

MICHIGAN FARMER

AND STATE JOURNAL OF AGRICULTURE.

OCTOBER 6
DETROIT, SEPTEMBER 29, 1885.

THE HOUSEHOLD---Supplement.

NOBILITY.

True worth is in being, not seeming;
In doing each day that goes by
Some little good thing—not in dreaming
Of great things to do by and by.
For whatever men say in their blindness
And spite of the fancies of youth,
There's nothing so kingly as kindness,
And nothing so royal as truth.

We get back our mete as we measure—
We cannot do wrong and feel right,
Nor can we give pain and feel pleasure,
For justice avenges each slight.
The air for the wing of a sparrow,
The bush for the robin or wren,
But always the path that is narrow
And straight for the children of men.

'Tis not in the pages of story
The heart of its ills to beguile,
Though he who makes courtship to glory
Gives all that he hath for a smile.
For when from her heights he has won her
Alas! it is only to prove,
There's nothing so loyal as honor,
And nothing so loyal as love!

We cannot make bargains for blisses
Nor catch them like fishes in nets;
And sometimes the thing our life misses,
Helps more than the thing which it gets;
For good lieth not in pursuing,
Nor gaining of great or of small,
But just in the doing, and doing
As we would be done by, is all.

COOKING MEATS.

I believe that as a general rule farmers' wives are more ignorant of the best methods of cooking meats than of the preparation of any other article of food which comes to their tables. Many women who pride themselves on the whiteness of bread, the lightest of cake and the flakiest of pastry, serve meat which has had "the goodness" so cooked out of it that it is as dry and tasteless as the proverbial chip. "All roads lead to Rome," and too many make all meats travel *via* the frying pan route to the table. The method has "inglorious ease" as its principal recommendation, yet there is a right and wrong way to use even a frying pan. Beefsteak, mutton chops, chickens, fresh fish and ham are more palatable and nutritious if broiled; and the inexpensive wire broiler, with long handles which enable the cook to avoid the heat of the fire, has replaced the old-fashioned cumbersome gridiron, and its lightness and ease of handling make broiling as easy as frying. But if the frying pan or "spider" must be used, the right way is to have the pan hot, lay the meat in and turn almost instantly, repeating the turning every two or three

minutes; you sear the surface and in this way the juices of the meat are cooked *in*, not *out*, and also prevent the formation of a hard crust of overdone meat. I have seen a woman who prided herself on her reputation as a good cook, put half a tablespoonful of pork drippings into a frying-pan, let it just melt, and then lay her beefsteak in the semi-liquid fat. As a natural consequence the meat was hardly fit to eat, and the complaint was made that the local butcher "never had any decent beef." If meat is laid in a cold or merely warm pan, covered up and cooked in its own steam, the rich juices are found in the gravy, and the meat has lost just that amount of what makes it palatable and nutritious. Nor should beefsteak or chops be salted while cooking; the salt extracts the juices which should be preserved in the meat. Sprinkle with salt when laid upon the platter, and spread a bit of butter upon each piece if preferred; many relish it best without any addition but the salt, but if butter is used it must be, like Caesar's wife, "above suspicion."

The ordinary "roast beef" of the farmers' table is simply baked beef. The meat is put in a dripping-pan, sprinkled with salt and pepper, the pan filled up with water, and set in the oven. The meat is "basted" with the water in the pan. The better way is not much more trouble, and requires a standard on which the meat is placed, entirely out of the water, of which only enough is used to keep the pan from burning, that it may be the richer for the gravy. The oven should be quite hot at first, to cook the outside enough to keep the essences of the meat within, and the heat then gradually diminished to a good baking temperature. Some good cooks cut off portions of loose fat, or obtain them from the butcher, melt them in a little basin, add salt, pepper and two or three cloves, and baste the meat with this. Ribs of pork, the "spare-rib," may be very temptingly cooked by cracking the ribs, folding over, and filling the opening thus made with a regular turkey dressing, with oysters if desired. Wind a string or piece of tape around to keep the bones in place, and cook as usual, turning to brown both sides alike. A rib roast of beef can be cooked the same way, or "roasted down" in the big kettle.

When a farmer kills a beef animal for home consumption, there are many rough pieces to be used for mincemeat, etc.; put these, after washing, into hot water,

and not too much of it. Other pieces are for soup; have the bones in these well cracked, and put into cold water.

