Donovan Family: Scrap Book of Recipes & Household Hints

Ballymore

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The paper used is suitable either for writing in Notes of Recipes or pasting in cuttings, and the book being indexed, any Recipe can be found at once.
Apple Almond Pudding

Mix 2oz. fine crumbs with enough stewed apple to fill a greased pie dish.

Mix together 4ozs. sugar, 2ozs. margarine, 3ozs. ground almonds, and 1 egg.

Cover the apples with this mixture. Split a few almonds and sprinkle on top. Bake for 2 hours in a moderate oven.

Serve either hot or cold.
The Toilet Table

The Slackness of Middle Age. The Value of Sleep.

The middle-aged woman, indeed any woman over thirty, is no longer overflowing with energy. She is already on the down grade and needs to put the brake on if she does not wish to be old at forty. The skin needs more care, so does the hair, and, more than anything else, so does the mental attitude. The woman who persists in dressing as if she were seventeen and behaving like a school girl is bad enough, but the woman who at thirty begins to talk of "when I was young" and to refuse to do things because she is "too old" is quite as bad. Such women still exist in the middle classes, although they have disappeared from Society. Both for the sake of her children and her husband the woman who finds herself beginning to be careless about her complexion, to walk upstairs where once she ran, and to sit in an armchair when her friends are playing tennis ought to take herself in hand.

Do You Stand Correctly?

If women only realised how many of the troubles of middle age were caused by the habit of standing and sitting badly how much more careful they would be! Somewhere I have seen an advertisement of some physical culturist who undertakes to correct the defects of middle age; it is accompanied by a very effective diagram of the well-poised figure contrasted with the badly-poised one. A simple test that will tell you at once whether you stand correctly is this. If you can raise yourself on tip-toe without bending at the waist or swaying forward from the ankles you are all right. Can you do this? Another test is to place a tall stick by your side. If you stand as you should it will show a straight line from ankle to ear. To correct a habit of standing with the abdomen protruding and the shoulders set too far back stand against a door and let your feet, hips, shoulders, and head press against it. You will be very uncomfortable. Now keep your heels against the door but let your shoulders and head come just a little way out. That is the best and most healthy attitude.

The Question of Breathing

As for sitting down, just watch yourself for a day and see how many times you are slipping into some attitude which contracts your chest and renders it impossible for you to get a full supply of oxygen into your lungs. You will be horrified. At first it will seem very difficult to sew or read without stooping forward, but that is because you have allowed the muscles of your back to grow weak from disuse. A clever physical culturist once advised me never to sit in an armchair for three months and to do one exercise a day to counteract this difficulty. This is the exercise. Lie flat on your back and raise the legs slowly until they are at right-angles from your body. Lower them very slowly; then raise yourself to a sitting posture. At first you will find your heels leaving the floor. When you can sit up simply by exerting the muscles of the back without lifting the feet you will have got into excellent condition and have no need for more than a casual support for your back when sitting.
Receipt for Lemon Baked Tart

13 pieces of shortcake
4 lemons
Sugar to tart the yolk of 2 eggs
1/2 pint of milk
1/2 pint of water

Let simmer in water for about 2 hours (or about an hour & 1/2)
Strain the juice & make jelly.
Add the juice to the rest.
Make maraschino after receipt out of Grace Tracy.
A Spring Luncheon: Fresh Violet Petals in Salad

Stuffed Eggs in Aspic

Salade des Violettes

Mixed Grill

Pomme de terre Lyonnaise

Compote of Cranberries with Thick Cream

Cheese, Butter and Biscuits

Coffee

* * *

B O I L four eggs hard, cut in halves across, take out yolks and put into a mortar with 1 teaspoonful of chopped parsley, 1 teaspoonful of chopped thyme, a grating of nutmeg, salt and cayenne pepper. Pound together with 1 oz butter, fill whites with mixture and make remainder into balls. Pour a little aspic jelly into a wetted mould and arrange eggs and balls. Add more aspic when setting, and serve surrounded by salad.

SALADE DES VIOLETTES
Take Batavian endive, a sprinkling of mixed parsley, a single olive and the petals of a couple of dozen blue violets. These ingredients are mixed with purest olive oil, salt and pepper being the only other condiments. Add a dash of Bordeaux wine and a suspicion of white vinegar.

POMME DE TERRE LYONNAISE
Cold cooked potatoes may be used. Cut them in slices the thickness of half a crown. Put 3 oz of butter in a frying-pan, slice one mild onion finely and fry it till it begins to brown. Put in the slices of potato with a wine-glassful of broth. Toss all well over the fire till they become thoroughly mixed and the potatoes are a golden yellow. Dust with pepper and salt and serve very hot.
CHOCOLATE PUDDING (hot).

Heat 1 gallon of milk and mix into it 4 oz. of chocolate powder, 2 oz. of cornflour, 2 oz. of breadcrumbs and 2 oz. of butter. Boil in a saucepan for ten minutes, add 2 eggs well beaten and 2 oz. of castor sugar. Put it into a buttered mould & steam for 1½ hours.

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TAPIOCA CREAM SOUP.

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Wash 1 oz. of crushed tapioca in cold water and put it into a saucepan containing a pint of boiling water, white stock or milk, which has been previously boiled with two or three sticks of celery, a turnip, an onion stuck with two cloves, and a small bunch of parsley; stir constantly until the tapioca has swollen, and then leave it to simmer, stirring it occasionally. Whisk the yolks of two eggs, and mix them with ¼ of a pint of milk (or cream) and when the tapioca is thoroughly cooked, pour it into the basin containing the eggs, stir the soup well, add a seasoning of salt & pepper, if necessary, and pour it back into the saucepan and stir it over the fire for two or three minutes: the soup must not be allowed to boil or it will curdle. When ready pour it into a hot tureen & serve with sippets of fried bread.

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PUREE ST. GERMAIN (MAICRE).

Soak overnight ½ lb. of dried green peas, drain them. Wash 2 oz. of spinach and strip it off the stalks. Put the peas & spinach into a clean saucepan with 1 quart of vegetable stock. Boil till the peas are soft and rub all through a fine 1½ fine wire sieve. Put back into a clean saucepan and if too thick add more stock. Season well. At the last add 1 oz. of butter, take it off the fire & add two tablespoonfuls of cream (this may be omitted). Serve with fried bread.
For hams 2

3/4 lb Salt
6 oz Bay Salt
2 oz Salt petre
2 oz Black pepper
4 Cloves 2 Garlic chopped as fine as possible

These to be mixed together the ham to be well rubbed in till the whole issued in 14 days.
Then rub the hams into a hot broil and stir till thin pickle for one month turning it twice a day. Before it is smoked to be put in a pot of water for 24 hours.
Raspberry Jam

1 lb. of currants to every 2 lb. of sugar.

