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For a bruise or sprain, bathe with hot water and afterward bind on a cloth saturated with hot witch-hazel.

Cinnamon Cake.—Take some bread dough when it is just ready to bake, work a little fresh lard or butter in it, roll it out, sprinkle well with granulated sugar, butter, and cinnamon.

The bread and butter can be cut as thin as a wafer by leaving the butter rather soft and spreading it on the loaf before cutting off the slice. Use a very sharp knife. Put in ice-box until lunch is ready.

Roast Chops.—Get five or six rib chops cut in one piece. They will weigh two pounds. Have the bones cracked by the butcher, making the roast easy to carve. This is a delicious roast, and much nicer at this season than the leg of mutton. Cook in hot oven about forty minutes.

Frosted Rice.—Boil one teacup rice in milk till very tender; add saltspoon salt. Beat yolks of three eggs with this in a deep dish. Beat three whites to a stiff froth with two tablespoonfuls of sugar and a little grated lemon. Spread over rice and brown in oven. Put on ice and serve cold.

Fried perch.—Be sure the fish are nice and fresh. Wash and clean thoroughly, then dry with a cloth, sprinkle with pepper and salt and roll in flour. Have some hot butter or dripping in the pan and fry a nice brown. Drain on brown paper and serve on a warm dish with a napkin on it. Garnish with parsley.

Turkish Sherbet.—In a sauce-pan put two pounds of granulated sugar and one-and-a-half pints of water; heat slowly until the sugar is dissolved, then bring to the boiling point and boil five minutes. Skim and strain; when cold stir into it three cupfuls of lemon juice and one quart of strong clarified veal stock.

Rhubarb Sherbet.—Wash eight stalks of rhubarb and without skinning, cut it in inch pieces. Put it in a sauce pan with one quart of cold water and cook slowly until very tender. Add the grated rind of one lemon and three ounces of granulated sugar and stand aside, covered, in a cool place for four or five hours. Strain and chill.

Potatoes and Roast Beef.—To boiled and mashed potatoes add some milk, butter and a well-beaten egg. Place a layer of the potatoes on a buttered pudding dish, then a layer of minced lean beef (cooked), sprinkle with pepper and salt, and repeat layers till dish is full, leaving a layer of potato on top dotted with bits of butter. Bake till top is a light brown.

"Trilby" Omelete (new).—Break five eggs into a bowl and add one tablespoonful of cold water for each egg, one-half teaspoon of salt, one quarter teaspoon of pepper; beat to a froth. Put tablespoon of butter in frying pan, and when hot (do not burn) pour in the beaten eggs; now with a four tined fork lift the omelet gently in places while it is cooking. Omeletes cooked in this way do not have to be turned. The cold water used with the egg is the secret of a light flaky omelet.

Use Earthenware.—The flavor of food baked or boiled in earthenware is far superior to that of vegetable or animal food cooked in the same way in iron vessels, for the reason that iron is a conductor of heat, while earthenware is a non-conductor; consequently, food cooked in the latter is rarely ever burned, the degree of heat not varying perceptibly during the process of cooking, thus preserving the flavor of what is cooked, as well as uniformity throughout the substance of the meat, vegetable or grain, until the process of cooking is completed.

Currant Syrup.—Stem, look over, and mash ripe red currants; put them in an earthen jar; cover and set away until next day. Then put into a jelly bag, and hang up to drain. Strain and measure. For every pint of juice allow two pounds of white sugar. Mix together, put in porcelain-lined kettle, and heat slowly, and stir with a wooden spoon. When sugar is all dissolved let it come to a boil. If any scum, skim off. Set away to cool. Do not boil, only melt the sugar, as boiling injures the color. Put into bottles, and seal the corks with sealing-wax. Keep in a cool place. A few spoons added to a pint of cold water makes a pleasant drink.



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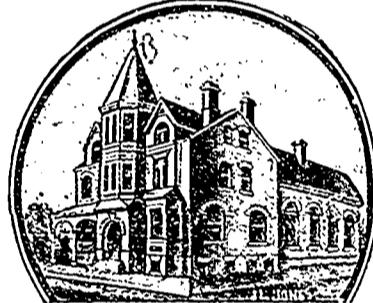
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