Just here it occurs to me to ask why soup is so seldom seen on a farmer's table? Except the festive oyster stew for holidays, dinner parties or weddings, soup rarely forms part of a farmer's dinner. Yet the city housekeeper finds it almost a necessity in economical cooking, and a good soup is highly prized by the *bon vivant*. The usual objection is that it is not hearty enough for farmers, whose robust frames require more substantial nourishment. But it is not expected nor desirable that an entire meal should be made of it; it is an appetizer, a preparation for the substantial viands to follow, to warm the stomach, to take off the keen edge of the appetite, yet by no means to spoil it. Meat soups—those in which meat enters largely—ought to be made the day before they are to be eaten, that they may get cold and the fat be removed. Anything but a greasy soup; it is offensive to the eye and unpleasant to the palate. Keep soup in earthenware or china; never in tin or iron; remember it should not boil, but gently simmer at the boiling point. In making oyster soup the oysters should be put into the seasoned "stock" while it is boiling, and the soup removed from the fire and served the moment it reaches the boiling point after the oysters are in; they do not then so much resemble fragments of sole leather.

Gravies, which are allied to soups, are generally *too greasy*. Dip off all the fat possible; it is horrible to see a gravy-boat a third full of clear grease, nor is it healthy to eat so much fat. We are not Esquimaux, who need to live on whale blubber to keep the vital fires burning, and the less grease we give to our much enduring stomachs to digest, the clearer our complexions and purer our blood.

Ham, to be eaten cold, should stand in the water in which it was boiled until it is cold; it will not be so dry and hard. The same is true of corned beef, or almost any meat intended to be eaten cold. Not long ago a lady asked how corned beef could be kept during the summer months. I know of no method by which it can be kept except by the use of so much salt that it is rendered hard and unpalatable. Our city packing houses furnish it to their customers till quite late in spring, but at the last it is apt to be somewhat "off flavor." When corned beef is found to have "turned" just a little, so that it

gives off an unpleasant odor in cooking, a few pieces of charcoal in the water will do away with the smell, and the meat will come out perfectly sweet and fresh. This I tried once when the brine on our beef soured "unbeknownst" to us. Saltiness in corned beef may be remedied in a measure by putting it into cold water, cooking for an hour, pouring off the water and putting in a fresh supply, boiling hot. If you would have the fat of a baked ham anything but a "sizzle" or scrap, cover it before baking with a flour-and-water batter, which prevents it from drying up. If you like a crisped outer surface, remove the crust when the meat is done, and return to a *very hot* oven just long enough to brown it a little.

The average farmer's wife has more experience in cooking pork than any other kind of meat; she ought to do it to perfection. Too often it is not cooked enough, and is sent to the table swimming in its own grease, which is eaten as gravy, a most unwholesome substitute for butter. Fry till *brown and done*, not to a crisp, till it is like a "crackling," nor only warmed through. Take up on a platter and dip a tablespoonful or two of sweet cream upon it. Pour off all the fat except a tablespoonful or two, stir into this a scant tablespoonful of flour, mixing well to prevent lumps. Turn enough sweet milk into this to make it the right thickness, let boil up, and serve in a gravy boat. This is "way ahead" of clear grease, yclept gravy.

Boiled salt pork is agreeable neither to the eye or the palate. Do not serve it "plain boiled," but when tender score the top and bake in a hot oven fifteen minutes. It will smoke and splutter, but it is "away ahead" of boiled pork.

Do our Michigan farmers ever eat mutton? It is a meat seldom seen on their tables, so far as my experience goes, yet it is much more healthy than so much pork. Many regard it unfavorably because of an alleged "wooly" taste, which is easily prevented by giving the animal to be slaughtered no food for twenty-four hours, and then doing the work as quickly as possible, taking especial care that the wooly side of the pelt does not touch the meat. I have little to say in favor of boiled mutton, especially if the animal was killed because it was too ancient to be longer profitable on the farm. But roast lamb or juicy chops, or roast leg of mutton, find favor almost everywhere. It is a great deal in the cooking, as indeed is true of almost any meat. Roast mutton by all means, and use the rough pieces to make a mutton stew with vegetables. A shoulder of mutton can be made a *piece du resistance* at dinner by filling it with a dressing prepared in the usual manner, flavored with a pinch of sweet herbs, if liked. Skewer into compact shape, or bind with a bit of tape or strip of cloth, lay in a stewpan and simmer till nearly done on top of the stove, adding pepper and salt and a small onion shredded, if desired. Then put into a dripping pan and brown nicely in the oven.

