

VALUE OF ORANGES

ONE OF THE MOST HEALTHFUL OF FOODS.

Many Delicious Dishes That Can Be Prepared from This Royal Fruit—Omelet That Will Be Appreciated.

Medical men say that an acid orange eaten daily before breakfast from December to April tends to produce a condition of almost perfect health. It is well known that singers consume large quantities of oranges, the juice of the fruit being considered specially good for the voice.

Orange Omelet.—Beat the yolks of six eggs with seven teaspoonsful of powdered sugar. Whip the whites to a stiff froth and pour the egg and sugar mixture over them. Mix lightly, at the same time adding the juice and grated outside rind of a large orange.

Orange Roly Poly.—Peel, slice and seed four sweet oranges. Sift together one pint of flour, one tablespoonful of baking powder and one-quarter of a teaspoonful of salt.

Orange Pudding.—Take three oranges, the juice of half a lemon, one pint of milk, one tablespoonful of cornstarch, one cupful of sugar, two eggs and one-fourth of a teaspoonful of salt.

Setting the Pace. The careful housekeeper whose heart is thoroughly in her work and whose aim it is to make her household run on oiled wheels will soon discover that it lies with her to set the pace in energy, carefulness, tidiness and punctuality.

On the other hand, if the mistress is tidy, quick to discover mistakes, careful and troubled over every detail of domesticity, she will soon find that her house works well, and that punctuality and order reign in place of slackness and careless methods.

English Yorkshire Pudding. One-half pound of flour, one pint of milk, two eggs and a pinch of salt. Beat the eggs and salt, add part of the milk, then the flour and rest of the milk. I like a fork the best to mix with. I melt some butter or dripping and put in my muffin pans and have my pans hot. Put my batter in about half full, and then everybody gets their share of crust.

Worcestershire Sauce. Add to one quart of vinegar one-half ounce cayenne pepper, two heads garlic, chopped; three anchovies, mashed; two teaspoons ground cloves, three teaspoons of allspice, two blades of mace, one-half teaspoon each cinnamon and ginger. Let stand 24 hours. Strain, add the juice of a lemon. Cork and set aside for ten days. Pour in a crock and skim, bottle and seal.

With the Squabs. For a sauce for fried squabs turn a cupful of hot water flavored with beef juice or a good stock into the pan in which the squabs are cooked, add six or eight button mushrooms cut in pieces, pepper and salt, and cook for five minutes. Then season with a tablespoonful of flour rubbed smooth with two tablespoonfuls of butter.

Cranberry Jelly. One quart cranberries, one pint sugar, one-half pint water; wash and pick over cranberries, put in a saucepan with sugar and water; boil 12 minutes; wash the berries on side of kettle while boiling; strain through coarse wire sieve; put in mold. Jelly will set on dish. Any one can make this jelly and be sure of it.

NEW IDEAS IN DESSERTS.

Delicious Dishes Will Be Welcome Change in the Menu.

A recipe from a western cook for a maple mousse that is simply prepared and costs no more than a quart of ice cream:

Beat until light and foamy the yolks of four eggs, and put them in a double boiler with one cup of maple sirup. Cook, stirring constantly, for 15 minutes, then remove from the fire and beat until quite cold. Stir in one pint of rich cream which has been stiffly whipped, pour into mold, cover and pack in ice and salt for about five hours.

For further freezing, have a thick layer of shaved ice in your pail, set the mold in, sprinkle in a little salt over the ice, then fill the pail with alternate layers of ice and salt.

There are some women who dislike to fuss with cracking and shaving ice, and numerous jellies and creams can be prepared that are quite as delightful and refreshing as the frozen variety. One of these is a pineapple Bavarian cream.

Chop finely a medium-sized pineapple, add to it one cup granulated sugar, and let simmer 20 minutes, then add one-third of a box of gelatin, which has been dissolved in one-half cup of water. Stir them until cold, then add one pint of rich cream and one-fourth pound candied cherries. Mix thoroughly, then put in a mold and set away on the ice.

DUMPLINGS FOR THE STEW.

Light and Palatable Accompaniment to Chicken. Stew a chicken in enough salted water to cover until tender. While chicken is cooking prepare dumplings as follows: Boil six large potatoes until done, then mash or put through potato ricer while hot.