Heat the sugar in the pan till quite hot.

Put the fruit in the preserving pan and make very hot - but do not boil it. Add the sugar slowly well told all is dissolved. Put into jars hot.

Let cool while hot, and then sterilize in a dry place.

Red Currant Jelly

1 lb. of currants to 1 pint of juice.

Pour the currants and the juice slowly into the pan and stir till the juice is quite melted. Then pour at once into small pots 1 ounce at a time.

We boil over for 3 minutes, but this is not necessary.
Recipe for Oatmeal Biscuits:

4 oz. Butter
5 oz. Oatmeal
2 oz. Flour
4 oz. Brown Sugar
Pinch of Soda.

Method - Rub oatmeal through a wire sieve. Then put it into a basin with flour, sugar and soda, add butter & rub well with the tips of the fingers. Add a little milk if necessary but make sure it is not too moist. Roll out very thinly & cut into neat rounds. Bake in a moderate oven until a golden brown for about 20 minutes.
Drop Scones:

1 1/2
Tablespoonful of butter
2. Tea cups of flour.
1. Tablespoonful of sugar
1. Tea spoonful of baking soda
2. Spoonful of cream of tartar

Add water up with sugar, melted butter,
powdered in.

Mix 2 cups mixed with cream and soda
Flour mixed with cream of tartar

Once the beaten up egg and sugar and melted butter
Just together, then add tea with a thread of
Fast added the flour, cream of tartar.

Have a small ready on fire, grease it, then
drop a tablespoonful of the mixture on it
When point of hoop is downwards, as soon as it
Combines to bubble turn over quickly with a knife

Then take while it is hot from the cakes

are cooked lay on a clean cloth covered for a few mins.
THE MAZE,
HAMPTON COURT PALACE GARDENS.

This Maze or Labyrinth is considered to be one of the finest in England, was formed in the early part of King William the Third's reign. It is situated in that part of the Palace Gardens called the "Wilderness."

Many happy hours are spent by young persons, as well as by the old also, in trying to discover the mirth provoking intricacies of this interesting Labyrinth; to the young it is indeed a source of great amusement and enjoyment.
Woolen Shrinking

If any woolen garment shrinks in washing, put a piece of Common Soda about the size of a walnut into a pail of fairly warm water, put the article in, work with a piece of soap in the ordinary way, until the elasticity has returned. Then stretch to normal size, rinse in warm water & shake when hanging out.

To remove torch from Itchen:

Turn out a cloth soaked in peroxide & lay on cloth, then rinse over.

You will then find all trace of torch has disappeared.
Tea-Party Cakes.

One curious thing I have noticed since war began—people seem to prefer a big, plain, cut-and-come-again cake to any other. They like it really new—hardly cold, in fact.

By GLADYS OWEN.

Whenever I give a tea-party, I always provide one of my special plain cakes. I think, perhaps, a raisin cake is first favourite, but I use any kind of fruit that happens to be on hand.

Here is my recipe for a Plain Raisin Cake.

**A Plain Raisin Cake.**

This is just the thing to make if you are rather a big family, or want to provide for a fairly big party. I generally use dripping for a base, beating it to a cream with just a little lemon-juice and carbonate of soda.

**Required:**
- One pound of flour.
- Six ounces of dripping.
- Half a pound of raisins.
- Six ounces of granulated sugar.
- One grated lemon-rind.
- Two level teaspoonfuls of baking-powder.
- A little milk.
- Two eggs, or one egg and enough milk to which a little lemon-juice has been added to make up the same quantity of liquid.

Stone the raisins and grate the lemon-rind. Sieve the flour and soda into a basin, mix them well, and rub in the butter finely.

Add the sugar, halved raisins, cleaned currants, and lemon-rind. Mix well, and beat in the two well-beaten eggs and milk. When thoroughly blended, pour the mixture into a round or square tin, either greased or lined with greased paper, and bake the cake in a moderately hot oven for about two hours.

Rather uncommon and very nice are West-Country Cakes.

**One pound of flour.**
- Six ounces of butter.
- Six ounces of Demerara sugar.
- Four ounces of stoned raisins.
- Four ounces of currants.
- The grated rind of one lemon.
- Two eggs.
- Half a pint of milk.

One teaspoonful of carbonate of soda.

Sieve the flour and soda into a basin, mix them well, and rub in the butter finely.

Add the sugar, halved raisins, cleaned currants, and lemon-rind. Mix well, and beat in the two well-beaten eggs and milk. When thoroughly blended, pour the mixture into a round or square tin, either greased or lined with greased paper, and bake the cake in a moderately hot oven for about two hours.

Rather uncommon and very nice are West-Country Cakes.
**MANSE CAKE.**

Put into a saucepan:
- 1 cup Brown Sugar
- 1 cup Water
- 1½ cups Stoned Raisins
- ½ cup Lard
- A few nutmeg gratings
- 1 teaspoonful Cinnamon
- ¼ teaspoonful All-spike
- Pinch of salt

Boil together 3 minutes, then let cool. When cold add:
- 1 teaspoonful Carbonate of Soda dissolved in warm water.
- 2 cups of flour in which
- ½ teaspoonful of Baking Powder has been sifted.

Bake in moderate oven.

Dates stoned and cut up may be used instead of raisins for economy.
**Soup Maïquer - Cauliflower Soup - 4 persons**

Take a small Cauliflower & boil gently in 2 quarts of water, 1/4 lb butter, pepper & salt - 1 small blade of mace 1/2 an hour cut up in small pieces & put back in the soup.

Mix a tablespoon of flour in 1/2 pint of milk by degrees & boil in the soup.

At the extreme moment of serving put in the yolks of 2 eggs, but do not let them boil or they would curdle.
ROYAL CAKE.
1 oz. "Paisley Flour." 2 oz. ordinary flour. 2 whole eggs.
4 oz. caster sugar. 2 oz. butter. 3 yolks of egg.
Measure out the ingredients. Butter and paper a square shallow baking tin. Mix the flour, eggs, yolks, and sugar into a basin, and beat over hot water for 10 minutes. Remove from water and beat again until perfectly thick. Melt the butter, let it cool slightly, and add a very little of this with the flour mixture. Continue adding butter and flour mixture alternately till all is used up—mixing lightly. Pour into the prepared tin. Bake in a hot oven 25 minutes. Cool on a wire tray. The cake should be about 1¼ inches thick. Ice over the top with the icing mixture given below, and cut into various small shapes.