Do not "parboil" fowls unless they are

so venerable that you cannot make them palatable in any other way. An old fowl can be cooked tender in time, but the meat is never so juicy and well flavored. Some wild birds, as ducks, pigeons, etc., must be parboiled to remove the strong "gamey" flavor. But a moderately tender chicken can be baked, fricasseed or broiled without. If you wish to cook a fowl a day before it is to be eaten, and still have it served hot, cook it thoroughly, and after it is cold, wrap it in a sheet of strong white paper, covering every part of it and securing the paper firmly in place. Heat in a moderate oven for half or three-quarters of an hour, according to size, basting frequently with the drippings in the pan, which prevents it from drying up. By this plan warm fowls may be served at a late supper or Sunday dinner after church, no one need stay home to attend to the cooking, and even if the minister is a guest, though the latter are generally good judges of "chicken fixings," the verdict will be "all right."

BEATRIX.

LITTLE THINGS.

How many an anxious, weary spirit, filled with vague aspirations and longings, reads over the high and noble deeds of some of earth's heroes, and exclaims: "O that I too, could thus achieve renown, and could do work that would benefit humanity, my country, or my God!" Ah! my friend, how many, think you, find opportunity for the high and mighty deeds of history? Did you ever think what discipline in little things they must have practiced who have been fitted to achieve the great ones?

It may not fall to your lot or mine to find opportunity for great or renowned deeds; rest assured, that unless we are faithful to the common, minor duties of life, we will fail utterly to compass the major duties, if they fall in our way. Let us not lose the passing days in idle dreams of the great things of which we believe ourselves capable. Look! right at your hand lies a duty to be done. It belongs to you to do it. Make haste to fulfill your mission. Is it an humble work? Elevate it by your earnest, self-respecting way of doing it. Be not ashamed of the most menial labor, if duty points the way. Do your work, whatever it may be, thoroughly and well. Honor your labor and it will honor you.

If those of our Household, who are from circumstances obliged to perform the routine of household drudgery if you please to name it so, will take it up as a labor of love, a necessary self-sacrifice for the comfort and advancement of themselves and their loved ones, it will become invested with a charm, a halo of interest that will elevate work and worker to heights almost sublime. The smile of happiness will chase away the frown of discontent, then a sweet song will take the place of repining, as the busy matron thinks: "I am working for my loved ones."

A. L. L.

GREENFIELD.

AN AFTERNOON'S LESSON.

I promised myself such a pleasant afternoon. I was all alone, and I said "I will read some, and write some—and sew none." I sat down with a book, and this is the first I read:

"Whom first we love, you know, we seldom wed.
Time rules us all; and life indeed is
Not the thing we planne", 'ere Hope had fled,
But then we women cannot choose our lot,
Much must be borne when it is hard to bear
Much given away which it were sweet to keep."