Salt the potatoes to taste, add pepper, nutmeg, one tablespoon sweet marjoram, three eggs, the browned bread and flour enough to shape into dumplings. Shape one and drop into boiling water to fry. If it falls apart, add more flour to the mixture. Put the mixture on a floured board and roll out with the hands the shape of a sausage and cut into two-inch lengths. When chicken is tender, take out and place on hot platter in warm place. Be sure that there is enough broth left to boil dumplings by adding a little more boiling water if necessary.

Drop in the dumplings, boil from five to seven minutes, or until done; take out, place around chicken and thicken the remaining broth with about two-thirds cup flour that has been cooked in one-half cup butter. Pour over chicken and dumplings and serve while hot.

Tub Cheese. Many years ago I used to see this peculiar cheese prepared, says a writer in the Boston Globe. Fresh, sweet milk was used, and the curds were set with rennet in the usual way. Every day, or as often as the milk curd could be spared for the purpose, the curds were "run up," salted and packed solid in a wooden tub kept for this use. When full the tub was covered with a thick cloth and heavy, elms cover, and set away in a dark and remote corner of the cellar. There it remained several weeks or months before it was considered fit to use. I never knew what changes took place in the stuff during this ripening period, but I do remember how odiferous that region of the cellar became whenever the covers were removed.

Mustard Sauce. Put two tablespoonfuls butter in a saucepan over the fire and heat without browning. Mix in two tablespoonfuls of flour and pour in gradually a pint of hot stock or water, stirring until thickened and perfectly smooth. Add two tablespoonfuls more butter, cut in small pieces and salt and pepper to season. Mix in three tablespoonfuls of made English mustard and a little cayenne.

For a cold mustard sauce to serve with meats rub a quarter of a cup of mustard smooth with a tablespoonful of olive oil and a teaspoonful each of onion juice, sugar and paprika. When well blended add enough vinegar to make a paste, beat ten minutes and turn into a close stoppered mustard cup.

Smooth Lunch Cloths. To have lunch cloths and centerpieces without creases from having been folded is difficult. Either save the heavy pasteboard rolls that pictures and calendars come in or make a roll of heavy paper about twice as large around as a broom handle; and, by the way, an old broom handle serves to start the roll of paper on, having two lengths, one about a foot long for small linen pieces and another about three feet long for larger pieces, and roll the freshly ironed linens on these rolls and keep in linen drawers ready for use and it will not be necessary to iron the creases out of each piece, as is the case when they are folded.

Chocolate Ann. Three cups of white sugar, one cup milk, one-fourth teaspoonful cream of tartar, two squares of chocolate, one tablespoon of butter, one tablespoon of vanilla; boil sugar, milk and cream of tartar nine minutes, or until it will form a soft ball; add chocolate (melted) and butter; cook one minute longer; remove from fire; add vanilla; beat vigorously for one or two minutes, then pour in pans; mark in squares.

Drop Cake. Three eggs, one cupful of brown sugar, one cupful of molasses, one cupful of good shortening, one tablespoonful of ginger, one tablespoonful of cinnamon, one cupful of hot water, one tablespoonful of baking soda and five cupfuls of flour. Add currants if preferred.

WAY TO CLEAN UP

SYSTEM AN IMPROVEMENT ON ANNUAL OVERTURNING.

Instructor in Domestic Science Points Out Proper Method of Getting Rid of Dirt and Preserving Health.

It is a unique experience and one worth chronicling to visit a large class in a prominent college for women, where not mathematical logarithms or Greek meters but principles of household management are considered, says the New York Tribune. "And out of such an experience," says the instructor, come points deserving to be widespread.

"Thorough cleaning of a room does not mean a semi-annual cleaning. As a clever woman said: 'House cleaning? Don't!' There are certain things which need to be done annually or semi-annually, such as painting, whitening of walls, cleaning stoves, but with the modern house it is more sanitary and more economical to keep clean all the time than to try to do it twice a year.

