

HOUSEHOLD.

Macaroni in Various Ways

(N. E. Homestead.)

Boiled Macaroni.—Break the sticks in short pieces, cook in salted water for at least one-half hour. Drain in a colander and pour cold water through it to cleanse and keep it from sticking. Return to the cooking vessel. Pour in enough milk to almost cover, add butter, and pepper, and thicken with flour moistened with cold milk. The addition of chopped left-over scraps of meat is an improvement. Or, liquor left from a meat stew may be used instead of the milk.

Baked Macaroni with White Sauce.—Cook the macaroni in salted water till tender. Put into a shallow baking dish and pour over it a sauce made of one tablespoon each of butter and flour, half a teaspoon salt, a dash of pepper, and one cup of sweet milk. Mix two-thirds cup of cracker crumbs with two tablespoons of melted butter and sprinkle over the top. Bake till the crumbs are brown.

Macaroni and Cheese.—Boil and prepare as above. Grate half cup of good dry cheese, put part of it with the macaroni and mix the remainder with the cracker crumbs.

Macaroni and Eggs.—Mix two hard-boiled eggs, chopped fine, with the cooked macaroni. Sprinkle each layer with salt and pepper, and add a little made mustard, if desired. Cover with milk and buttered crumbs and bake till the crumbs are brown.

Macaroni and Tomatoes.—Boil till tender and cover with tomato sauce made of one tablespoon each of butter and flour, a little salt and pepper, and one cup tomato juice cooked together. A little chopped onion, fried in butter may be added to the sauce. Over the top spread buttered cracker crumbs and bake till brown.

Macaroni Soup.—Cook two or four sticks of macaroni, according to above directions. Then cut into short lengths. This will be a sufficient amount for one quart of soup stock. Bring the stock to a boil, add the macaroni, one teaspoon salt, and one-half teaspoon of pepper.

Household Hints

A housekeeper writes to an eastern contemporary: 'It gives me pleasure to inform you what will entirely exterminate, root out and destroy every moth, or egg of moth, whether in carpets, clothes or furniture. I have a large house full of the richest carpets, all very woolly, also rich furniture, all of which has been in use since 1875, and not a moth has been seen at this date. But the first year we moved in we had millions, although everything was new. Twice a year I take turpentine and a paint-brush, and saturate the edges of the carpets all around, move all the furniture, and get at the dark and dusty corners and in dark closets. I rub the brush all over if carpeted. For rich furniture take paper and wet it with turpentine, and nail the paper under the sofas and chairs. The smell of this will drive out the moths and kill their eggs.'

Simple and inexpensive dessert dishes are ever in demand. One such is a velvet cream that may be put together in a few minutes, thus economizing time as well as materials. All you will need will be two teaspoonfuls of gelatine, one-half cup of water, one pint of rich cream, four tablespoonfuls of sugar, flavoring to taste. Oranges give rise to many inexpensive dishes. For instance, make a batter consisting of one-half pint sweet milk, two eggs, one teaspoonful baking powder, one tablespoonful flour. Slice oranges cross-ways and dip in batter. Fry in hot lard.

Housework is automatic and does not supply the needed amount and kind of exercise women require. It is automatic and usually but one set of muscles are brought

into action. The housewife should seek the fresh air and sunshine and take such exercise as will compel deep but not laborious breathing.—'Ladies' Home Journal.'

Take Care of Your Health

People have no right to be careless concerning their health. First, they have their own duties to do, and they cannot do them properly without health. Second, no person can be sick without interfering with the rights and privileges and comforts of others. Probably three-fourths of the sickness and disease in the world could be prevented by a little care, and it is a shame for people who ought to be and might be well and useful in the world, to make themselves ill and dependent and miserable, and so hinder others from their work, and weary them and make them ill, when a little care might have prevented it all. It is every person's duty to be well and strong, rather than weak, sickly, miserable, helpless, and burdensome to others; hence, all persons should be thoughtful and careful about their health.—'The Safeguard.'

There is Always a Something

There is always a something, whatever your lot,

And, oh! how that something annoys! Though the merest of specks it becomes a big blot,

A pang at the heart of your joys. What matters the manifold blessings you've got

If there's one little cloud in the blue? There is always a something, whatever your lot,

And if it's not one thing—it's two!

If it wasn't for something left in or left out

Our happiness would be complete; 'Tis the lack of one room that we worry about,

Or the dwelling is on the wrong street. If we only were thin, if we only were stout If we had something different to do, There is always something left in or left out,

And if it's not one thing—it's two!

There is always a something, as certain as fate,

A fly in the ointment we meet; The rich and the poor and the lowly and great,

Find bitter mixed in with the sweet. For each has an if with his neighbors to make,

And it follows this changing life all through;

There is always a something, as certain as fate,

And if it's not one thing—it's two!

—Hunter MacCulloch.

The Nutritive Value of Prunes

The prune as an article of household diet has fallen into disrepute in some measure and has become the butt of the boarding-house joker. But the day of its renaissance is dawning. Housekeepers are becoming aware that its reputation has suffered from the careless handling and packing of this fruit, and from the improper cooking. The improvement in the prune so noticeable of late proceeds from the use of more scientific methods of drying and greater care and cleanliness in packing. For most purposes prunes should be soaked and soaked; first of all in warm water for half an hour; then washed thoroughly and put in clean cold water for twenty-four hours. Then they should be cooked for a short time until the skins become tender. Prunes are a most healthful article of food, their effect upon the nervous system being most beneficial. They are also of nutritive value, one medical writer stating that a pound of prunes is equal to a gallon of milk as a food.—'Catholic News.'

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