

of one egg and the whites of two eggs beaten stiff, the grated yellow rind of one lemon, a tablespoonful of melted butter and one cupful of milk. Mix these ingredients to a smooth dough and stir in half a cup of washed and dried currants; spread the mixture in two well greased shallow pans; brush over with the remaining egg yolk; then with two tablespoonfuls of melted butter mix three tablespoonfuls of granulated sugar, two tablespoonfuls of finely shredded citron and half a cup of finely chopped almonds; sprinkle this over the cakes and bake in a quick oven.

Fruit Salad—Peel one-half dozen oranges without breaking, then pull each section apart and lay in a dish; peel and slice one dozen bananas; put a layer of the bananas over the oranges, and cover with granulated sugar; put the fruit in alternate layers with the sugar until all is used. When serving, add whipped cream, or eat without.

Oyster Salad—Put the oysters over the fire in their own liquor and let barely come to a boil, adding salt and pepper; skim out the oysters and let get cold; set on ice; cut in two or three pieces according to size, and allow two cupfuls of finely chopped celery to one and a half cupfuls of oysters. Dress with mayonnaise dressing.

Requested Recipes

"Succotash"—This is an old-time dish made of coarse hominy and beans with a seasoning of pork. One pint each of coarse hominy or dried corn, and small white beans. Put these into a bean pot or kettle with three quarts of water, set where it

will cook moderately for several hours, or until tender; adding water as needed to keep from scorching. When about half done put into the pot one pound of nice salt pork, and season with salt to taste and a little pepper. When done, the mixture should be of the consistency of very thick soup, and will have cooked nearly all day.

Lye Hominy—Instead of making lye of ashes, take three tablespoonfuls of cooking soda to each gallon of shelled corn. Boil the corn and soda together until the husk on the grains can be rubbed off, the same as in lye cooking; when done, wash the same way, until clear of the soda. It will not taste of lye as the potash cooking does.

"Mashed Potatoes"—The potatoes must be dropped into boiling salted water and kept boiling until done; the moment they are tender, pour off the water and set where all steam will escape; then mash all lumps well, add plenty of butter and a little good, rich milk, then beat hard with a large spoon, just as you would beat a cake, until you have a smooth, creamy mass that will be white and foamy.

"Vinegar Dumplings"—One quart of good vinegar diluted with one pint of water, and add three teacupfuls of sugar; cook this until it comes to a boil; then take one pint of flour, two eggs, two teaspoonfuls of baking powder and salt to suit; make into a batter with water as stiff as can be stirred with a spoon; flavor with lemon, if liked. Drop the dough by spoonfuls into the boiling vinegar and continue to boil until the dough is cooked through. Serve while hot.

Worth Knowing

It is impossible for even the physician to prescribe a diet for an individual, except on general terms. Every stomach is unlike every other stomach in some particular, and digestion does not depend altogether upon the stomach or intestines. Many other things must be taken into consideration. Some stomachs are alkaline, while others contain too much acid. For an acid stomach, a little baking soda in a glass of water will give relief for pain after eating, while, for the stomach lacking acid, an acid remedy is indicated. After eating meats, greasy foods, and pastry, one often finds relief by using an acid drink, and the citric acid of lemonade is medicinal and helpful.

One-fourth teaspoonful of table salt taken in a glass of hot water, sipping it slowly, every morning on getting out of bed, is said to greatly clear a muddy complexion. This also relieves constipation, which is generally the cause of the muddy color.

When the sedentary worker eats her lunch, she generally reads something, or sits or lies down, because she is "so tired." The thing to do is to take a brisk walk, putting in all the time she can spare from eating her lunch; and if she would be free from headache, she should eschew pickles, cakes and pastry at lunch time. Plain, wholesome food is much better.

Physical culture exercises must be taken regularly, if good results are expected. Ten minutes devoted to this exercise should be taken out of the time every morning. Exercise, combined with deep breathing, and plenty of water drinking, is nature's own materia medica, but it costs so little that it is not regarded as "worth while."

Some persons can not drink a great deal of any liquid; these persons should take their drink by sipping slowly and often. If cold water disagrees, find a comfortable temperature and take it at that. With some people, very hot water, slowly sipped, is all the medicine needed,

combined with fresh air, exercise and breathing.

Using Cements

Quite as much depends upon the manner in which a cement is applied as upon the cement itself. The best cement made would prove entirely worthless if improperly used. Good, common glue will unite two pieces of wood so firmly that the fibres will part from each other rather than from the cementing material; two pieces of glass can be so joined that they will part anywhere rather than on the line of union. Glass can be united to metal, or metal to metal, or stone to stone, and all so strongly that the joint will certainly not be the weakest part of the resulting mass. To effect these results, these rules must be observed: The cement itself is to be brought into intimate contact with the surfaces to be united. The obstacles to this are air and dirt; the former is universally present; the latter is due to accident or carelessness. Unless the adhering layer of air is displaced, the cement can not hold on the surface to which it is applied, simply because it can not come in contact with it. The most efficacious agent in displacing air is heat; therefore, the two surfaces to be joined are to be thoroughly heated before the cement is applied. The least possible cement should be used; when the surface is separated by a large mass of cement, we have to depend on the strength of the cement itself, and not upon its adhesion to the surfaces

which it is intended to join, and in general, cements are comparatively brittle. There are so many good cements that it is hard to choose. For mending broken china, glass, etc., this is recommended: Take one pound of white shellac, pulverized; two ounces clean gum mastic; put these into a bottle, then add one-half pound of pure sulphuric ether; let stand half an hour, then add one-half gallon of 90 per cent grain alcohol. Shake occasionally until it is dissolved; heat the edges of the article to be mended, apply the cement with a pencil brush; hold the article together until the cement cools. This makes a transparent cement. The article must not be used until perfectly dry.

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