"Following the regular sequence of processes is the most effective way to clean. If the mistress knows this sequence she can instruct the maid. First, collect your materials—dusters, mops, brooms. Next, look out for the piano. Dust and clean it thoroughly with an oiled cloth—preferably kerosene, because this is cleansing, evaporates quickly, is cheap and is always at hand; but sweet oil or salad oil may be substituted. Clean the white keys with alcohol, the black keys with soap and water. Dust the case after closing the piano and cover the instrument carefully.

"Now open the windows wide, if the weather permits. Dust and cover all large, permanent articles of furniture. The best dust covers are made of glazed goods—some smooth, washable stuff which may be starched. Then, in order, take down the draperies and, if possible, put them out of doors for the wind and sunshine to purify. Dust the window shades and roll them close to the top. Remove from the window, after dusting, all the easily movable furniture—tables, chairs, etc. Next dust the pictures, both glasses, frames and backs. Newspapers make excellent coverings for pictures. And, by the way, study the use of newspapers. (Wash the picture glasses after the sweeping is over.)

"As to books: There is an admirable process expressed in four words—clap, snap, blow, wipe. As to rugs, roll them inside in; spread out, if possible, on the grass or snow, or hang out on the clothesline if there is no other place. Better still, hang them over two or three lines, as this will relieve the strain. Let your rugs have the sunshine for the sake of your health; never mind the fading. Last of all, remove the plants from the room and dust and tie up the chandelier.

"Then, while the dust is settling, go outside and do some of the work needed on rugs, draperies, plants. When the dust has settled clean the walls and ceiling, and dust or sweep or wash the floor. Clean the paint and the windows at the end, after the room is cleaned. The final process is very simple. Remove all the large articles of furniture, the draperies, etc. Fold the sweeping covers in and put all your cleaning materials into their places, in readiness for the next time of use."

Olive Sauce. Two level tablespoonfuls butter, one small sliced onion, three level tablespoonfuls flour, 1 1/2 cups brown stock, one-third level teaspoon salt, one-eighth level teaspoon pepper, 12 medium sized olives.

Melt the butter and cook the onion in it until browned slightly. Remove the onion, and when the butter is well browned add the flour and allow that to brown. Add the stock gradually, stirring until thick and smooth; then the salt and pepper. Remove the stoness from the olives, keeping the meats as perfect as possible. Cook the meats in boiling water for five minutes, then drain and add them to the sauce.

Why Flannels Shrink. First—Soap has been rubbed on them instead of soap jelly being used. Second—They have either been washed or rinsed in water too hot or too cold. Third—They have been allowed to lie about wet, instead of being hung up to dry immediately. Fourth—They have been dried too slowly. Fifth—They have been dried so close to an open fire that they steamed. Sixth—They have been ironed while wet with a very hot iron.—Delineator.

Narcissus for Table Center Piece. If a table center piece is desired in white, a Chinese sacred narcissus, in a cut glass bowl, can be used, and will stay in bloom for two weeks. Or a clump of paper white narcissus, reported in an ornamental fern dish, or fine china bowl. Take your own dish or bowl to the florist and he will make the transfer from the pot to it, and no one would suspect but that the bulbs were grown there.—Vogue.

Drop Cake. Three eggs, one cupful of brown sugar, one cupful of molasses, one cupful of good shortening, one tablespoonful of ginger, one tablespoonful of cinnamon, one cupful of hot water, one tablespoonful of baking soda and five cupfuls of flour. Add currants if preferred.

NEW WAY TO SERVE TONGUE.

Mushrooms Add Greatly to the Flavor of the Meat.

Skewer a large, fresh beef tongue and simmer four hours. Remove skin and place in a steamer over a kettle of hot water to keep hot while the sauce is being prepared. Take two tablespoonfuls butter and stir in a sauce pan until a bright brown, then stir in two tablespoonfuls flour and keep on stirring until it all bubbles. Now if made with stock or strong soup the sauce will be doubly delicious. If stock or soup is not at hand use some of the water in which the tongue was boiled. Add one pint of the liquid if you use fresh mushrooms, two-thirds of a pint of the latter will make up for the additional liquor. Pour in all the liquid at once and stir till all boils. Put in salt and pepper to taste, a teaspoonful Worcestershire sauce, a pinch of sugar, a dash of celery salt and the mushrooms. If the latter are fresh set the saucepan into one of boiling water and let all cook for at least 20 minutes; if canned, it will be sufficient to bring all to the boiling point. Pour over the tongue enough to mask it well and put the rest in a gravy boat.