But a low growl falls on my ear; Dandy heralds the approach of some one. I close the book and say "Oh! dear, everything is spoiled of course." It is a little miss of seven or so who comes in, "And mamma says I can stay till four o'clock, and this is my very best dress and ruffled skirt;" bangs were all right, hair in a neat braid, and as I looked in the big brown eyes I thought "Well, I will try and please the child and perhaps we may have the pleasant afternoon after all." We looked at the shells, and I told her that we bought them of an old sailor, who had polished them; there were large pearl shells, all were in pairs, one pair were called Turk's Turban, some large flat shells, all shades of green, some rose colored, and still others that looked like a row of teeth on the inside, and shaded from deep orange to a delicate straw color, another is like a great crab, others still rolled up small at one end, and large at the other, and marked as evenly as if done with a brush, with chocolate brown spots. They all had a story. It was a terribly stormy day when this old sailor came to our house; the snow blew and piled up all over everything; he could not speak English, there was an interpreter with him. I was a little girl, but I remember well that chest of wonderful shells, and the stories he told. Well, we finished the shells and went for the pictures. The babies are looked at first, pronounced cunning and all that, but none are as nice as the "new boy baby at our house, he has four new teeth, and can almost talk, does in his way;" here is a group, the three prettiest girls at the seminary, another yet two little boys and a sister. We were all packed up ready to come west, when they brought in their picture for me to look at when far away, "And it will seem real, just as if it is us, won't it?" They are grown up now, and live farther west than I do. Now comes a beautiful span of black horses, sold for four thousand dollars, quite a moderate sum nowadays, but quite extravagant twenty years ago. On to the scrap books, story books, a little music, and positively it is half past three. Of course she must have some cake and jelly and ice water, for she cannot stay to tea, and as she kisses me good-bye, "she has had a lovely time, better than she ever had before, didn't I think so?" And I must confess it had not seemed long. Next comes an Irish pedler, with "real linen tablecloths, towels or handkerchiefs, which I will sell at a bargain, my lady." I buy a pair of towels and he goes on his way rejoicing, and I lean back in my chair and fall to thinking, and I wonder if this art of pleasing others must be natural, or if w

can acquire it; if instead of always looking for our own comfort and enjoyment, we would not find more real enjoyment in pleasing others. There have been very many times when I have listened to others and appeared to be highly entertained, when there has been a terrible ache in my heart, and from choice I would be by myself. The rest of the poem I began comes to my mind:

"But blame us women not, if some appear
Too cold at times, whilst others are too gay
and light.
Some griefs grow deep, some woes are hard to
bear,
Who knows the past, and who can judge us
right?"

Is there any one living who understands a woman's heart? who has ever read it aright? I doubt it. Capable of loving, of bearing so much which the world never dreams of, it seems to me that it never ought to be cast off lightly. The love of a true womanly heart is priceless, just as faithful in sorrow and trouble as in sunshine and prosperity. But we sometimes see this great love outraged, and still the weary life must be lived out, the round of duties must be attended to, the homely tasks performed, and by keeping the mind and hands busy we sometimes forget our troubles. We often find such a restful feeling and repose in nature. She has a thousand voices if we would only hear them. I hear a robin up in the top of the maple tree, pluming himself before he settles down for the night, singing "cheer up, cheer up, cheer up."

"Art tired? there is a rest remaining,
Lift up thine head, the lovely world, and the
over world alike,
Ring with a song eterne, a happy rede,
Thy Father loves thee."

EVANGALINE.

BATTLE CREEK.

HOME-MADE PORTIERES.

A correspondent of *Good Cheer* says she made a pair of old army blankets into a handsome portiere, making them long enough by adding a decorated stripe crossing both top and bottom. The stripes she made of cream pongee, on which she laid "moons" or discs, cut from various colors of silk and velvet, using as a pattern the top of a tumbler. These discs lap slightly, every third one being raised a little above the others to avoid a straight line, and are outlined by chain-stitching in silks of contrasting color, or if the expense is not an object, edged with gilt tinsel working cord.

Some ladies of this city have made quite unique and serviceable portieres for folding doors in a fashion which we do not remember has been mentioned in the *Household*. Save all the scraps of silk, old ribbons, etc., cut half an inch wide, taking pains to fray the edges as much as possible, and to cut on the bias wherever practicable. Sew "hit or miss" and have woven same as rag carpet, using the finest warp obtainable, colored some dark, dull color. The fabric thus obtained is pliable, and falls in very graceful curves and lines. If the colors are bright and well mixed the whole has a *broche* effect very fashionable at present. We have seen some quite pretty and

novel draperies of double-faced Canton flannel, decorated with applique figures cut from cretonne. The flowers and birds on this material are often very beautifully executed, and when carefully applied at a little distance look as if painted upon the groundwork. Pale pink roses and blue morning glories on a dark red flannel have a pretty effect, as the nap quite conceals the stitches. A lovely panel screen was of pale blue plush, on which a flight of swallows was represented by birds cut from cretonne and daintily fastened in place. B.

DETROIT.

HOME HOSPITAL HINTS.

NO. IV.

COOKERY FOR THE SICK.

