

Health and Home.

Johnny Cake.—One-half cup of sour milk, one egg, two tablespoons of molasses, one tablespoon of melted lard, one-half teaspoon of soda, one small cup of corn meal and one tablespoon of flour.

Country Griddle Cakes.—Take one quart of sour milk, one quart flour, one teaspoonful of soda, one-half teaspoonful of salt, and beat until light and frothy and full of bubbles; bake at once on a hot griddle, and you will have delicious cakes.

Apple Fritters.—Make a batter with one cup of milk, one teaspoonful of sugar, two eggs, whites and yolks beaten separately, two cups of flour sifted with two teaspoonfuls of baking powder. Chop or cut fine four tart apples, mix with the batter and fry in spoonfuls in hot fat. Serve with maple syrup or a sugar syrup made by boiling one cup of sugar with one-half cup of hot water.

Chili Sauce.—Twelve medium sized ripetomatoes, one pepper finely chopped, one onion finely chopped, two cups vinegar, three tablespoons sugar, one tablespoon salt, two teaspoons cloves two teaspoons cinnamon, two teaspoons allspice, two teaspoons grated nutmeg. Put in a preserving kettle with remaining ingredients. Heat gradually to boiling point, and cook slowly two and one-half hours.

Casserole of Rice and Meat.—Boil one cupful of rice in two quarts of boiling water until tender, drain, and line a mold. Fill with a large pint of cold chopped meat well seasoned and moistened with one cupful of tomato sauce, or with one cupful of milk in which is beaten an egg. Cover with the rice, and bake about twenty minutes. Serve with tomato sauce or some of the gravy left over from the day before.

Lightning Cake.—Half pound butter, half pound granulated sugar, three eggs, half pound flour, rind of one lemon. Almonds. Beat the butter and sugar together until very light, then add the eggs, well beaten; stir in very gradually the flour, also the grated rind of a lemon. Have large flat pans and spread the batter very thinly on them (about one-third of an inch thick), then scatter mixed sugar and cinnamon and small pieces of blanched almonds on top. Bake a light brown. When done, cut in pieces and detach carefully from the pan. Keep in a dry place.

It is difficult to make paper stick to walls that have been made smooth by frequent whitewashing. The smooth finish may be scraped off or the surface may be changed with a coat of paste. If you decide to use the paste, make it in the following manner: Put one pint of water in a saucepan and beat into it one quart of cold water. When smooth add two quarts of boiling water, stirring all the time. Let this boil up once, then strain and cool. Brush this paste over the walls and allow it to dry. When you are ready to paper, wet the walls, spread paste on the paper, and hang it in the usual manner.

Cream peach tart.—Line deep-pie dish with good pie crust and nearly fill it (two thirds full) with slices of canned peaches that have been dropped into their boiling juice to which half a cupful of sugar has been added, and cook for two or three minutes. Cover with not the very thinnest crust, and do not pinch down the edges. When done allow it to cool, raise up the top crust and pour in the following cream, which should cool for a few minutes before being poured in: One small cupful of milk heated to boiling, one tablespoonful of white sugar, one-half teaspoonful of corn starch wet in cold milk. Let it boil well, then add the whites of two eggs, beaten to a stiff froth, before removing from the fire; then add one-fourth teaspoonful of vanilla.

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