD.

Take equal bulk of cut chicken and celery, and make the following dressing for two chickens: Mash the yolks of eight hard-boiled eggs, and mix with them one and one-half teaspoonfuls of good dry mustard; stir in the yolks of two or three raw eggs, then add slowly, stirring all the while, one quart bottle of salad oil, cayenne pepper, salt and vinegar to taste, at the last. If the dressing "separates," that is, looks curdled, at any time during the process, add a little vinegar, and if that does not bring it together, a little raw white of egg. After the oil is in, and before the vinegar is added, the dressing should be stiff enough to hold a spoon upright. Salt the chicken and celery previous to mixing the dressing with them. Save a little of the dressing to spread on top, and garnish the edge of the dish with celery tops.

### STOVE POLISH.

Stove lustre, when mixed with turpentine and applied in the usual manner, is blacker, more glossy, and more durable than when mixed with any other liquid. The turpentine prevents rust, and when put on an old rusty stove will make it look as well as new.

### TO PREVENT STOVE-PIPES FROM RUSTING.

Oil with turpentine and oil, and keep in a dry loft.

### APPLE TAPIOCA PUDDING.

Put one-half cupful of tapioca to boil; slice thin a large pudding-dish of apples, and sweeten very sweet (brown sugar preferred), then mix with the boiled tapioca and bake two or three hours in a moderate oven, stirring occasionally till the whole dishful becomes clear looking. Eat with cold cream.

Will some of our readers kindly send us a recipe for bleaching common shells a pure white?

### Judging by Appearance.

"Here's a nice place, Mabel," said the elder of the two ladies who had just entered the train. "And we'll try and keep it undisturbed too," she added, proceeding to deposit their satchels, satchels, etc., upon the end of each seat, while the two ladies seated themselves facing each other.

They were evidently mother and daughter, the mother large, portly and fine looking, the daughter a slender, bright-faced little thing, and just as evidently people of "position," marked by the belongings of wealthy travelers.

Elegantly braided linen dusters over suits of black silk, stylish hats, dainty kid gauntlets, Russian-leather satchels and shawl straps were their distinguishing marks, besides that indescribable air which stamps its possessor as one used to good society.

"So very warm! Do reach my fan, Mabel!" said Mrs. Glennor. "We have a terrible hot day for our ride."

"But there is such a nice breeze. I think it will be lovely," returned bright-eyed Mabel.

"Oh, you're always contented with everything. Dear me, I hope the carriages won't be crowded."

"They are almost that now, mamma. We have the only vacant seats, I believe."

"And I mean to keep them too," announced Mrs. Glennor.

At that moment spoke a voice at her elbow:

"Is that seat engaged, madam?"

Mrs. Glennor and Mabel both looked up to see a young lady dressed in a plain, untrimmed linen suit, with a brown veil covering her hat entirely, and shading a plain, homely face.

Her speech was that of a well-bred person, but her exceedingly plain attire stamped her in Mrs. Glennor's eyes as "common folks," not worth an effort to be polite.

She turned to the window and settled herself in her place without seeming to hear, but good-natured Mabel spoke at once:

"Mine isn't. You are welcome to share it."

And notwithstanding the decided frown on her lady-mother's face, she tossed her "traps" over on the pile already beside Mrs. Glennor, and smiled a reply to the young stranger's quiet "Thank you," as she sat down, holding in her lap the small satchel she carried.

"It will tire you. There is plenty of room over here with ours," said Mabel, reaching out her hand towards the satchel.

The young lady placed it upon the seat herself, saying:

"I was afraid it might trouble you."

"Not at all," returned Mabel.

But Mrs. Glennor, with a little accent of spite, addressed her daughter:

"Mabel, don't make yourself over-officious. I wonder how far it is to Hamilton?"

"Don't the time-table tell you, mamma?"

"No. Only the larger stations are down. Well," with a sigh and a glance at the intruder, "at least we shall be able to select our own society there."

"Mamma, don't," pleaded Mabel in a low tone, flushing at her mother's rudeness.

"I detest these trains where every rude person who chooses may intrude upon you," went on Mrs. Glennor coolly.

Mabel knew there was no telling where her mother would stop once she was on the track, and she noticed the flush which overspread the young stranger's face. She quietly changed the subject.

"Do you know Mr. Hamilton's family, mamma?"

"Not the children. Not since they were grown, that is. I saw them when they were little."

(To be Continued in March No.)