MADDER CAKE.
1 oz. "Paisley Flour." 6 oz. ordinary flour. 4 oz. butter.
5 oz. caster sugar. 3 eggs. Pinch of salt.
⅛ teaspoonful grated lemon rind or a few drops essence of lemon.
Make up the ingredients. Butter a round cake tin. Line the bottom with a sheet of paper. Mix the butter and sugar to a cream. Beat up the egg well. Mix the ordinary flour and Corn Flour together. Add a little of the flour mixture to the butter and sugar, beating well, then a little of the egg, and go on repeating till both egg and flour are used up. Add the salt and grated lemon rind, and last of all the Paisley Flour. Mix well and pour into the prepared cake tin. Bake for one hour in a moderately-heated oven. When baked, remove from the tin and lay on a wire tray to cool.
The success of this cake depends mostly on the beating, which should be continued all the time the mixing is taking place.

FOR PIE CRUST
the proportion of Paisley Flour should be diminished to 1 or ½ oz. to the pound.

CRUST FOR FRUIT TARTS.
¾ oz. "Paisley Flour." 4 oz. ordinary flour. 4 oz. butter.
1 teaspoonful sifted sugar. Pinch salt, and cold water to mix.
Mix the Corn Flour and ordinary flour together. Rub in the butter. Add the Paisley Flour, sugar and salt. Mix thoroughly. Make into a stiff paste with cold water. Roll out on a floured board till rather larger than the pie dish containing the fruit. Cut a strip of paste and lay it on the rim of the pie dish. Wet the strip and lay on the cover. Trim off the rough edges, noilch, and bake in a quick oven for about forty or fifty minutes.

To ensure success observe the following Points:
1. Mix the PAISLEY FLOUR well with the ordinary flour, when dry.
2. Make the dough quickly with COLD milk or water.
3. As soon as the dough is prepared put it AT ONCE into a HOT OVEN.
4. Prepare the oven beforehand, so that it may be hot enough to receive the dough as soon as ready.

NOTE.—Unlike fermented bread (bakers' bread) Paisley Flour bread and scones are best when new. Fermented bread is seldom free from acid, Paisley Flour bread is never acid, and is therefore more easy of digestion.

PLAIN COTTAGE LOAF.
1 small teaspoonful salt.
Prepare the oven beforehand, and add a very little of this with the flour mixture. Mix the Paisley Flour, ordinary flour, and salt well together in a bowl, dry. Make into a dough quickly with water, adding a little at a time, till you have a moderately soft dough, just firm enough to keep its shape. Some flours require more water than others. Do not knead more than is necessary. This quantity will make two loaves. Divide into four pieces, two rather smaller than the other two. Place the smaller ones on the top of the larger. Place on a floured oven shelf and put at once into the oven. No waiting is required to allow the bread to rise. Bake in a hot oven for 20 to 30 minutes. Cool on a wire tray.
This quantity may be made into one loaf, in which case about 30 to 40 minutes baking is required. For those who like the nice fresh crust, the two smaller ones are better.
This bread may be eaten half an hour after it is taken from the oven without fear of indigestion. Reheated in the oven next day, it is almost as good as new.
To make a finer bread, use sweet milk in place of water.

PAN BREAD.
This is an opener and more spongy bread than Cottage Loaf, and has a delicious crust. It should be eaten straight from the oven as soon as cool, as it is perfectly digestible then, and it has still the pleasant flavour of the freshly baked. It should be baked by preference in small tins, as it is more easily and much more quickly baked in them, cools more quickly and has more crust. Two little oblong tins, to hold the following quantity, can be had from Brown & Polson, Paisley, for 10d., post free. The recipe is:
1 lb. ordinary flour.
1 small teaspoonful salt.
1 pint water.
Butter two small baking tins, size about 6 x 3 inches. Mix the Paisley Flour, ordinary flour, and salt well together in a bowl, dry. Add the water gradually, stirring with a wooden spoon, till you have a very thin dough or batter. Pour at once into the prepared tins, and put at once into a hot oven. Remove when well browned, which will take about 20 minutes, and cool on a wire tray. They are then ready for eating.
When one day old they will be greatly improved by reheating in the oven.
Recipe of Portmoutth Plum Pudding

1 lb. or 1 1/2 lb. of flour to 3 or 2 lb. of suet according as you like it rich or not.

A little salt.

6 oz. raisins.

6 oz. currants or less.

Mix quite stiff with a little cold water to boil in a basin or shape; or cloth is best, welled in water to well flour.
Asthma

Inhalation of Bitter Fumes

To make Bitter Paper:

Boil 2 oz Salt Petre +
2 oz Potash in ½ pint
boiling water

Soak 6 sheets thick coarse textured
blotting paper on a dish +
pour gently on the salt + water
boil hot, soak + then take
out 2 dry. Cut in strips or shapes,
keep in glass bottle or in box
if limp re-dry. Or dip in tea
while boiling 2 dry.

3 to 6 strips 3 in long by ½ in
placed in jar (½b up to jar) set alight.

2 or 3 pieces 10 in square
placed on the plate of lighted
charcoal windows closed so that
room is full of fumes.

For destroying ants, soak a sponge in honey
and water, and leave it where the ants seem to
enter. Next day plunge the sponge in boiling
water to kill and wash out the ants; soak it in
more honey and water, and repeat until the pest
is abated. Or powder the shelves with Keating's
Powder or borax, and these unwelcome guests
will go.
Mix white or warm water to the
concentration of cold milk
Scrub in with moderate hard
brush then rinse under tap
wipe with clean cloth set before
fire and dry polish with
chamois leather
To prevent getting Bronchitis
Soak chest with vinegar
and methylated spirit in equal parts

Temperature or heat of Baths.

<table>
<thead>
<tr>
<th>Bath Type</th>
<th>Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkish Bath</td>
<td>120° to 125°</td>
</tr>
<tr>
<td>The Hot Bath</td>
<td>95° to 100°</td>
</tr>
<tr>
<td>The Warm Bath</td>
<td>92° to 95°</td>
</tr>
<tr>
<td>The Tepid Bath</td>
<td>85° to 92°</td>
</tr>
</tbody>
</table>

Thermometer should always be used; the hand is not to be depended upon.

Wholemeal Biscuits.—6 oz. of wholemeal or Hovis flour, ¼ oz. of butter,
½ teaspoonful of salt, 2 eggs, 1 tablespoonful of water if needed. Put the wholemeal into a basin with the salt. Beat the eggs well and stir in sufficient to bind to a stiff paste. If more moisture is needed, add a little water. Roll out to the thickness of biscuits, stamp into small rounds and make some holes with a skewer. Bake for fifteen minutes in a good oven, but do not brown. A dessertspoonful of sugar may be added.

