

Health and Home

Distressing vomiting may be relieved by applying to the stomach a hot compress or woollen pad brought from the oven.

Half a lemon dipped in salt will do all the work of oxalic acid in cleaning copper boilers, brass tea-kettles, and other copper and brass utensils.

To remove mildew from linen, mix soft soap with powdered starch, half as much salt, and the juice of a lemon. Lay on the linen with a brush, and expose on grass.

When buying chops, remember that the most tender, the best flavored and the cheapest in the end are the loin chops. These have the tenderloin and comparatively little bone. Rib chops are not economical, as the flank forms too large a part.

Corn Pudding.—In addition to the merit of being good to the taste, corn pudding has another of being the sort of dish which can be prepared for the baking and set away, long before time to put in the stove. For a small one, use half a can of corn, one egg yolk, a half cupful of milk, one heaping teaspoonful of butter, one scant teaspoonful of sugar, salt and pepper to taste.

Baked Eggs.—For baked eggs put a tablespoonful of butter in a frying-pan and as soon as melted add a teaspoonful of flour and stir until smooth and bubbly. Draw the pan to one side of the range and add gradually one cupful of warm milk, half a teaspoonful of salt and a dash of white pepper. Boil up once, stirring carefully and then pour into a deep, buttered plate or baking dish. Break six or eight eggs carefully and drop into the sauce, sprinkling over them a teaspoonful of chopped parsley. Place in a moderate oven and bake five or six minutes until the whites are set. Serve at once in the dish in which they are baked.

Baked Macaroni.—Take one quarter of a pound of macaroni; do not wash it, as it removes the starch; put it into boiling water, add one tablespoon of salt; keep boiling rapidly until done. When soft take it off the fire and pour cold water through it; put it into a buttered dish, cut into pieces about six inches long, then pour a sauce over it, which is made as follows: One cup and a half of boiling milk, one tablespoon of butter, a heaping tablespoon of flour, one half teaspoon of salt and a saltspoon of pepper, stir the butter and flour together until they bubble; stir in the salt and pepper, then add the milk gradually, after which pour over the macaroni. Take one-half cup of grated cheese, sprinkle over the top; over the cheese sprinkle one cup of cracker crumbs, into the cracker crumbs put a saltspoon of pepper. Bake until the crumbs are brown in a quick oven.

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