

milk or water is boiling hot before adding the "roux," so much the better, and the mixture must be stirred as the milk is poured in, so it will blend readily. A full cupful of liquid is the usual amount, but exact quantities can not be given, as flour varies so in its thickening qualities. To this "gravy," or sauce, sugar is added at the last, making it transparent, rich and smooth. Flavors may be added, as liked; the quality of the sauce depends largely on whether or not the flour is cooked properly, and this is easily done without scorching, if attention is paid. If a brown sauce is wanted, the flour should be browned carefully before using with the butter; the liquid may be water or a broth; or it may be colored with a good brown sugar. The "white sauce" so often mentioned in cookery books is just the old-time "milk" or "white gravy" of our long ago breakfasts, made with flour, meat-drippings or fryings, and milk; butter is used for sauces instead of drippings.

Homemade Citron

The commercial candied citron is rather expensive, and an excellent substitute may be made by the use of the citron melon of the garden, or, lacking this, full grown, but not yet ripened muskmelon. The muskmelons to be used are of the "cantaloupe," or green-fleshed kind—not the yellow ones. The process of making is the same with either the garden citron or the muskmelon.

Select the melon when full grown, firm, but just beginning to ripen. Cut into convenient pieces, pare the rind off very thinly and remove the seeds. Let lie in slightly salted water over night, then drain and soak in clear water until freshened, changing the water as necessary.

Drain well of the last water; put into a porcelain preserving kettle pound of granulated sugar for a pound of prepared melon, and set the kettle on the back of the stove, without adding any water, and let heat slowly until the sugar is melted; slice and cook with the melon two lemons, rind and all, to each gallon of melon. When the syrup is formed, let it simmer slowly until the pieces of melon are tender and transparent. The melon will absorb nearly all the syrup. Lift the pieces out on platters and set in the sun, or equal warmth, and as the pieces dry out, put the left-over syrup on the pieces, a little at a time, until all is dried in. The fruit will be a little moist, and should be packed in jars, and a layer of sugar put on top. If wanted only for home use, the citron or melon may be in the form of preserves. A green color may be given the fruit by mixing with it a good handful of fresh, clean grape leaves and covering with water in which a little soda has been dissolved, and letting slowly boil for a few minutes before putting with the sugar and lemon.

Pickles, Relishes, Etc.

In looking over the shelves of even the country grocery store, one can but wonder at the amount of pickles, relishes, catsups, and sauces of various kinds that take up nearly all the room in the canned goods department. Surely, people must consume enormous quantities of such stuff, judging from these displays. Yet, in nearly every home which pretends to any sort of thrift, we find the housewife putting up more or less of the same sort of eatables. If the appetite, or lack of appetite of the family calls for such stimulants, and if the housewife have time, strength, a love for the work, and the materials, it is far better to prepare such things in the home kitchen. If the housewife has a streak of frugality sufficiently broad to save up the spoonfuls, many a bottle or glassful of such things can be made of the odds and ends left over from table supplies at a saving of, during the season, many dollars which vegetables and fruits bought specially and in quantities for such preserving would demand. It is better, too, to put such things up in small bottles or jars, or even tumblers, if they do not require air-tight sealing, as any kind of supply lasts longer and keeps better if the bulk is not disturbed. Cookery books, booklets from advertisers, the household departments of papers and magazines, are lavish of recipes for this branch of housewifery, and jars, bottles, tumblers and crockery will all last for years if given good care. Many bottles, jars, and tumblers can be saved from the "store" things, and often families using a large quantity of these goods are very glad to have the vessels taken away after the contents are removed. A trip through the alleys of any village, or city will show the quantity of such things thrown away.

One of the best ways of saving the odds and ends of vegetables is to mix them and cook until done, then bottle for soup seasoning during the winter. "Gather up the fragments," and remember that pennies amount to dollars, if there are enough of them.

Some Seasonable Topics

Lemons spoil readily in the hot months, and it is not always convenient for the farm wife to send for fresh ones when wanted. If made into a syrup, the flavor is always ready for lemonade, pies, puddings, sauces. Get one dozen nice lemons and carefully grate the thin yellow rind into a basin, not allow a particle of the white part to mix with it; squeeze out the juice, and add

to the grated rind, and let stand several hours. It is claimed that if the lemon is heated before squeezing, more juice may be extracted. For the dozen lemons, take four pounds of granulated sugar and make into a thick syrup with just enough water to boil it smooth. Then stir in the lemon juice, mix thoroughly and pour into small bottles, cork tightly and dip the corks in melted paraffin or wax. This will keep perfectly, and the bottles, corks and wax may be used again and again.

To make creams successfully, one must know how to whip the fresh cream; what its temperature should be; how rich; whether to be sweetened and flavored, and how. Every-

thing depends upon the process of whipping properly, and on having the cream and all utensils ice-cold. The cream must be thick and perfectly sweet, and thoroughly chilled by long contact with the ice closet; then, sweeten and flavor with a few drops of the desired flavor; set the bowl in a pan of cracked ice and have another empty bowl beside it; use an egg-beater, and as the froth arises, lift and put into the second bowl; continue the whipping until all is finished, removing the cream from the top as it froths. If wanted very stiff, remove the froth to a sieve, and the drainings can be again whipped. The froth must be kept perfectly cold until served.

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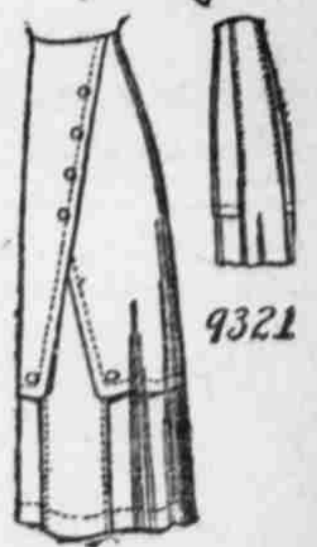
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