Serve on a hot platter garnished with a border of small white celery tips and slices of beet. Can be used for luncheon. Have a sharp carving knife.

RECIPE FOR SOAP JELLY.

Economical Way of Using Up the Waste Scraps.

Take as much soap as will be required and cut it down in shreds. Put it into a saucepan and just cover it with hot or cold water. Allow the soap to melt slowly over the fire until it is quite clear and without lumps.

Do not fill the saucepan too full, as soap is much inclined to boil over. The soap may be put into a jar instead of a saucepan and melted in the oven. Any scraps of soap may be used in this way. It is better to make soap jelly fresh each week, as it loses its strength if kept many days.

Remember that the odor and taste of soap will cling very tenaciously to anything with which it comes in contact, so that the knife and board on which it was cut, also the saucepan, ought to be kept for that purpose only.—Delineator.

Broiled Chicken.

To broil a "chicken it should be opened down its back. It is best to remove the breast bone, or, at least, to divide it, if the chicken is small, and to quarter it if the chicken is of fair size, always taking care not to cut or tear the flesh. The joints of wings, thighs and legs should be broken and their tendons clipped, except the birds are very young, when the joints can be severed at table. It is customary, if a broiled chicken be of fair size, to quarter it by cutting across it each way with a knife that is so sharp that the crisp skin is not torn. The removal of its bones before broiling a chicken does not impair its appearance, nor is their absence noticeable, because they are taken from the inside and only the outside is visible on the platter. If carving scissors are used, they make a removal of the bones and a severing of the ligaments before cooking needless; that which is easiest for the carver makes the speediest serving.

Cheese Dainty. Cheese is being used as a substitute for meats. It is pre-eminently useful in making dainties for chance company suppers. Toast spread with grated cheese with a dash of paprika set in a quick oven is appetizing. As tempting as any dish is the "golden foam," served at first-rate cafes. Melt one-half pound of rich cheese in a frying pan and when soft add one cupful of thick sweet cream, half a teaspoonful of salt and a pinch of cayenne. Mix thoroughly, then break in quickly six fresh eggs and cover for two minutes. When the whites begin to set remove the cover, and beat the mixture well with a large spoon for a few minutes. Have ready fresh crackers, heated and buttered, spread the cheese foam quickly over them and serve at once.

Salted Nuts. Salted nuts are now so great a favorite that no elaborate dinner would seem complete without them. As ordinarily prepared, however, the salting of nuts is quite a serious task, but if the cook desires to save time in cooking them she may attain the same result more easily by dropping them into a kettle of beef fat—lard by preference—and letting them remain from ten to 15 minutes. When done, they must be drained thoroughly before being salted, but they will be found to be just as palatable as the nuts that have been prepared by the far more laborious process.

Cauliflower Salad. Soak a head of cauliflower in cold water, break it into flowerets and cook in salted boiling water for 30 minutes. Keep it perfectly white; if it boils too long it will lose its color. When done lift it carefully and stand aside to cool. At serving time arrange it in a salad bowl, sprinkle with chopped parsley and a tablespoonful of onion juice, pour French dressing over all.

French Chef's Chicken. Stew and strain one can of tomatoes. Into this put juice of small onion, one teaspoon ginger, teaspoon of salt, and red pepper to taste. Cut up tender chicken, dry with cloth and fry in hot butter. When brown add to tomatoes and stew until tender. The chicken should only be browned in the butter—not cooked. Add drippings when through the frying.

HINT FOR THE COOK

PROPER PREPARATION OF WINTER VEGETABLES.

Judicious Selection of Days on Which to Serve Them Makes for Economy and Also Reduces Labor.

