

into the saucepan with the first part, and beat for twenty minutes until the whole is smooth and creamy; have ready English walnuts or pecan meats, shelled and broken, and stir in gently; pour into buttered pans to cool, and cut into squares. Strained honey may be used instead of the corn syrup, and will make a much more delicious confection.—Ella H., Iowa.

Lemon Flavoring—This can be made at home much cheaper than it can be bought. Grate enough of the outside yellow peel of well-washed lemons to fill a small bottle. Let none of the bitter white rind get in. When the bottle is full, cover with pure grain alcohol and set away for three weeks, then strain and pour into clean bottles for use. An even teaspoonful of this home preparation will flavor a full quart of custard or similar dish. Another way is to rub lumps of sugar over the rind until the oil cells are broken and the sugar has absorbed the oil; dry these away

from the fire and put into air-tight vessels.—Mrs. L. B.

Cooking Poultry

If there is any doubt about the tenderness of a goose, do not try to roast it, but either steam until tender, finishing in the oven, or braise it with long, slow cooking. In either case, it will present the appearance of being roasted, and will be eatable. A chicken which is old, or tough, should be parboiled by putting over the fire in more than enough water to cover it, and if very tough, put a teaspoonful of baking soda in the water; simmer slowly for an hour; by that time it should be tender enough to lift from the kettle, cooled and made ready for roasting in the oven, as usual. Boil the giblets in a separate pan; baste the fowl while roasting with the broth from the pot, and make a nice gravy from what is left, which should not be a great deal, having been allowed to boil down considerably. The dressing should be well seasoned.

Some Good Salads

Sweetbread Salad—For six people, wash and trim one pair of large sweet-breads or two small ones; cook them for twenty minutes and drop at once in cold water. When cold, take out the fat, cut into blocks about the size of a large white bean, add an equal quantity of chopped celery, arrange upon lettuce leaves and cover with mayonnaise or a whipped cream dressing; garnish and flavor with shrimps, oysters, crabs, sliced pickled peppers, or a dash of caper, as desired.

Cheese Salad—Mash very fine the cold yolks of three hard-boiled eggs and rub with them one coffee-cupful of finely grated cheese, a teaspoonful of mustard, a salt-spoonful of salt and half a salt-spoonful of white pepper or paprika, the latter preferred. When all is well mixed, add two tablespoonfuls each of olive oil and vinegar, putting in first twenty drops of oil, then twenty drops of vinegar, beating, and so on, in alternation. Heap this preparation upon fresh leaves of lettuce, and garnish with the whites of the eggs cut in thin rings, and a few tips of the celery. Serve with hot toasted soda crackers, buttering the crackers just before serving.

Salad Dressing

Many people object to the use of olive oil in salad dressing because of some disagreeable experience with inferior or rancid oil. Of getting the best, one can never be sure, but if any is used, it should be the best that can be had, as olive oil in good condition is a very wholesome food. The liking of either olives, or the taste of the oil, is many times a matter of education. If the taste of the oil is objectionable, or where the best can not be had, any one of the following recipes may be used:

Dressing Without Oil—Beat three eggs light in an earthenware dish, and add to them a coffee-cupful of vinegar, a teaspoonful of salt, half a teaspoonful of white pepper, and, if liked, half a teaspoonful of dry mustard. When the mixture is thoroughly blended, put in six tablespoonfuls of cream, either sweet or sour, and beat again. Set the dish in boiling water over the fire and stir the dressing until it is of the consistency of boiled custard, but not until it curdles. Remove the dish from the fire and set in ice water, and when the dressing is cold, use it on meat or fish salad. If kept in a cold place at this season of the year, or on ice in warm weather, it will keep a week.

Another—This will keep a long time if securely bottled and kept in a cool dark place. With three tablespoonfuls of hot, finely mashed potatoes thoroughly mix two salt-

spoonfuls of salt, a teaspoonful and a half of dry mustard, and a salt-spoonful of paprika and half a salt-spoonful of cayenne. Have in readiness two eggs beaten very light, and stir them into the potato until the mass is puffy. Now add alternately, a few drops at a time, four tablespoonfuls of thick, sweet or sour cream and two of vinegar, adding but little vinegar at a time until the cream is all in, when the vinegar may be beaten in. This dressing will be found delicious with any salad for which mayonnaise is recommended, and will be better still if two tablespoonfuls of oil is used instead of the cream.

Helps for Cleaning

White cloth garments, so much worn by the little folks, soon show soil, and can not be washed in soap and water without losing their beauty. For cleaning, take a piece of soft, clean white cotton cloth and

dip in finely powdered rice flour and rub on the spots, changing the cloth for each application. When clean, shake well, and you will be pleased. The facing of white cloth or silk may be cleaned by rubbing with powdered starch, using a soft cloth, then brushed well with a soft-brush.

For removing grease from cloth, burn a crust of bread to a cinder, powder, and rub on the spot. Another way is to put a piece of blotting paper under and another on top of the soiled place, and press with a rather warm (not hot) iron, which causes the paper to absorb the grease.

For garments that are very dirty, take two ounces of aqua ammonia, one quart of soft water, one teaspoonful of salt peter, one ounce of finely shredded shaving soap, mix well together. When the soap is thoroughly dissolved, apply to the dirty garment, and it will remove any dirt that can be brought away.

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