Body Belts

Needles 3. Paston 134. R. Ross
plain 1½/1½ 3/4 for 3½ in
6 in plain 1½/1½ 3/4 in 100

Paston 234 stitches ½ pl. 1
3 inches with 16 needles
6 w w 10 w
3 w w 16 w

Apples 42 lbs. ½ bushel 21 lbs

Bread

Keeping quality of Bread much increased Bread
by use of Glycerine. 10° to 40° Loaf
### BRILLIANTINE.

<table>
<thead>
<tr>
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<th>Quantity</th>
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<tbody>
<tr>
<td>Castor Oil</td>
<td>1/4 ounce</td>
</tr>
<tr>
<td>Almond Oil</td>
<td>4 ounces</td>
</tr>
<tr>
<td>Glycerine</td>
<td>1/4 ounce</td>
</tr>
<tr>
<td>Oil of Lemon</td>
<td>15 drops</td>
</tr>
<tr>
<td>Rectified Spirit 90%</td>
<td>1 ounce</td>
</tr>
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</table>

Mix.

Shake well before use.

### BEAUTY LOTION.

<table>
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<th>Quantity</th>
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<tbody>
<tr>
<td>Simple Tincture of Benzoin</td>
<td>1/4 ounce</td>
</tr>
<tr>
<td>Glycerine</td>
<td>1/4 ounce</td>
</tr>
<tr>
<td>Rose Water</td>
<td>6 ounces</td>
</tr>
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</table>

Mix.

### BATH POWDER.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dried Carbonate of Soda</td>
<td>4 ounces</td>
</tr>
<tr>
<td>Powdered Orris Root</td>
<td>1/4 ounce</td>
</tr>
<tr>
<td>Powdered Tartaric Acid</td>
<td>2 ounces</td>
</tr>
<tr>
<td>Essence of Lemon</td>
<td>60 drops</td>
</tr>
</tbody>
</table>

Mix. Use a teaspoonful to each bath.

### Bacon

As to bacon, it depends how much you use this, but if the principal dish at breakfast daily the usual allowance is 1 lb. a head a week, an average slice weighing from 1 oz. to 1 1/2 oz., so that this allows two rashers a head a day.

### 25 lbs Round Spiced Beef

- 3 oz. Salt pete
- 1 lb Salt
- 10 oz. allspice
- 1/2 lb. Peppercorn

1. Bake 6 hours. Cover while baking with common crust of flour & water.
Antidotes for Carbolic Acid.

If any raw Carbolic Acid should fall on the skin, it must be promptly wiped off with a dry cloth, and the affected parts gently rubbed with Oil or Glycerine, but Water must not be used. A cloth moistened with Alcohol is also efficacious for removing the Carbolic Acid before using the Oil or Glycerine.

If taken internally by mistake, Sweet Oil and Castor Oil should be at once administered in large doses and a medical man sent for.

Other Antidotes recommended in case of internal administration are Raw Eggs, Saccharated Solution of Lime, or 1/2 ounces of Lime, and 6 ounces of Sugar dissolved in a pint of Milk, promptly given and afterwards strong Coffee or Tea to prevent Narcotism.

A Manchester Doctor states that Milk taken at once in copious draughts will produce vomiting and counteract the effects of the Carbolic Acid.

It is also stated by some American Doctors that Raw Whisky given at once is efficacious.
Coffee Custards.

Into a pint of rich custard,

broad, & warm, Stir a half

pint of clear hot coffee.

Beat for five minutes, then

let away to cool.

Fill shallow, & keep with

whipped cream.

Salve for
Chaps and the
Complexion.

Fresh White of Egg 1
Glycerine .. 4 ounces
Rose Water .. 6 ounces
Solution of Carmine 20 drops

caramel.—This is very useful for lining tins and for custard
ngs. Put a sufficient quantity of white sugar in the tin to
ramelled, with about one tablespoonful of water, or, better,
juice, for each ounce of sugar used; place the tin on the
part of the stove, and let the sugar brown to about the
of very dark sherry, stirring it continuously so that it may
only coloured. Now take up the tin in a cloth wrung out in
water, and turn it quickly sideways round and round so as to
the tin evenly on the inside with the caramel, and leave it for
minutes till set as hard as toffee. Two ounces of sugar is
nt for a pint mould, but for little dariole moulds put two
lumps in each, with a teaspoonful of water or lemon juice,
heat them in exactly the same way.
CASSOLETTES OF CUCUMBER
À LA ST. GEORGE.

Required—One thick cucumber.
About half a pint of cooked, mixed vegetables, such as peas, French beans, carrot, and turnip, &c.
Three or four tablespoonfuls of brown sauce,
Two ounces of semolina.
Two raw eggs.
One pint of milk.
One small shallot.
Half an ounce of grated cheese.
Salt and pepper.
Breadcrumbs.

Peel the shallot, put it in a saucepan with the milk, and slowly bring the latter to boiling-point. Take out the shallot and sprinkle in the semolina, stirring it all the time. Continue to boil this mixture till the semolina thickens the milk and becomes transparent.

Add the cheese, cool the semolina for a minute, then stir in one well-beaten egg. Season all carefully, and turn it out on to a plate to become cold. Next shape this mixture into flat rounds, about the size of half-a-crown, and a third of an inch thick.

Coat these with egg and breadcrumbs, and fry them a golden brown. Drain them on paper and keep them hot.

Have the cucumber cut into blocks about an inch and a half long. Peel these, and hollow out a cavity in the centre of each.

Stew these pieces in a little stock, or milk-and-water, till tender. Be careful they do not break.

Heat the vegetables in a little brown sauce, and see they are correctly seasoned.
Fill the cassoulottes of cucumber with these mixed vegetables, piling them up in the centre.

Arrange the cucumber on a hot dish, grouping the semolina croquettes round. Pour round a little thin sauce and serve very hot.

Cold cooked vegetables can be used for this
Curried eggs.

Eggs, 2 hard boiled, raw.

Tablespoons fine chopped mint, the same dried bread crumbs, a little minced garlic, pepper, salt.

Teaspoon full curry powder.

Boil 2 eggs hard, put into cold water to preserve the colour.

Mix all the other ingredients, a little curry powder moisten with a raw egg.