If the dinner preparations and other household duties are properly organized or planned the common winter vegetables can be cooked as inexpensively as canned goods and are far more palatable. But when vegetables require long cooking they should be served on a day when boiled or stewed meats, puddings and other slow dishes are to be served, making one fire do for all. Here are some good recipes for winter vegetables:

Fresh Carrots and Canned Peas.—Select eight carrots of uniform small size, scrape, pare and wash. Slice them about a quarter of an inch thick. Lay them in a saucepan with two sprays of parsley, two small onions, half teaspoon of salt, two saltspoons of white pepper, a teaspoon of sugar, half pint of hot water, or, better still, of white broth, with teaspoonful of butter. Simmer for five minutes, then set the pan in a moderate oven for 25 minutes. Remove from the fire and take out carefully the onions and the parsley. Add a cup of canned peas, from which the juice has been poured and which have been heated in a teaspoon of butter. Set back on the stove, stir gently for a minute, pour into a hot vegetable dish and sprinkle lightly with chopped parsley.

Fried Parsnips.—Boil six medium-sized parsnips at any time when you are using the fire for other purposes. While still warm peel carefully and lay them aside to cool. When ready to cook the second time cut them in slices, either across or lengthwise, about a third of an inch thick. Pour over them a little lemon juice and half teaspoon of salt, a little pepper, and, if you like the flavor, a teaspoon of olive oil. Let them stand thus for half an hour. There are two ways of frying them. You can brown them in butter or you can dip them in a batter made of flour, eggs and milk and then drop them in boiling lard as you would fritters. The use of the lemon juice prevents that flavor to which some families object.

White Beans Francais.—Soak one pint of small white beans over night. Two hours before dinner drain them and put them over a fire in two quarts of cold water. For seasoning add a tablespoonful of salt, a teaspoon of white pepper, two small onions cut in half, three small branches of parsley and a sprig of bayleaf tied together. Add half a pound of salt pork which has been washed, cover the pan tightly and cook slowly for two hours. Now, in another saucepan melt two tablespoonfuls of butter, add one medium onion, chopped, and three tablespoonfuls of flour. While cooking stir for five minutes. Then pour off the gravy from the beans and add it to the mixture in the second saucepan. Stir and boil two minutes. Remove from the beans the salt pork, herbs and onion halves, adding the beans alone to the sauce. Bring to a boil and serve. This is a popular dish with French peasants.

Stuffed Cabbage.—Cleanse, soak and boil a large, firm head of cabbage until tender, then scrape out the inside, leaving enough for a solid wall. With the scrapings mix a cup of fine bread crumbs, a little salt, pepper and celery seed and one small onion (if liked) chopped fine. Beat this up with a tablespoon of warmed butter and three eggs. Fill the cabbage with this stuffing, tie around it a strip of cloth and bake until brown.

For "Unpremeditated" Suppers. Chop five ounces of soft cheese into small bits and put it into a small saucepan with one egg, a level tablespoonful of butter, half a teaspoonful of salt, a pinch of cayenne, a level teaspoonful of mustard and five tablespoonfuls of milk. Cook over boiling water until the cheese is soft and creamy, then set where it will keep hot without cooking for a few minutes. Toast five slices of bread and keep hot. Poach two eggs for each slice. Spread the cheese mixture quickly over each slice of toast and place over this two eggs on each piece. Have a little butter, salt, pepper and mustard rubbed together, put a tiny bit on each egg and serve at once.

A Luncheon Dish.

Chop a quarter of a pound of good rich cheese into small bits and rub it smooth with two tablespoonfuls of butter, the slightly beaten yolks of two eggs and a tablespoonful of made mustard. Add salt and cayenne to season. Spread the mixture over half a dozen slices of hot buttered toast, and set in a hot oven for a few minutes. Serve at once.

Pumpkin Cakes.

Rub two cupfuls of boiled pumpkin through a colander and add to it three well-beaten eggs, one tablespoonful of melted butter, two tablespoonfuls of cream, a grating of nutmeg and salt to taste. Mix all well together and stir in just enough flour to hold the ingredients together, about two tablespoonfuls. Drop in spoonfuls on a hot griddle, and serve very hot.

A Frosting Secret.

This is an easy and dainty way to make frosting for cake: Purchase a quarter of a pound of large chocolate creams at the confectioner's. Put them in a double boiler and, as they melt, add hot milk, a tablespoonful at a time, until the mixture is of the right consistency to spread.—Delineator.

THINGS GOOD TO REMEMBER.

Soda Crackers with Raisins and Almonds—Onion in Gravy.

