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HEALTH AND HOUSEHOLD HINTS.

Fried Birds—Dredge any small birds with seasoned flour, and lay in wire basket in deep lard till brown. Serve on fried bread.

Baked Salmon Trout.—Brown in oven, in pan with very little water. Pour over it one cupful of heated cream, pepper, salt and chopped parsley, and serve.

Salmon Cream.—Heat a can of fish in hot water. Pour liquor on one tablespoonful of braided flour, then add one pint of hot milk and seasoning, and pour over fish.

Fish Chowder.—Fry sliced pork. Lay in the fat six broken, hard crackers and two chopped onions, then slices of fish, another layer of cracker and onion. Season, cover with boiling water and simmer one hour.

Rabbit and Onion.—Joint and stew in salted water. Boil one pint of sliced onions in salted water, add to white sauce made of one tablespoonful of braided flour and one-half pint of rabbit stock. Season, add juice of one lemon and serve.

To Remove Acid Spots from Steel.—The application of rotten stone and oil will generally remove acid spots from steel. It will also remove rust, and bath brick will give the metal the desired polish. The brilliancy of steel may be retained indefinitely, after final polishing, if it be washed in hot suds and rinsed in clear hot water.

Squirrel Stew.—Joint one large squirrel, cover with one quart of water and simmer till tender. Remove meat, add one fourth of a pint of lima beans, corn, sliced okra, sliced tomato, one small sweet potato sliced into cold water until used in stew. Simmer till the vegetables are tender, add to one tablespoonful of braided flour and serve.

Perfect Toast.—If you want to make perfect toast, buy a sheet of asbestos and lay it over a cover of your cooking stove, over gas, alcohol or a kerosene blaze, and you will have toast that is evenly browned and dried. In making confectioner's frosting where the recipe calls for the quantity of cold water equal to the white of an egg, measure the water in half of the egg shell if you wish to be accurate.

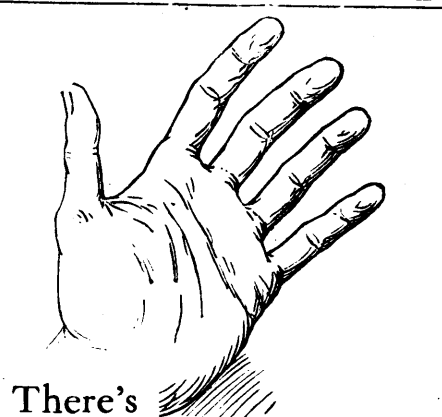
Stewed Rabbit a la Poulette.—Joint rabbits, soak in salt water, dry, cover with boiling water, salt and white pepper. Boil five minutes and strain. Fry rabbits in two tablespoonfuls of butter, dredge with flour, the butter and brown. Add one pint of rabbit stock and one-half pint of white wine. Boil up, add one onion with two cloves stuck in it. Simmer till tender, skin, add parsley, salt and pepper, and one teaspoonful of lemon juice.

Rabbit Pie.—Cut in pieces; brown in hot pork; add chopped, young onions and mushrooms, and fry five minutes. Sprinkle with one tablespoonful of flour; mix well, moisten with one glassful of white wine, one pint of stock, add salt, pepper, nutmeg, and simmer one-half hour. Add parsley and take from fire. Line a dish with paste, put in a layer of rabbit and pork—strained from stock. Strew with sliced hard-boiled eggs. Continue layers till the dish is nearly full, pour gravy over, cover with paste and bake.

Rice Gems.—A good way to use a cupful of cold boiled rice is to put it into gems for luncheon. Separate the yolks from the whites of three eggs, beat the yolks light, and add to them a pint of sweet milk and three cupfuls of flour. Mix thoroughly, then add a tablespoonful of butter melted (which is not one tablespoonful of melted butter), a teaspoonful of salt, and the cupful of boiled rice. Beat vigorously, then add two teaspoonfuls of baking powder, and the well-beaten whites of the eggs. Grease the gem-pans thoroughly and bake 20 minutes in a quick oven.

To Cook Duck.—Tame ducks are excellent stuffed with potatoes mixed with sausage-meat. To make the stuffing, boil and mash four potatoes of good size, and while they are hot add one ounce of butter, one-fourth of a pound of sausage-meat, half a teaspoonful of salt and a quarter teaspoonful of pepper. Fill the body, rub the breast of the duck with onion, lay on it a slice of salt pork, turn a quarter of a cupful of water in the pan, and roast in a quick oven. Wild ducks are best without stuffing. French chestnuts boiled and rubbed through a colander make a delicious filling for ducks.

A Haggis.—Parboil a sheep's pluck and a piece of lean beef. Grate half the liver and mince the beef, the lights and the remaining half of the liver. Take half the weight of this mixture in beef suet and mince it with six small onions. Toast two teacupfuls of oatmeal till very dry, and a light brown color. Spread out the mince, strew the meal lightly over, with a seasoning of pepper, salt and a little cayenne. Have a stout bag ready, put in the meat with as much strong broth as will make a thick stew. Leave room to swell, add the juice of one lemon, press out the air, sew up the bag, and prick it with a large needle when it first swells. Boil steadily, not violently, three hours.



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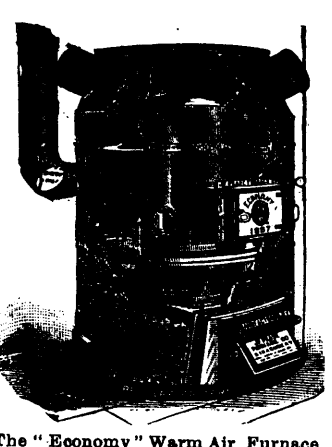
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