

**The Fat of the Land.**

**A BOX OF CANDIES.**

**Cream:** One pound white sugar, 3 tablespoons vinegar, 1 tablespoon extract lemon, 1 teaspoon cream tartar. Add just enough water to moisten the sugar and boil until brittle, being careful not to stir it while boiling. Turn out on buttered plates and when cool pull until white and cut in squares.

**Hickory Nut:** Boil 2 cups sugar with 1/2 cupful water, without stirring, until thick enough to hold together when dropped from a spoon. Flavor with vanilla. Turn into a dish and set in cold water, beating until white. Add 1 teaspoon hickory-nut nuts and turn into buttered tins. When cool cut into small squares.

**Chocolate Carmels:** Two cup molasses, 1 cup brown sugar, 1 cup cream, 1/2 lb chocolate and a piece of butter size of an egg. Beat all together, boil until it thickens when dropped in cold water, and turn into buttered tins. When nearly cold, cut into squares or diamonds.

**Honey:** One pint white sugar in water enough to moisten it, 4 tablespoons honey. Boil until it becomes brittle when dropped in cold water; add 1 teaspoon lemon extract, and turn into buttered plates. When cool, pull.

**Butter Scotch:** Two cups sugar, 2 tablespoons water, butter size of an egg. Boil without stirring, until it hardens on a spoon. Pour on buttered plates to cool.—[L. M. Annable.

**REAL GOOD.**

**Raised Pork Pie** About 2 lbs of fresh pork (the thick part of the neck does or any scraps trimmed off when cutting up for packing on a farm, or can be obtained from a butcher or packer for a trifle), 2 lbs flour, 1/2 lb of lard rubbed into the flour, a good teaspoon salt, take 1/2 teacup boiling water, stir into the flour with a spoon, then work with the hand to a smooth dough. Some flour may need a little more water. Mould the paste into a basin or tin, taking care there are no cracks in the paste. When it is raised to the required height, cut the remainder straight off and put aside for the top. Cut the meat into small pieces Season with pepper and salt, and a little nutmeg. Put a cover of paste neatly over the top, make a hole in it, ornament with leaves and scrolls cut from the pastry and bake a nice brown in a steady not too hot oven. It is a good plan to pin a piece of letter paper round the pie when first put in the oven. [Fanny J. Lowe.

**Breakfast or Tea Cookies:** Two eggs, 2 heaping cups sugar, 1 cup shortening (butter and lard), 2-3 cup buttermilk, 1 teaspoon soda and a little salt. Beat all together thoroughly. Mix rather stiff, roll thin and bake in a quick oven.—[Mrs. S. M. Stotenbur.

**Poor Man's Rolled Jelly Cake:** Two eggs, 1/2 cup sugar, 1 heaping teaspoon baking powder, flour to make a thin batter. When baked cover with jelly and roll the shorter way. This cake will keep moist and nice two or three weeks in a cool place.—[Mrs. S. M. Stotenbur.

**Cottage Pudding:** One cup milk, 1/2 cup sugar, 1 egg, 2 tablespoons melted butter, 1 teaspoon baking powder sifted with 1 pint flour. Mix well together. Bake half an hour in moderate oven. Serve with liquid sauce.—[R. R.

**Lemon Pie:** Line a plate as for custard, grate the rind and press out the juice of 1 lemon, add 1 cup water set on to boil. Stir 1/2 cup sugar and 1 heaping teaspoon cornstarch together, let it boil up till thick as jelly (if not stiff enough use more starch). Remove from stove and stir in the yolks of two eggs beaten, put in crust and bake. When done spread the whites of 2 eggs and 2 tablespoons sugar beaten stiff, put in oven to brown slightly.—[Subscriber.

**Bread Sponge:** Boil six potatoes, and mash fine white hot; work 2 tablespoons of lard, and 2 of sugar into the potatoes, and mix 1 qt water in gradually. Water in which the potatoes have been boiled is preferable to any other, but should be cooled until it is lukewarm. Beat in 3 cups flour, then 1 cup yeast, and 1 level teaspoon soda. Cover closely, and let it stand all night to rise.—[Mary.

**A Wholesome Cake:** Here is a simple cake for the children's lunch baskets: One cup sugar, and 1 rounded teaspoon butter, creamed together; 1 egg beaten in a pan, and then the cup

filled up with sweet milk, fresh preferred; 2 cups flour, and 1 heaping teaspoon baking powder; 5 to 10 drops lemon or vanilla. To change the flavoring, add 1 tablespoon grated chocolate, and 1 of sugar, or a teaspoon cinnamon, or a tablespoon coconut or any nut kernels.—[Mrs. M. F. Pollock.

