

cultivate a cheerful disposition. Do not wrap up all your interests, all your thoughts and ambitions in self. Seek to please those with whom you associate, and, above all, strive to lighten the burdens and hearts of those dear ones at home who call you husband and father. However great may be your disappointment, do not cross the threshold of your home with a sullen, cheerless countenance. A cheerful word or smile will fill your fireside with pleasantness, rekindle the fires of love in your wife's bosom and brighten the hopes and aspirations of your children. Cheerfulness is better than doctor's medicines. A cheerful farm home is an earthly heaven.—'Home-stead.'

Household Hints.

To remove tar from the hands or clothing, use fresh lard, and afterwards wash with soap and water.

If, instead of placing our beef in cold water and then gradually heating it, we were to plunge the meat into hot fat, or boiling water, the effect produced would be vastly different. A crust would be formed, due to the coagulation of the albumen; the juices could no longer escape and the beef would retain its original flavor. The resulting broth is poor, but the meat is rich in taste and in nutritive value. Roasting, broiling and frying in fat are always to be preferred to boiling, simply because the flavor of the beef is thus preserved. Much, however, depends upon the fire. The larger the cut the lower should be the temperature; the smaller the cut the hotter should be the fire. This culinary paradox is explained when it is considered that intense heat coagulates the exterior of the small piece of beef, and prevents the drying up of meat juices. A very large piece of meat, if subjected to a very hot fire, would be charred before the heat could penetrate to the interior. It is upon this principle that steaks and chops are broiled.—'Twentieth Century Home.'

Selected Recipes.

JELLIED FISH.—Boil any white fish in enough water to barely cover it; add salt, pepper, a clove, a sprig of parsley, a teaspoonful of vinegar and a small slice of onion. When the fish is done, take off the skin and remove all the bones and put it lightly in a mould. Strain the fish stock and add a little lemon juice, unless it seems acid; season and pour it over a heaping tablespoonful of gelatine dissolved in a quarter of a cup of cold water; stir all together till clear and pour over the fish and set away all night. In the morning make a cup of mayonnaise and to it add half a teaspoonful each of very finely minced onion, parsley, and pickles; put the fish on a cold platter, surround with lemon quarters and parsley and pass the sauce. There are tin moulds in the shape of fish which are nice to use for the dish. Canned salmon can be substituted for white fish and a plain unsweetened lemon jelly used to set it instead of the fish stock.

ICE BOUILLON.—Take a quart of hot water and in it dissolve a heaping teaspoonful of beef extract or four or more capsules; dissolve also a level tablespoonful of gelatine in half a cup of cold water. Season the stock with salt, a very little red pepper, a small

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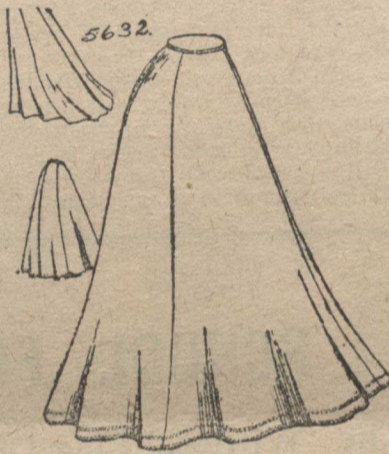
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slice of onion, a sprig of parsley and a clove; or, instead of these, add four drops of kitchen bouquet, which is a bottled seasoning, tasting of them all, and very convenient to use. Bring all this to the boiling point and simmer two minutes and pour over the gelatine; stir till smooth and strain; squeeze in the juice of half a lemon and set on ice. The next day break this up in small bits and serve in cold cups; or, make the bouillon, but omit the gelatine and serve as ice cold as possible. In either case have thin brown bread and butter sandwiches to pass with it.

TO CAN RHUBARB FOR WINTER USE.—This may be done successfully without cooking if one is careful to carry out these directions: Cut the rhubarb into cubes with skin on; fill the jars and fill up with very cold running water. While water is overflowing clap on the cover and fasten tight; place in dark cellar, where it is cool, but does not freeze. In this way it will keep for months and be as good as fresh from the garden.

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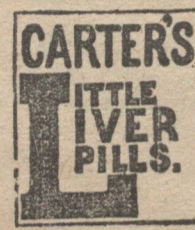
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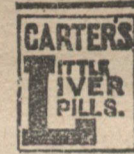
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TOMATO SALAD WITH CREAM CHEESE BALLS.—Peel and slice thin some firm tomatoes and arrange the drained slices on chilled lettuce leaves; mix two tablespoonfuls of oil with a teaspoonful of vinegar or lemon juice and a little salt and pour over, lifting the tomatoes so that it will run over and under. Do not let the salad stand a moment after this or the lettuce will wither. For the balls get cream cheese, mix with a little salt and chopped parsley and a teaspoonful of cream and roll round. If the salad is passed on plates, add two to each portion on the edge of the plate; if it is passed or served from one dish, put the balls all around the edge.

Copperas for Vermin.

A writer in the 'Scientific American' says he has cleared his premises of vermin by making whitewash yellow with copperas, and covering the stones and rafters, in the cellar with it. In every crevice into which a rat might go, he put the copperas and scattered it in the corners of the floor. The result was a complete disappearance of rats and mice. Since that time not a rat or mouse has been seen near the house. Every spring the cellar is coated with the yellow whitewash as a purifier and rat exterminator and no typhoid, dysentery or fever attacks the family.

BABY'S OWN

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