Shell the 2 hard boiled eggs, roll in flour. Cover with the forcemeat.
out professional help. Some experienced
kennelmen depend wholly upon the old-
fashioned alleviating remedy of brewer's
yeast, which is certainly simple. I have
never tried this, but so many dog-owners
recommend it that I cannot doubt its
value. The prescription is, for a small
dog a teaspoonful of the yeast, for a good-
sized terrier a dessert-spoonful, and for a
hound or a retriever a tablespoonful, ad-
ministered twice a day. It is unwise to
force food upon a distemper patient unless
in very concentrated form. Recovery de-
pends upon the dog's reserve strength,
careful nursing, and perfect cleanliness.
Emetic

1 tablespoonful of mustard
To 1 tumbler warm water

Emet's Fruit Salt

2 ozs. Carbonate of Soda
1 oz. Cream of Tartar
1 oz. Tartaric Acid
1 oz. Epsom Salts
3 ozs. Castor Sugar
flashing must be less, since the
resistance of a metallic filament lamp
is greater than that of a carbon
filament one. Giving the same quantity
of light, it follows that the
current flowing is correspondingly
less, and as the pressure is
the same in each case the total
energy (or Watts) consumed by the
metallic filament lamp is also less.
Pressure (Volts) and a constant of current flowing upon the resistance (Ohm's law). The electrical pressure depends on the resistance in accordance with the law of Ohm's law. Energy divided by the pressure constant of the circuit.
10% beewax 10% paraffin soap 1-gallon turpentine. Dissolve wax in turpentine & stir to hot. Mix both while boiling then beat for 1 hour. 3 parts lime sand & one of lime also all unpainted wood.

To Poison

Paris Green: 20% to 1 gallon water over mixture on 4th pint (1 oz. to 12 gallons water is used as insecticide for fruit trees)

or 1% per cent of crude tosyph in water kills 100% per cent lice kill every fly that strays into sick room. All refuse as bedding straw, paper waste & vegetable matter disposed of or covered with lime or kerosene oil.

Screen all food

Burn or bury all table refuse. If there is no dirt or filth there will be no flies.

2 Teaspoonfuls formalin to point of water with sugar. Expose in dacer. Poison.
Bismarck of Sodium 2 d.  
Salicylic acid 2 d.  
Boric acid 30 gr.  
Glycerine at 86 degrees F.  
Alcohol

I mixed the maceration for 16 present and after twenty failed.
THE TIMES, WED.

FRUIT-PRESERVING FOR THE WINTER.

SOME PRACTICAL HINTS.

The importance of preserving all surplus supplies of fruit and vegetables for the winter is being realized by cottagers, small-holders, and tenants of villas with fruit and vegetable gardens, and also by town dwellers who can buy cheaply while fruit and vegetables are plentiful.

Cottagers, however, are handicapped by inadequate kitchen arrangements. It is cheaper to make jam in bulk than in small quantities, and a partial solution of the difficulty would be found if in country districts large kitchens could be used and jam made in bulk, each person having her fruit weighed as she brought it, with her own pots, and the cost of sugar and fuel being proportionately shared.

At the National Economy Exhibition, Knightsbridge, advice as to fruit preserving is given at the stalls of the Horticultural College, Swallley, the Domestic Science department of the Battersea Polytechnic, and the London County Council Elementary schools. The Principal of Swallley, Miss F. R. Wilkinson, has had the small-holder in mind. Dried vegetables can be managed in any home, and carrots, cabbage, onions, potatoes, and other things preserved very simply. The vegetables should be shredded and then scalded; the water being poured off immediately; next they should be put on a sieve or tray and left all night to dry in a cool oven (they must not be allowed to get too hot or they will lose their colour), and then bottled. Before being cooked they should be left to soak for two or three hours. Fruit can be preserved in the same way, and homemade apple-rings are being shown at this stall. A regular evaporating machine, which can be bought for £3 3s., of course saves a great deal of trouble.

SAVING FRUIT.

There are several ways, old and new, of preserving fruit for winter tarts or for stewing which are within the reach of those who cannot afford expensive fruit-bottling arrangements. The following is taught at some of the London County Council Elementary schools. The fruit or vegetable is put dry into the bottles and then placed in a warm oven for 15 minutes. Water is meanwhile boiled and the bottles, immediately they are taken out, are filled with boiling water to within half an inch of the top; mutton fat is poured into the other half-inch and butter paper covers all. Samples of cherries, plums, red currants, gooseberries, and beans so bottled at Hoxton House, Hornsey, Lavender Hill, and other centres are shown at the exhibition.

The school children are encouraged to do their own bottling at home. Where there are no ovens, they are taught to adapt fish kettles for the purpose, placing corks with hay between them.
Genoese Cake.

4 eggs, 4 oz. of castor sugar, 3 oz. of flour. Line a cake tin with buttered paper, put the eggs and castor sugar into a basin, place over a pan of hot water and beat with a whisk to a creamy froth. Melt the butter and stir it in lightly alternately with the flour. Pour into the cake tin and bake for fifty minutes in a moderate oven.
Gooseberry Dumpling.

8 ozs. McDougall's Self-Raising Flour, ½ teaspoonful Salt, 2 ozs. Chopped Suet, 3 ozs. Sugar, Cold Water to mix, 1 pint Gooseberries (topped and tailed). Put the flour, salt, suet, sugar, and gooseberries in a basin, mix together, and add water for a soft dough. Put in a greased pudding basin, cover with a cloth, and boil for 2 hours.
HAIR WASH.

Almond Oil ..... 1 ounce
Liquid Ammonia ..... ¼ ounce
Oil of Rosemary ..... 10 drops
Glycerine ..... ¼ ounce
Rectified Spirit ..... ½ ounce
Rose Water ..... 8 ounces

Mix the oils with the Ammonia and 2 ounces of Rose Water, shake, add Glycerine, Spirit, and remainder of the Rose Water.

Very fair working averages are the following:

Butcher, one-third of weekly allowance; grocer, one-fifth; dairy, one-fifth (this including butter and eggs); baker, one-ninth; greengrocer, one-fourteenth; and fishmonger, one-fourteenth. Naturally these allowances cannot be considered fixed, for items may vary somewhat; for instance, fish may be popular, and this would affect the butcher's bill somewhat, or your bread bill may not be as large as the allowance above, but then the extra amount should be added on to the account which exceeds the limit above.
Intensive Hens held a reception at the "Zoo" yesterday. They were chaperoned by Miss Marion Saunders, and at their houses, which can be seen (free) through the Regent's Park railings, hundreds of amateur poultry fanciers called between lunch and tea time.

