



HOT-WEATHER HOUSEKEEPING.

That housekeeping during the heat of Summer is an easier task in the city than in the country has but to be tried to be demonstrated. The heat is greater, it is true, but this condition may be met by the use of an oil or gas stove. Such an arrangement, of course, gives no supply of hot water for the bath, but this difficulty may be overcome by keeping on the stove a kettleful of hot water. Except for washing, the kitchen fire is not a necessity, and the discomfort of preparing meals during the heat is thus brought to the lowest possible degree. The woman who must spend her Summer in the city has much to be thankful for if she understands the use of food. There are fruits, and cheap, salads and the green things of the earth that are fresh always readily procurable and for much of which the country dweller has to pay exorbitant prices, if, indeed, she can get them at all.

How to provide food for the family during the heated term is a problem that must be solved, if comfort is to reign. In this connection a well-known physician has said, "You may eat all you need, but do not eat such things as the skins of fruits and tomatoes, strings of beans and tough fillets of cauliflower, ends of artichoke leaves, melon rinds, cherry pits, grape stones, pie-crust, crabs' legs and the gistle of clams and meat." The fact that the body is more easily exhausted in the Summer than at other times should never be overlooked; that prudence lies in the choice of foods which are not heat-producing and which will not put an onerous tax upon the digestion. When this has been learned the science of every-day living will have been mastered. Fruits, salads with oil or lemon-juice and any left-over cold vegetables with mayonnaise dressing are cooling to the blood; but unless the fruits are fresh they become a menace to health. An over-ripe banana, it is said, is more to be feared than a barrel of green apples. As for drinks, cold tea or coffee with lemon-juice is satisfactory, while cold bouillon and cold chocolate with whipped cream are food and drink combined. The value of toast in warm weather cannot be overestimated. Toast is bread half digested and its assimilation makes only a slight draft on the strength. A delicious method of serving toast is to pour over each slice a table-spoonful of boiling, salted water, then adding a table-spoonful of cream. For Summer eggs are better food than meat; but as there is no food so monotonous, the aim of the housewife should be to vary as far as possible the form of cooking and serving them. There is a multitude of egg dishes, but the old-time poached egg or the egg boiled in the shell holds its own with the more pretentious methods of serving. For luncheon or breakfast eggs may be boiled until hard, cut in two lengthwise and laid yoke side uppermost; a cream sauce is then poured over the whole, which, garnished with wafer slices of crisp bacon, makes a most delicious dish.

Vegetables that promote the action of the kidneys are most beneficial during the Summer; among these are the onion family and asparagus. Peas and beans, potatoes, ham, veal and cereals are heating food and, if eaten at all, should be indulged in sparingly. Water cooled on the ice is much less likely to produce illness than that in which ice has been placed. Extreme thirst is relieved by adding an acid of some kind—fruit juice, vinegar, cream-of-tartar or a little citric acid being commonly used. Cooling the blood by holding the wrists in running water is a more effective method of reducing the temperature of the body than the consumption of excessive quantities of ice-water. Cracked ice may be eaten with impunity; the ice cools the mouth and the cold fluid is somewhat tempered before it reaches the stomach. Ice-cream and ices are refreshing if taken in small quantities and between meals, but the use of these very cold dishes for dessert after a heavy dinner is no longer looked upon with favor. The excessive cold retards if it does not quite arrest digestion and certainly invites headaches and congestive chills.

No considerate member of the family need complain of the least hardship during the warm season if the breakfast is a very light one, a bit of fruit, a cup of coffee, a slice of toast and a small dish of some cereal being quite sufficient for any appetite. Meat for breakfast is not as often provided for the matutinal meal as formerly. Fatty foods are at all times objectionable to the refined taste, but especially so during the heated term. For luncheon a salad with a little cold beef or mutton, a cup of tea or a glass of lemonade is sufficient, while the dinner may

consist of a little cream soup, a small portion of meat, potatoes and one other vegetable, with a cold dessert of some kind or fruit and a cup of coffee. Such a regimen, if adhered to, will keep the blood cool and the body strong to resist sudden changes of temperature.

BLAIR.

VEGETABLES IN NEW GUISES.

BY ELEANOR M. LUCAS.

No food is more agreeable during the Summer than a delicate vegetable daintily served. Vegetable timbales are general favorites and are served in many new combinations.

ASPARAGUS TIMBALES.—Cut the points from the asparagus so far as they are perfectly tender, cutting in bits about half an inch long. Wash thoroughly, throw them into plenty of boiling water, with a tea-spoonful of salt to each two quarts of water. Boil rapidly for ten minutes and drain thoroughly. In the meantime cover a pint of bread-crumbs with a gill of hot milk. Let this stand until the crumbs are soft, then beat with a fork until free from lumps. Add three eggs, one at a time, and mix well together. Stir in a salt spoonful of salt, a dash of cayenne, three table-spoonfuls of melted butter, and a table-spoonful of onion juice. When well mixed stir in carefully a pint of the asparagus tips. Butter small timbale moulds holding about a gill, sprinkle with finely minced parsley and two-thirds fill the moulds. Set in a baking pan of boiling water, not enough, however, to reach to the top. Cover with a sheet of buttered paper and cook in the oven for twenty minutes. Invert on a heated platter, garnish with parsley and serve with a sauce prepared as follows:

NORMANDE SAUCE.—Place in a saucepan an ounce of butter; let this melt and then add a dessert-spoonful of flour, six button mushrooms and a tea-spoonful of lemon juice. Stir very carefully, add two table-spoonfuls of cream and let the mixture boil up once. Then add the beaten yolk of a raw egg. Remove from the fire at once and stir briskly. Add half a salt-spoonful of salt, a pinch of cayenne and a tiny pinch of mace.

CORN TIMBALES WITH TOMATO SAUCE.—Grate the corn from the ears, beat five eggs until light, and add half a tea-spoonful of salt, a fourth of a tea-spoonful of white pepper, four ounces of fine cracker-crumbs and a pint of the grated corn. Pour into timbale moulds dusted with parsley chopped fine and bake as directed for asparagus timbales.

TOMATO SAUCE.—Put two table-spoonfuls of butter into a saucepan, add a chopped onion and fry until nicely browned. Stir in a table-spoonful of flour and a quart of tomatoes previously stewed. Let simmer for ten minutes, strain and then add a tea-spoonful of salt, a dash of cayenne and a little minced parsley. Invert on a platter and pour about them the sauce.

CORN TIMBALES WITH CHICKEN FILLING.—This forms an excellent *entrée* or a luncheon dish. Prepare the corn as in the foregoing recipe and fill the centers with chicken prepared in this way: Mince some cooked chicken very fine. To half a pint add four table-spoonfuls of minced mushrooms, half a tea-spoonful of salt, a dash of cayenne and the yolks of three eggs. Put a gill of milk to boil and add, when boiling, a table-spoonful of flour rubbed smooth in a little cold milk and a table-spoonful of butter. Cook three minutes and then add this to the chicken mixture; cook as directed in previous recipe and allow it to cool a little before using. Serve with cream mushroom sauce.

CORN CREAMS are exceedingly dainty, but they must be handled delicately if one cares to preserve their tempting appearance. Use a pint of grated corn and add a tea-spoonful of salt, half a tea-spoonful of white pepper, a table-spoonful of melted butter and gradually the whites of three eggs (unbeaten). Whip half a gill of sweet cream to a stiff froth and stir in lightly. Pour into small patty pans, stand them in a large pan with boiling water in the bottom and cook in a moderate oven for twenty