**A THIRD SET OF TEETH.**

One reads pages of excellent advice to be followed during that trying period when baby cuts his first set of teeth. There are even columns of counsel for that later period when the second set makes its appearance, but a studied silence has shrouded that last effort, the securing of the third set of teeth. Some morning, when pain-racked nerves utterly rebel, and death or the dentist seem far preferable to another hour of toothache, the "sole survivors" are yielded to the forceps, and a grateful, yet suffering, human being takes up again the burden of life.

During the first few hours, or until all bleeding stops, rinse the mouth often in water as warm as can be used, and frequent use of this is recommended for some days, after which arnicated witch-hazel, one teaspoon in a glass of warm water, may be substituted. But let nothing take the place of warm water at first. Should hemorrhage of the deeper blood vessels occur after some days, as is not unusual, a bit of cotton, saturated in vinegar, and placed directly against the bleeding tissue, will control it. Hot mustard foot baths are excellent preventives, as they bring the blood from the head, and relieve any congestion of the gums.

Next to the mouth itself the diet is a matter of much solicitude. Strong teas and coffee are not to be indulged in, and the habit of soaking one's food in some beverage is deplorable. For the first three days milk toast, finely mashed potatoes with milk gravy, and hot milk, taken every two hours, is sufficient. After that broth may take the place of the milk, but it is apt, if salted, to be injurious at first. The next two weeks are of less importance, but it is well not to attempt hard or indigestible foods. The following bill of fare may be used with variations until that happy day when the third set of teeth are in place, and will doubtless be appreciated for some days afterward:

**BREAKFAST.**

Oat flake or farina, with milk. Poached egg on toast. Creamed potatoes. Graham wafers moistened in hot milk. Prunes. Coffee.

**DINNER.**

Soup, with bits of toast broken in it. Mashed Potatoes, milk gravy. Toast, moistened with hot water. Lamb or chicken, chopped very fine. Soft cake. Apple sauce. Tea or hot milk.

**SUPPER.**

Beef, mutton or chicken broth. Crackers or bread broken in the broth. Rice with milk or butter. Any soft pudding. Hot milk or tea.—[Lalla Mitchell.

**Government Whitewash** (By Request)—Whitewash, as used by the government, is prepared as follows: Take one-half bushel unslaked lime, slake it with boiling water, cover during the process, to keep in steam, strain the liquid through a fine sieve or strainers, and add to it a peck of salt previously dissolved by soaking in warm water, three pounds of ground rice boiled to a thin paste and stirred in while hot, one-half pound Spanish whiting, and one pound of clean glue previously dissolved by soaking in cold water, and then hanging over a slow fire in a small pot hung in a larger one filled with water. Add five gallons of hot water to the mixture, stir well and let it stand a few days, covered from dirt. It should be applied hot, for which purpose it can be kept in a kettle or portable furnace. The east end of the White House at Washington is embellished by this brilliant whitewash. It is used by the government to whitewash lighthouses. A pint of this mixture properly applied will cover one square yard, and will be almost as serviceable as paint for wood, brick or stone, and is much cheaper than the cheapest paint.

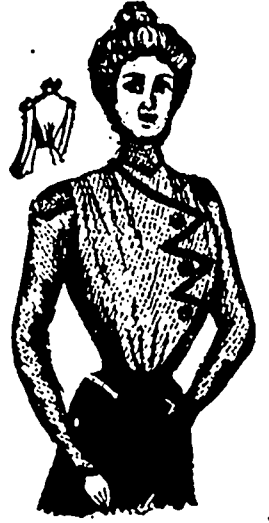
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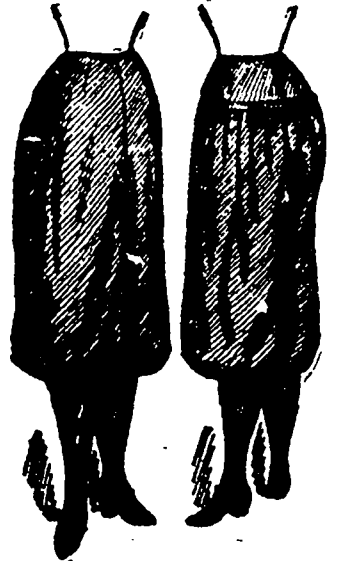
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