Diet is the great source of mischief both in sickness and in health; how much more so in the former than in the latter perhaps only the professional nurse or physician can tell. It certainly is one of the greatest evils that the medical man has to contend with; for while disease is in progress, and the patient is in a critical state, he can depend upon his instructions being pretty faithfully carried out; but no sooner is convalescence assured and the patient visibly improving, than the irregularities begin, and the doctor's trouble commences.

The popular idea seems to be that convalescence must advance in proportion to the amount and frequency of food administered, hence many a hopeful case sinks back into fatal relapse from the injudicious or willful kindness of friends. This point needs to be strongly impressed on the minds of people, viz., in diet as well as in everything else convalescence must be gradual, and that nothing is more dangerous, more likely to produce a relapse, than the injudicious use of solid food or of stimulents. In this connection an eminent authority says:

"You need to learn much to cater for the sick; to give fever patients lemons, acid jellies—not fruit jellies made with sugar—but gelatine flavored with wine and a breath of spice, little piquant soups, a few spoonfuls of which revive one so much and which the system absorbs as a sponge drinks water, almost, apple pulp scraped with a silver knife, or the juice from the ripest of strawberries, given drop by drop, together with barley water made in the good old way with lemon juice and sugar candy, and calves-foot jelly, blandest and most blissful of foods. Nervous and weakly patients who need building up require strong broths, without a drop of fat in them, savory roast chicken, game, and such essence of meat as we get by putting five or six pounds of meat in a stone jar, covering tight without one drop of water, and baking in a moderate oven two or three hours. The jar will be found half full of the richest gravy, which is the very thing to build up nerves and brain. A cupful of this gravy heated scalding hot, with a fresh egg dropped in, and toasted oatmeal crackers, is a very hearty meal for an invalid. But remember food for a sick person must be of the freshest, best quality, for any thing stale or injured which a healthy system might get over, will hopelessly derange a feeble one."

As much attention should be given to the manner of serving food as to quantity

and quality. It seems almost unnecessary to add that it should never be prepared in the same room or within sight of the invalid. Let each meal be in a measure a surprise to the invalid, and serve it as daintily as possible. Spotless napkin and tray cover, and your prettiest cups and plates, with shining glass and silver spoon, will go far toward tempting a capricious appetite; and whatever you do, don't offer a large quantity. How often have I loathed food offered me, when in my weak state a spoonful or two would have seemed appetizing. Don't make the mistake of putting flowers on the tray with food; there is something about their odor that does not blend agreeably with food odors to a weak invalid. Until convalescence is well advanced it is better to feed the patient a little at a time and often than to give all that the system requires in the stated three or four meals per day.

Almost every cookery book contains more or less recipes for invalid dishes, yet I venture to offer a few which I have tested the value of, omitting all those that cannot be easily obtained or prepared in a country house. Before giving recipes it may not be amiss to add a few hints as to the effects of food, etc. So far as possible the patient's cravings for particular food should be gratified, it being Nature's way to indicate required elements of nutrition. Melons act on the kidneys, and are good in many cases of fever and bowel complaint. Celery is good in cases of nervousness, rheumatism or neuralgia, and kidney diseases. New cider is excellent in nervous dyspepsia, especially cider made from crab apples. Fruits and berries—raw, ripe, perfect—used in moderation, are admirable remedies in cases of constipation and its attendant diseases. The grape has a wide range of curative qualities. The seeds are excellent for costiveness; the pulp is nutritious and soothing to irritated bowels, while the skins, if chewed, act as an astringent. Remember that acid fruits and tea and coffee should not be given a patient after mid-day. Buttered toast, either dry or dipped, is rarely a suitable article to give the sick, as melted oils are difficult of digestion. Milk is a representative diet, though it does not always agree with the digestion. Cream is better, and less apt to turn acid in the stomach.

In conclusion, I wish to say, in justice to myself and to others, that feeling deeply the importance of this subject, I have freely consulted all the reliable books available—some dozen or more volumes—and sought suggestions from experienced nurses in order to be perfectly sure that I had not erred in conclusions arrived at during my own not inconsiderable experience both as nurse and patient.

I. F. N.

DATTON, O.

CHILDREN'S DRESSES.

