

measure the juice and allow an equal quantity of heated granulated sugar, then boil another few minutes until it jellies in a saucer. Too much cooking darkens the color. When the jelly is cold, pour melted paraffin wax over the surface about a half-inch deep. This will keep the jelly from molding. Cherries, gooseberries, currants and grapes may all be done by this process.

If one has more fruit than is wanted for canning or preserving, much of it can be made into fruit juices, and canned the same as the fruit, sealing it tightly, using no sugar.

If the jelly refuses to "jell" after standing a few days, add a pint of apple juice to each three pints of jelly and boil until it will "jell" in a saucer. Jellies that do not harden readily will set more quickly if kept in the sunshine several hours every day for a while, and they will keep much better. When sunning the jelly, the paraffin must be removed, and can be melted and poured over the pot again when the juice is hardened. If one has tin covers for the jelly glasses, it is well, but the paraffin will protect the jelly.

Salads

Dressing Salads with Cottolene—Four egg yolks, four tablespoonfuls of sugar, one teaspoonful of salt, and one each of mustard and white pepper; one-half saltspoonful of cayenne pepper, one cupful of vinegar, one tablespoonful of cottolene. Beat the yolks until stiff and smooth, then stir in the sugar, salt, mustard and pepper, bring the vinegar to a boil, stir in the cottolene and beat it slowly into the eggs and spices.

Cream Salad Dressing—Yolks of three hard-boiled eggs rubbed smooth with a saltspoonful each of

mustard, sugar and pepper, and one raw egg well beaten. Add, a little at a time, a cupful of thick cream, alternating with two tablespoonfuls each of lemon juice and vinegar, beating constantly all the while. Add the chopped whites of the boiled eggs.

French Tomato Salad—Remove the skins from as many smooth, ripe tomatoes as necessary; cut in halves and arrange carefully on a platter or glass dish almost smothered in chopped ice. Leave in the sauce dish a dressing made of one-half of a cup of light brown sugar, one cup of vinegar, with salt and pepper to taste; as each plate of the tomato is served, pour some of the dressing over it, as the tomato loses its flavor when the dressing remains on any length of time.

Chicken Salad—One quart of chicken meat, cooked and chopped; three tablespoonfuls of vinegar; one tablespoonful of oil, one generous teaspoonful of salt, one-half teaspoonful of pepper; one pint of chopped celery; mayonnaise dressing. Take the skin from the chicken, remove fat and bones and chop; put one quart of the meat in a bowl with a marinade made by mixing vinegar, oil, salt and pepper; stir well and place in the refrigerator for an hour or more. Cut in thin slices enough of the white, tender part of celery to make a generous pint; wash this in cold water and put it in the refrigerator with pieces of ice on top; at serving time remove the ice and drain all the water from the celery; mix the celery with the chicken, add half a pint of mayonnaise dressing; arrange the salad in a bowl or flat dish; mask it with half a pint of mayonnaise and garnish with some of the blanched celery leaves.

Health Notes

It is recommended to add a little salt to all foods for sick people, and to use fruit juices, especially that of pineapple, lemon, and unfermented grape juice to correct the tendency to putrefactive intestinal charges always present in invalids. Fruit juices should not be given with the food, but an hour or so after meals.

Weak coffee, without milk or sugar, or with a dash of milk, may be taken usually without any disagreeable after effects; coffee taken clear is claimed to aid digestion, but with milk and sugar, it often has a disturbing effect.

In case of mumps, little treatment is required beyond confinement to the house and the administration of a simple purgative. Because of the impossibility of mastication, the patient is compelled to live on a "slop" diet, but for a delicate person, a good broth is necessary. Hot fomentations and bran poultices should be applied to the swellings when painful. Care must be taken not to allow the patient to take cold.

While measles is regarded as an ailment easily cared for with many, one should not forget the danger of its complications, the liability to eye and ear difficulties, or lung or throat troubles, and these very often end in death, loss of sight or hearing, or leave an impaired condition which readily tends to tuberculosis. In even mild cases, there is danger, and care should be taken to prevent the patient catching cold. Keep in a warm room, with simple diet and keep the excretory avenues open.

Disease

Disease and ugliness enter the body through three channels—bad thoughts, bad air and bad food. By bad thoughts is meant idle, foolish, vain, envious, peevish, scolding moods, which actually poison the blood and show physical evidence in sallowness, headaches, wrinkles, pimples and disorders of the nerves.

By bad air, close, unventilated rooms by day and by night, imperfect breathing, tight corsets, sleeping close to others, breathing their exhalations, and a dread of drafts. By bad food, is meant not only food which is indigestible, but wrong combinations of foods; eating too fast, imperfect mastication, eating indigestible spices, candies, fats, and trashy things that have no food value, as well as eating too much or too little.—Medical Magazine.

Puree of Dried Red Beans

For a family of four or five persons, set one cupful of beans to soak overnight in cold water. In the morning, drain the water off, rinse with fresh water and put to cook in

plenty of cold water. Bring to the boiling point and let simmer, covered, until nearly tender, then remove the cover, add a teaspoonful of salt, set the vessel on an asbestos mat, and let cook until the water is evaporated. Mash the beans, press through a sieve and return to the fire with one-fourth teaspoonful of black pepper, a dash of paprika and salt, if more is needed, then pass through a sieve again. Add sugar and lemon juice to taste and cook five minutes. Cool, and add the well-beaten whites of four eggs. Turn into a buttered pudding dish and bake by setting the pan in a vessel of hot water while in the oven cooking until firm. Cool and serve with a boiled custard made with the yolks of the eggs.

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