The enclosure where the proud, clean hens paraded (all physically fit and passed Class A) is dotted with the latest improvements in intensive henneries, and Miss Saunders showed by working demonstration how pleasant keeping pullets in a small enclosed space can be made. Anybody with a small back garden can do it. It can be done if you live in a top flat with broad leads and a southern aspect.

Since I began my intensive show at the "Zoo" last year," said Miss Saunders to a representative of The Daily Mail yesterday, "hundreds of Londoners have come to me and few have been disappointed. In several houses round about Cavendish-square, for instance, the war hen is laying regularly in her small house on the leads. We supply hen houses at various prices and sizes.

Here is my price list for the beginner on a small scale:

Six guaranteed young laying pullets ........................................ £3 15 0
Completely furnished house for ditto, 6ft. by 3ft. ...... £5 4 0

It is not cheap because the quality of house and householder is the very best. The food should be carefully weighed and apportioned. To-day's ration for brisk young pullets at the top of their egg-laying form consists of 2oz. of grain and 2oz. of soft food mixed and seasoned with house scraps. Middlings and bran make a good and appetising mash. On this diet your six pullets should lay six eggs one day and four the next—and so on. The hens should have plenty of grit to aid their digestion. A satisfactory mixture can be bought for a very small sum."

Miss Saunders will be pleased to supply particulars of intensive hen culture upon receipt of a card addressed to her at the Zoological Gardens, Regent's Park. Correspondents should remember to address her as Miss Marion Saunders, as there is another Miss Saunders at the "Zoo" and she is an intensive fly expert.
Fever Diet.

(I) Milk, 4 pints per day, with beef tea, barley water, &c.; or (2) same as (1), with additions of bread, butter and milk puddings.

Fish Diet.

Breakfast.—Tea or cocoa, with sugar and milk; bread and butter.

Lunch.—Bread and milk.

Dinner.—Fish, vegetables, pudding and milk.

Tea.—Tea or cocoa, with sugar and milk; bread and butter.

Supper.—Milk, bread and butter.

Invalid Diet.

Fever Diet.

(I) Milk, 4 pints per day, with beef tea, barley water, &c.; or (2) same as (1), with additions of bread, butter and milk puddings.

Fish Diet.

Breakfast.—Tea or cocoa, with sugar and milk; bread and butter.

Lunch.—Bread and milk.

Dinner.—Fish, vegetables, pudding and milk.

Tea.—Tea or cocoa, with sugar and milk; bread and butter.

Supper.—Milk, bread and butter.

Time-Table for Feeding Babies.

<table>
<thead>
<tr>
<th>Age</th>
<th>Time between meals by day</th>
<th>Night feedings (10 p.m. to 7 a.m.)</th>
<th>Quantity for one feeding</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd to 7th day...</td>
<td>2</td>
<td>2</td>
<td>1—1 1/2</td>
</tr>
<tr>
<td>2nd and 3rd weeks</td>
<td>2</td>
<td>2</td>
<td>1 1/4—3</td>
</tr>
<tr>
<td>4th and 5th weeks</td>
<td>2</td>
<td>2</td>
<td>2 1/4—3 1/4</td>
</tr>
<tr>
<td>6th week to 3rd month</td>
<td>2 1/2</td>
<td>1</td>
<td>3—5</td>
</tr>
<tr>
<td>3rd to 5th month</td>
<td>3</td>
<td>1</td>
<td>4—6</td>
</tr>
<tr>
<td>5th to 9th month</td>
<td>3</td>
<td>0</td>
<td>5—7 1/2</td>
</tr>
<tr>
<td>6th to 12th month</td>
<td>4</td>
<td>0</td>
<td>7—9</td>
</tr>
</tbody>
</table>
SUGGESTIONS FOR KEEPING HEALTHY.

(1) Gas light is injurious, and the direct heat of fire hurtful.

(2) Stand in the open four or five hours every day and put out in the rain as often as possible; they require plenty of fresh air.

(3) Water until the water runs from the bottom of the pot, twice every day during dry weather, also sprinkle freely with a syringe either morning or evening, and in the Winter once or twice a week. Pine trees require watering every third day from May to October, and once a week during the Winter.

(4) Must not be watered overhead during sunshine.

(5) After being out in the rain allow the foliage to dry before bringing indoors.

(6) Cold does not injure the trees.

(7) In Winter, stand in a room without a fire, and put outdoors in fair weather.

(8) From May to October set out of doors all night, in addition to a few hours in the day time, so that fresh air, or better still—a breeze, can refresh the foliage.

(9) Re-pot once in every two or three years during February or March, using three parts loam to one part sand.

(10) A special Japanese fertilizer should be given in Spring when the plant has commenced to make new growth. (Supplied in tins, 1 lb. 1/6, ½ lb. 9d., ¼ lb. 4½d.)
THE "SHINIA" LEAVES OF CYPRUS.

A dispatch which has been received from the Chief Secretary of Cyprus, enclosing translation of pamphlets by Mr. P. Gennadius, director of Agriculture, in that island, on the industry connected with the cultivation of the shinia and laurel shrubs, is dealt with in the "Board of Trade Journal." "Pistacia Lentiscus" is a shrub that grows abundantly in most parts of Cyprus, and is called in the island "shinia," and a variety of this shinia is the mastic shrub of Schio, the leaves only of which have a commercial value, serving as a tanning and painting material. From the wood of this shrub charcoal of good quality is made, and from its seed, which is eaten by goats and pigs, oil can be extracted good, not only for burning purposes, but, in case of necessity, for food as well. For some time shinia leaves were exported from Cyprus to England by the Cyprus Company, but in small quantities only, and it is stated the price paid for them was eight paras per oke. But the principal market for shinia leaves is Palermo, in Sicily, to which port there is an annual exportation from Tunis of 10,000 tons, and there they are used chiefly for the adulteration of sumach ("Rhus Coriaria"), which is grown in large quantities in Sicily, and is thence exported to England and France. A good quality of shinia leaves is also consumed at Lyons as a dying material for silk stuffs.

The crop is gathered from the month of April to the month of September, the leafy branches of the shrub being cut off, laid in heaps on the ground, and left there until dry. This takes place generally in four or five days, during which the heaps are undisturbed, in order that as few leaves as possible should come into direct contact with the sun, the effect of which is to bleach and overdry them, and thus depreciate their value. After being dried the branches are beaten with a flail to detach the leaves, which are then packed in sacks and placed on the market for sale. Before the beating takes place, the top branches which cover each heap are removed and thrown away, because the leaves of those branches, being bleached and burned up by the sun, are of no value, when rubbed
LIP SALVE.

