

Home and Health Hints.

Egg lemonade.—In one pint of water dissolve half a pound of granulated sugar and add the juice of four large lemons and a cupful of cracked ice. Have ready the yolks and whites of four fresh eggs beaten separately, the yolks until stiff and dry. Stir in the yolks with the lemonade and lastly the whites. Serve in lemonade glasses.

Gluten bread for persons suffering from diabetes.—One pint of milk scalded by pouring with it one pint of boiling water; add two eggs, one tablespoonful of butter, and one teaspoonful of salt. When cooled sufficiently add one cake of yeast (compressed), stiffen and knead with gluten flour. Put in pans, let rise and bake.—W. P. H. Diet Kitchen.

Tea cake.—One-fourth cup butter, one cup powdered sugar, two eggs, one-half cupful milk, one-half cupful Vitas, one cupful flour, one teaspoonful baking powder, one half teaspoonful vanilla. Cream the butter and sugar, add yolks of eggs, then milk and flour alternately, the whites of the eggs beaten stiff, the flavoring, and last of all the baking powder. Bake in shallow pans in a quick oven, twenty minutes. Serve hot or cold.

Pumpkin Chips.—Choose a highly colored pumpkin and cut the slices into chips as large as a finger. Wash, dry and weigh them against an equal weight of sugar. Add to each pound of sugar the juice and grated rind of two lemons. Boil sugar and lemon juice together and add pumpkins. If necessary add a little water. Cook slowly until the slices of pumpkin become clear. When nearly done add half a dozen lemons sliced very thin. This is an improvement and makes a pleasing preserve.

Chicken turnovers.—Chop fine some cold roast chickens, season very highly with salt, pepper and a suspicion of nutmeg, and mix with one-third of its bulk of thick cream sauce made with two tablespoonfuls of flour to the cupful of milk. Roll puff paste out thin, cut in four inch circles. On each lay a spoonful of mixture, double over the paste, and with the thumb mould the edges together. Have ready some pretty fancy or any appropriate forms cut from thin slices of truffle; fasten one on each turnover with a little white of egg. Keep on ice until near the supper hour, then bake in a hot oven. Have the potato mixture a little stiffer than usual, and form into fancy shapes, dip in beaten egg, roll in crumbs, and fry golden brown in a kettle of smoking hot fat. These may be cooked earlier in the day and reheated in the oven. In this case spread a sheet of thick brown paper in the pan, and on it place the croquettes on edge. Set in the open oven after the turnovers are baked.

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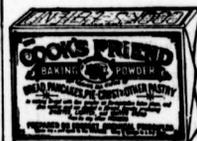
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