Dip any of the crisp soda crackers in milk, but do not permit them to become too sodden. Brush with beaten egg, sprinkle with sugar and spread upon a platter, on which there is room enough to lie singly. Put in the oven, let them brown slightly, and sprinkle with minced raisins and almonds. Lay two or three together and serve with whipped cream.

All white meats gain in flavor from a delicate onion admixture with the gravy. The onion is to be grated and put over the meat before it has just finished roasting and then blended by basting. In this way one avoids the burnt onion slices, which sometimes result from other methods, and which have, in a way, caused the addition of onion to be regarded with disfavor.

The bits of tongue and ham which do not look well upon the table should be saved and chopped up together for meat pies. Spinach prepared with a butter sauce is mixed with the fragments just before they are put into the chopper. A little tomato ketchup is an improvement. The thickening should be either grated bread or cracker crumbs. The usual pie crust is best, with a little niggardliness in the matter of shortening.

An old carpet dyed often looks as good as new. If, therefore you have a carpet which is badly faded, but otherwise in good repair, send it to be dyed, and if you choose a nice color you will be delighted when you get it back again.

HOUSEHOLD HINTS.

Never stir a cake after final beating. Beating motion should always be last used.

It is said that if a little borax is put in the water it will remove fruit stains from the hands.

The rollers of a clothes wringer may be easily and effectively cleaned by rubbing them with a cloth which has been dipped in coal oil.

In order to be sure that the cocoon for ples and candy is perfectly fresh it is well to buy the whole fruit and shred it in the meat chopper.

It is said that if an onion is cut into small pieces and placed about a room it will absorb many disagreeable odors, including fresh paint and turpentine.

A few economical housewives have tried grinding their tea leaves like coffee, and they declare that the result is excellent, only about half the usual quantity being used. Of course, the tea strainer must be as fine as can be bought.

Dainty Dresser Scarf.

When handkerchiefs are cheap buy four embroidered ones with the plain hemstitched edge and sew them all neatly together with a strip of tuchen lace insertion about an inch and a half or two inches in width between each handkerchief and on the edge of the one at each end. When this has been neatly done sew lace, which should match the insertion used, on both sides and ends a little full. Now make a plain cover to go under this of some delicate color, a pale yellow or pink being especially pretty, and you will have a dresser cover of which you may justly be proud. If a commode cover be desired to match this, use three handkerchiefs instead of four to make it shorter and proceed the same as before.

Pineapple Honey is Delicious.

If you have been accustomed to throwing away the core and parings from your pineapples, says the Delineator, stop doing this and make the following excellent substitute for honey: Take the cores and parings from the fruit; cover with cold water, and let them stand over night. In the morning bring the mixture to a boil, and cook for several minutes; then strain through a cheesecloth, return to the fire and boil about ten minutes longer. Add an equal quantity of sugar, and boil about three minutes. The result should be a clear, amber-colored sirup. It will prove delicious when served with hot cakes.

Cabbage Dumplings.

Parboil the leaves of a head of cabbage. Beat or stir two pounds of ground meat, rolled toast or crackers, one raw egg, half a cup of milk and butter the size of a walnut, seasoning with salt and pepper. Place a tablespoonful of the mixture in each cabbage leaf, roll up tightly, tie with a string and brown nicely in a buttered pan. Place in a kettle and let simmer slowly one and one-half hours, and when done place dumplings on a platter, removing the strings. Add a little flour to remaining liquid and serve as gravy.

Coffee Creams.

Heat one pint of milk. Beat up the yolks of three eggs and one white, and add to the hot, not boiling, milk. When it has cooled add two ounces of granulated sugar and enough coffee essence to color and flavor it. Put in a bowl one-half gill of boiling water, three quarters ounce of gelatine. Stir it over the fire until dissolved, then strain it into the custard, which should be warm.

To Remove Finger Marks.

The finger marks so frequently left on painted doors by children or careless maids may be removed by rubbing with a perfectly clean cloth dipped in a little paraffine. The place should be afterward carefully rinsed in cold water and given a final polish with a clean, soft cloth. There is no real remedy for finger marks on light wall paper, but sometimes simply rubbing with a clean cloth will help.