The peasant dress with full round skirt and short plain waist remains fashionable for little girls. Two widths of cashmere, simply hemmed, form the skirt; this is arranged in two box pleats in front,

which are about three inches wide and are deeply folded so as to be pressed and retain their shape the whole length of the skirt. The sides and back are gathered to the waist in two or three rows of shirring. The round waist is slightly pointed in front, and without side forms in the back. The neck is half low, and has a revers or lapel two inches deep turned back and finished with a welting. The Breton peasant dress has two curved open places, like side forms in front, which are laced together, and between the lacings is set a row of small pearl buttons. Guimpe dresses are still worn. These are in dark cashmeres, and half low neck and short sleeves over a muslin guimpe, which is worn over a high necked, long sleeved flannel waist, to make the dress warm enough to exchange with ordinary dresses. Some of these cashmere dresses have a round velvet yoke that fits low off the shoulders, and dispenses with all sleeves but those of the guimpe beneath. The sides are in continuous pieces from the neck down, but the front has a velvet plastron with full skirt gathered below it, and the back has a plain waist with the skirt gathered to it. Bows of satin ribbon with long ends are the only added ornaments to these dresses; one is placed high on the left front, a second is on the right side of the waist line, and the third is in the middle of the back at the waist line. High-necked dresses are made precisely in the way just described, except the waist is extended up to the throat, and finished with a little turned-over collar, parted in front and corded all around. Welting cords are also seen in the armholes of such dresses, and around the waist.

The "Mother Hubbard" apron is worn over these dresses, with yokes laid in tiny box pleats, and half round or square in the neck; to the yoke is gathered two full widths of muslin; hemmed strings are sewed in at the side seams and tied behind.

The rough bourette and *boucle* cloths are used for children's wraps, which are long enough to conceal the dress. Girls of seven wear cloaks which are long full sacques with all the fullness of back and front laid in gathers at the neck and waist line, or else "honeycombed" by being caught in diamond shaped spaces by clusters of stitches. A waist ribbon is passed under the honeycombed parts and over the plain, and tied in a big bow in front. A little hood, silk-lined, ornaments the cloak. Double-breasted coats are worn, with a single velvet revers turned back from top to bottom. The back is in two pieces that are widened at the waist line to make box pleats.

MRS. M. A. FULLER, of Fenton, writes us that at the Howell fair her flowers secured seventeen first premiums, and one second premium, also premium on collection. At Milford she received diploma on collection, and premiums on nearly all her exhibits. In response to inquiries, Mrs. Fuller desires us to say she cannot give prices on bulbs for spring planting, such as gladioli and dahlias, until spring, as the winter may be severe on them.

MRS. J. P. P., of Wisner, wishes some of the ladies who use creameries would write up their experience with them for the Household. She wishes to know whether they prove satisfactory in all respects or not. The readers of the Household have always been so kind about replying to inquiries made through it, and answers are of so much help to many, that we hope this will receive attention. Several requests of this character have been made lately, which we hope will be answered soon.

ARE you going to make a husk mattress this fall? If well made, they are far superior to a straw bed, and pay for the time and trouble of construction. The tick, "boxed" like a regular mattress covering, can be quickly made on the machine, and one ingenious woman who had no mattress needle, utilized a part of the rib of an old parasol, by sharpening one end on the grindstone and passing the cord through the hole in the other. The top of an old kid glove can be cut into pieces to prevent the cord from pulling through the tick after being tied.

WE would like a good recipe or two for sugar-cured hams.

Beverages for the Sick.

Crust Coffee.—Toast bread very brown, but not burnt; pour on boiling water, strain, and add cream, also sugar and nutmeg if desired.

Sassafras Drink.—Take the pith of sassafras boughs, break in small pieces and let soak in cold water till the water becomes glutinous.

Fever Drinks.—Pour cold water on wheat bran; let boil half an hour; strain and add sugar and lemon juice. Pour boiling water on flax seed, let stand till it is ropy, pour into hot lemonade and drink.

Barley Water.—Add two ounces of pearl barley to half a pint of boiling water; let simmer five minutes, drain, and add two quarts of boiling water, two ounces sliced figs, two ounces stoned raisins. Boil until reduced one-half and strain.

Cinnamon Tea.—To a half pint of fresh new milk add stick or ground cinnamon enough to flavor strong, and a little white sugar. Bring to the boiling point and drink either warm or cold. Excellent for diarrhoea.