Alkanet Root .. 120 grains
Almond Oil .. 2 ounces
Oil of Rose .. 6 drops
White Beeswax .. 1 ounce

Place the Wax in a jar, and stand in boiling water until dissolved; add the Oil and Alkanet Root and heat for half an hour, strain, when nearly cold add Oil of Rose and pour into pots.
Tasty Dishes from a Leg of Mutton

Ask the butcher to cut the leg in two and to bone both the knuckle and the fillet—the leg should weigh about 7 lb. or 8 lb. Cut the meat off the knuckle into chunks as you would a hare for jugging; dust the meat with salt and pepper, and then fry the pieces slightly in 2 oz. of dripping or margarine, turning them occasionally until they are brown. Cut up one onion, two carrots, a little celery seed, a pinch of mace, four cloves, and a little thyme and parsley. Fry these in the fat in the pan, and stir in 2 oz. of flour, add three-quarters of a pint of stock, and keep stirring till it is smooth. Add the meat, and stew slowly for four hours. Serve with forcemeat balls, and add a good spoonful of currant jelly to the gravy before serving. This can be cooked in a casserole in the oven. The fillet end of the mutton should be filled with either veal stuffing or sage and onion, rolled and well skewered and roasted in a good oven. If stuffed with sage and onion, apple sauce should be served with it, and it has very much the flavour of roast duck.

Two Meatless Dishes.

SEMOLINA GNOCCHI.—Put two pints of milk in a saucepan, and when it begins to boil add 9 oz. of semolina by degrees. Stir well until the semolina is cooked. Before removing from the fire add salt to taste, 2 oz. fresh butter, and 2 oz. grated cheese—Parmesan or Gruyère. Before the mixture gets cold add four eggs, mix well, and pour out on a dish in even thickness.

When cold cut in small squares, pile in layers in a French fireproof dish, putting between each layer 2 oz. butter and some grated cheese, but put no cheese on top. Place in a hot oven until the semolina takes an orange-brown colour and serve hot.

LENTIL PATTIES.—To half-pint onion sauce add two tea-cupfuls cooked lentils; one teaspoon parsley, pepper, and some seasoning. Mix up the mixture to a paste, and serve round the veal on a dish.
1st day
Cut off knuckle, boil it slowly, cover with water, season, add
with mashed turnips & carrots.

2nd day
Put a steak off the large end, braise it, serve with
made of hotel butter, fried potatoes or onions.

3rd day
Put some cutlets off the side near the knuckle, bread crumbs
serve with brown sauce, puree of
Green or purée of chestnuts, vegetable soup or cold.

4th day
Bone & stuff the fillet roast (put the bone into the liquor that
boiled the knuckle); serve with
Roast Meat, jelly, jam or apple sauce, mashed potatoes, white beans
or salad.

5th day
Hash part of remainder in a good brown sauce made with
the reduced liquor from the bone
thicken with burnt flour, add minced
olives, cherries, or mushrooms, ready
potatoes.

6th day
The remainder mince in
shells or small pasts, breadcrumbs
brown in oven; serve with cold
potatoes fried up, macaroni or
dulked, or rice.

1st wash with vinegar.
1st line the side of a pan with allspice
root 2 peppercorns, place first the step
night in earthen jar. Stir well with
furniture with new leaves. 2 hours
then rub bright with old lime reg.

Cut 16 or 16 of lemon in halves.
Remove inner part & edges, then cut
into very thin slices & put into earthenware
pan with 5 quarts of cold water. Stir
in cool place 4 days. Then put in a
preserving pan a bowl till tender
weigh when cold to each 1 ½ lb. sugar
boil on brick fire, skim. Boil

Britton
12½
(A 5)*
R.-
-
Earle

Auburn
the post off
g 4. P.

M N O P Q R S T U V W X

Marshall
of Morn
Church
Family
22-2-18
Galantine of Mutton—A small breast of mutton or lamb, 3 lambs or sheep's tongues, some strips of ham or bacon, ½ lb. sausage meat, 1 hard-boiled egg, pepper and salt. Remove all the bones from the breast of mutton or lamb, flatten by beating it with a rolling-pin or cutlet bat, then sprinkle a few chopped herbs over and some pepper and salt. Partially boil the lambs or sheep's tongues, skin them and cut them into three or four pieces lengthways from the root to the top. Cut some strips of ham or bacon and the hard-boiled egg, spread the sausage meat on the mutton and lay the tongue, etc., on to it, then roll it up into a well-shaped roll and fasten it into a cloth. At the bottom of a saucepan put the bones of the mutton, a ham bone, if possible, or bacon rinds, the trimmings of the tongues, some cut-up vegetables, onions, carrots, turnips; lay the galantine on top and cover with hot stock. Bring to the boil, then simmer gently for about three hours until tender. When done, lift it out of the saucepan, allow it to cool for a few minutes, then remove the cloth, wash out the cloth and lay the galantine back on to it; roll it up and press between two dishes with a weight on top. When pressed, brush over with some glaze and garnish as liked with aspic, beetroot, endive, etc. The glaze can be made by straining the stock it was boiled in, return to the saucepan and boil it rather hard till it turns to glaze.

At the roadside there would be dumped a tumbler of loam & this would have been opened out like a basin. Into this the contents of a churned over next morning no smell! In a few days the earth would have absorbed the muck & the whole heap could then be carted away.
To Render Milk Free from Germs

ADD two teaspoonfuls of Dioxogen to each quart of milk that is to be sterilized; mix together thoroughly; loosely cover the mouth of the bottle or vessel containing the milk and allow it to stand for not less than six hours before using; if paper milk bottle caps are used, they should be carefully washed each time before using.

It is very important to have the Dioxogen evenly distributed in the milk; a good method is to pour part of the milk into a second bottle or pitcher, add the Dioxogen and then pour the milk from one vessel to the other back and forth several times until a thorough mixing is effected.
Newspapers are invaluable for wrapping woollens, etc., in to protect from moths, for these troublesome insects will not venture to eat newspaper owing to the printing ink, and provided the woollens or furs are clean and free from moth eggs, they will, if carefully wrapped in newspaper, be quite free from the ravages of the busy little moth.

Insects do not like printing ink, so that newspapers should be used for covering shelves, or for lining boxes, etc., for where used insects will not venture.

Rub the kitchen range with newspaper, and you will not have to blacklead it so often.

Place a newspaper on the kitchen table and it will prevent soiling with cooking utensils, and also save labour and soap, for the table thus protected does not want cleaning so often.

Newspapers placed on the bed between the blanket and the quilt afford much warmth, or if you have some thin unbleached calico, place two layers together with two or three thicknesses of newspaper between, and you will never feel the cold when resting.

