

and shelter are some of them. The actual needs differ with different individuals. What would be necessities with one would be luxuries with another, or superfluous.

Mrs. L.—It is claimed that raw coffee beans left to soak for a time in unbeaten white of an egg will color icing a delicate green. The beans should be removed when there is sufficient color, the whites beaten, and whipped for icing. It is said to be harmless.

D. C.—In choosing fish, one that is broad and thick of its kind, is preferable to a thin, narrow one. In fresh fish, the eye is bright and the gills red, and the body stiff; in stale fish, the body is limber and soft, and the eye sunken.

Hallie S.—A book of synonyms would be a great help; one of the best is the old standard Crabbe's Synonyms, which gives the different shades of meaning between words generally considered synonymous in meaning. Any dealer will order it for you. The price is about \$1.50 to \$2.00.

Housewife—To prevent the crumbling of the croquettes while cooking it is necessary to have them prepared and set in the cold an hour or two before frying. A frying basket should be used, but a long handled skimmer will answer. The fat should be deep and quite smoking hot and the molded croquette should be laid in and lifted very carefully with the skimmer. A fork should never be used.

Cooking the Cheap Parts of Beef

This is nice for putting into the lunch pail, or for the luncheon at home. Take of the thinnest part of the flank about four pounds; remove the thin dry skin from the side of the piece, wipe the meat and

spread it on the board. Trim it so that all parts will be of an equal thickness by cutting a thin slice from the thick part and laying it on the thin portion. Over the meat sprinkle one tablespoonful of salt. Make a dressing of bread or cracker crumbs, about one pint, wetting it up with a good half pint of cold water, and work into it three tablespoonfuls of warmed butter, teaspoonful of salt, one-fourth teaspoonful of pepper, a pinch of powdered thyme, and one of summer savory (which can be had of the grocer or druggist). Let stand about ten minutes, then work into it one well-beaten egg, and spread this mixture on the meat. Roll the meat up and tie with twine, loosely, and wrap in a clean cloth, sewing the cloth about it. Put it in a stew pan, cover with boiling water and let barely bubble for four or five hours; then take it from the fire, leaving it to cool in the water. When cool, remove the cloth, but leave the twine, and place on a flat dish, laying a weighted pan or plate on it, and leave under the pressure until cold. It may then be sliced thinly and served. If preferred as a hot dish, just before taking from the fire, put vegetables, as for soup, in a separate stew pan and cook until done, then thicken with flour, using enough of the water in which the flank is cooking to make a gravy, and when all is done, pour the sauce over the roll, after cloth and strings are removed, and serve.

For hamburger steak, run two pounds of round steak through the meat chopper, season with half a teaspoonful of pepper, a rounded teaspoonful of salt, one tablespoonful of onion juice, and shape into thin cakes. Either broil over a clear fire, or fry in fat drawn from three or four slices of salt pork, and cook in the hot fat for eight to ten minutes, then serve hot.

Useful Odds and Ends

Restoring Flannel—Flannels that have grown yellow from lying a long time, or from careless washing should be soaked for an hour in a weak solution of bi-sulphite of soda, then taken out, and to the water a very little diluted muriatic acid should be added, stirred well, and the goods returned and left in the water for twenty minutes, after which the flannel must be taken out, rinsed in plenty of soft water and dried in the sunshine. The flannel should be as white as when new.

To color carpet rags with copperas, make a strong copperas dip in one kettle; in another kettle make a strong lye. Have the rags well washed and clean, dip them first in the copperas bath, drain them for a few minutes, then dip into the lye and drain. Continue this dipping back and forth until the desired shade is obtained, then let get thoroughly dry, and wash well in soap suds.

Some Good Recipes

Fruit Cookies—Two pounds of seeded raisins, one pound of currants, one pint of chopped nut kernels, one quart of New Orleans syrup, one pint of lard or pound of butter, one pint of buttermilk, two grated nutmegs, two tablespoonfuls of ground allspice, one tablespoonful of soda. After thoroughly flouring the fruit, put all the ingredients together and mix with sufficient flour to make a rather stiff dough. Mix in the bread pan with the hands, just as you would mix bread. Do this at night, and let set in a fairly warm place over night. In the morning roll out without further mixing on a well floured board, cut into shapes or square and bake. This quantity will make over four gallons

of cookies, and they will "keep" as long as they are let to.

Beef Pot-Pie—Two pounds of good round steak cut into small pieces; put on to stew very slowly for an hour, starting with cold water one quart, adding a tablespoonful of butter rolled in flour and one minced onion. Boil, peel and quarter when tender six potatoes. Make a crust of one pound of flour, one-third of a pound of beef suet, a pinch of salt and enough cold water to make a dough. Line a deep baking dish nearly to the bottom around the sides with the crust, then put in layers of meat and potatoes, alternating with small squares of the dough; the gravy from the meat and potatoes should fill the dish to the brim. Cover the top with crust, putting a paper funnel in the center as a vent for the steam, and bake for an hour in a moderate oven. Remove the paper vent when the pie is done. Serve hot.

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