Lemonade.—Take the juice of two large lemons, the rind of one, add to a quart of boiling water, sweeten moderately and keep in close covered jar.

SOUPS.

Cream Soup.—One pint boiling water, half a teacupful of cream. Flavor with a little salt, and add bits of butter crackers.

Codfish Soup.—Take a piece of codfish equal in quantity to an egg; let it soak an hour in cold water; then drain off the water, add half a pint of cold water and let come to a boil. Remove the fish, add a trifle of black pepper, a tablespoonful of thick sweet cream and broken cracker.

Beef Tea Soup.—To one pint of hot beef tea add a teacupful of rich sweet cream, well heated, into which the yolk of an egg has been previously stirred. Mix carefully together, season slightly, and serve.

Vegetable Soup.—Two tomatoes, two potatoes, two onions, one tablespoonful rice. Boil the whole in one quart of water for one hour. Season and add toasted bread.

PUDDINGS.

Corn Starch.—To one pint of boiling milk

add three tablespoonfuls of corn starch mixed with cold milk into a thin paste; add one well beaten egg, a pinch of salt and enough white sugar to sweeten. Boil until thick; pour into cups previously dipped in cold water, to cool.

Rice Pudding.—Take two tablespoonfuls of rice, sugar and cinnamon to suit the taste, and one pint of milk. Set in a covered basin on back of stove where it will slowly cook about three hours. Stir occasionally.

Sago Pudding.—Sago requires thorough washing in cold water to remove the earthy taste, as also does tapioca. Take one tablespoonful sago, wash, and put in one pint of milk. Boil slowly till soft; then add a pinch of salt, a well beaten egg, sugar to sweeten; stir together and bake 15 minutes.

Tapioca Pudding.—Soak a tablespoonful of tapioca in tepid water till dissolved; then add half a cup of sugar, half a teaspoonful of cinnamon and a large, ripe, tart apple, pared and sliced. Bake half an hour. To be eaten cold or warm with sweet cream.

MISCELLANEOUS.

Oatmeal Gruel.—One dessert spoonful of meal mixed smoothly with two of cold water. Pour on one pint of boiling water; then boil ten minutes, stirring well all the time; then strain and add as proper or agreeable, sugar or pepper or salt.

Gelatine Jelly.—To a little more than one ounce of gelatine add one pint of cold water to soften it; then pour over one pint boiling water and stir till all dissolved. Pare very thinly the rind of one lemon and add with the juice of three or four lemons, one pound sugar, the whites and shells of four eggs thoroughly well whipped together and stirred into the whole. Let it come to a boil upon the fire without more stirring. Pour into a thick flannel jelly bag, and if not clear, let run through bag the second time. When cold it will be sparkling and delicious.

Gum Arabic Jelly.—One ounce of gum arabic to one pint boiling water. The solution should be cold when used. Gum arabic is very nutritive, and life can be sustained on it alone for some time.

I. F. N.

DAYTON, O.

Contributed Recipes.

CANNING GREEN CORN.—Master Thomas J. Rice, of Hamburg, who writes and spells very nicely indeed for a boy but thirteen years old, sends us a recipe for canning corn. We are glad to have the boys and girls interested in the Household. Here is his recipe: "First take the corn and cut it off of the cob, and then take glass cans and pack the corn as you put it in with the little end of a potato jammer until the milk runs over the top of the can; then take new rubbers and screw on the top, not very tight, so the milk of the corn will run out; then take a kettle or a boiler and fold a tablecloth the size of the bottom of the pot, and then take the cans up and wrap cloths around them and pin tight. Do so to each can, so when the water boils it will not hit them together and break them. Pour on cold water until covered three inches; let boil three hours; when the cans are done boiling screw the covers on tight. When opened boil fifteen minutes; add milk, salt and pepper."

TOMATO CATSUP WITHOUT ONIONS.—Take ripe tomatoes and scald them sufficient to allow you to take off the skin; then let them stand for a day, covered with salt; strain them thoroughly, to remove the seeds. Then to every two quarts, add three ounces of cloves, two of black pepper, two nutmegs, and a very little Cayenne pepper, with a little salt. Boil the liquor for half an hour, and then let it cool and settle. Add a pint of the best cider vinegar; after which bottle it, corking and sealing it tightly. Keep it always in a cool place.