If you line with newspaper your pail or tub in which the waste pieces are put, and put a piece over the top of the lid, you will ward off flies, and keep away any odour.

Before laying a carpet have the floor spread with two thicknesses of newspaper. A little paste here and there will keep the sheets in place. The paper will not only keep the wrong side of the carpet from getting dirty, but protect it from moths and other insects.

Several thicknesses of newspaper over the edge of each stair form a pad and, to a great extent, prevent the carpet wearing.

Newspapers used to wipe greasy knives, forks, and plates, greatly facilitate the process of washing up, and save the soda, etc. The greasy paper, rolled up, can be used for lighting the fire, and thus help to economise in wood.

Newspapers wetted, then rolled up into hard balls, can be put on the fire to help eke out the coals.

Shelves on which saucepans are stood should be covered with newspapers, as this keeps the shelves clean. Let the newspaper hang over the shelf edge a few inches, and scallop the edge, to make it a bit ornamental.
Oeufs à l'Armoricain

Cut a dozen hard eggs in two; take the yolks & pass them through a sieve, make the sauce as follows:

2 Allow g Butter, half a

Mornjob 8 flour, Peggyrux, Salt,

Jarsely, mixture & half a pint of

Cream, Saw the Sauce in a

Tribe, Cut the whites of the eggs
in Strips & throw them into the

Warmed, dish the whites. Strew

the yolks, equally taste them with

butter, put in a quick oven or

use the Salmonores.
Braised Ox-Tail

Wash the tail and divide into joints, put into a stew-pan covered with warm water, add salt and pepper, let it boil up and skim well; put in two carrots, an onion and a turnip, cut in small slices; put on the cover and stew gently for two hours. Now melt 1 oz. of butter in a stewpan, stir into it ½ oz. of flour. Mix gradually into it about one pint of the strained stock, let this boil up till it thickens, and squeeze in the juice of half a lemon and two tablespoonfuls of Harvey or Worcester sauce. Arrange the ox-tail in an entrecôte dish with the vegetables, pour the sauce over and serve. This dish can be done in a casserole in the oven, and will take about two and a half hours. A little pickled walnut may be used as a garnish.
Barley Bread
2 to 3 tablespoons baking powder
6 oz flour
1/2 lb barley
1/2 lb salt
Mix all together to dough rather wet, bake in
floured tins 1/2 hr.
Plain Giddle Cakes
1/2 lb flour
Oat Cakes
1 lb medium oatmeal
1 lb butter
Salt + little flour
Roll flat in oatmeal + add salt. Roll oat mixture on board roll
in large rounds. Bake slowly on griddle or
slow oven until dry.
Packing a Blouse

MUCH difficulty is often found in packing blouses to take away for the holidays. If folded in the following way, they can lie, closely packed, for a long time without looking crushed when taken out to wear. Lay flat on the table, front down, and fasten. Then fold back the sleeves, and pin to the blouse at the top and at the cuff to keep in position. Now fold back the foot of the blouse at the waist-line, and pin to make secure.—Miss Scott (Glasgow).

French Pancakes

2 eggs
2 oz. butter
2 oz. sifted sugar
2 oz. flour
½ pint of milk

Beat butter to cream, add beaten egg, stir in sugar and flour. When well mixed, add the milk. Stir & beat for a few minutes flat.
**CONSERVE OF PEARS.**

Place ripe pears, peeled, in a fireproof china jar in the oven without sugar or water. After a time baste with their own juice. Bake gently in a slow oven for three days, until no more juice appears. Pack while hot into pots and put weight on top. When needed cut into cubes, dust with icing sugar, and serve as dessert sweet. It is delicious.

-Parsnips are delicious fried. First boil them until they are nearly done, then let them cool. Sprinkle them with salt and pepper and fry them a golden brown in some butter. They can also be baked. Boil as above, then put them into a baking- tin with some dripping, roast in the oven, or they can be roasted by putting them on the same baking tin as the roast meat. Baste them when the meat is tasted.
There are signs that pewter, that old-fashioned metal, composed of lead and tin, is now to come to the fore again. It is a hundred years or so since any real pewter was made in England, but old pewter is beautiful and valuable, and should be treated with great care.

It is a vexed question among collectors whether pewter should be cleaned or not. Certainly cleaning preserves it, and, therefore, I should say certainly clean and keep it at its best, especially if you intend to display it upon your old oak dresser.

For Neglected Pewter

There is nothing better for neglected pewter than a first rub with Brooke's soap and a little whiskey, followed by a washing with soap and water and a final polish with whiting. Obstinate stains may be removed by soaking the pewter for a few hours in a bath of freshly slaked lime and soda.

When clean, pewter may be kept in good order by using whiting and water made into a paste. It should be then polished with dry whiting.

C. C.
After a petition is composed, it can be written on the cover of the letter or a separate sheet of paper. A person of authority is then presented with the petition. The petition is then referred to Parliament. If the petition is approved, a part thereof is returned to the petitioner.
FRUIT dishes are very popular at garden fêtes, and when strawberries are plentiful and cheap they may be served in many tempting ways that are certain to find favour. The fine large berries may be served with cream, and can also be utilised for decorative purposes, and the small ones can be made into purées and creams by passing them through a hair sieve.

FRAISES À LA FEMINA.

The flavours of strawberries and peaches blend very well in this delicious dish, but if peaches are not available for the purpose, tinned or bottled Bartlett pears will make an excellent and inexpensive substitute.

For a dish sufficient for eight people, take a pound of ripe peaches or tender juicy pears, peel them, and rub them through a hair sieve into an earthenware bowl. Add six ounces of icing sugar and the juice of half a lemon, and let the sugar dissolve in the juice of the fruit without heating it, then add two leaves of gelatine that have been dissolved in a little water, and stir in half a pint of whipped cream. Turn this mixture into a border mould and set it in salted ice.

To PREPARE THE STRAWBERRY SAUCE.

 Reserve a pound and a half of fine strawberries of uniform size, remove the stalks, sprinkle them over with sugar and a liqueur glass of fine champagne, and set them on ice to make them very cold.

Pass half a pound of wild strawberries or very full flavoured garden strawberries through a hair sieve; add four ounces of icing sugar, and five or six teaspoonfuls of red currant jelly, and when this has dissolved in the juice of the fruit add a few drops of carmine, if necessary, to bring up the colour, and set the sauce on ice to make it cold.

To DISH UP THE SWEET.

When ready to serve turn out the peach or pear border on to a cold dish, arrange the whole strawberries in a pyramid in the centre, add the liquid that has drained from them to the strawberry sauce, and pour it over the strawberries without letting it drop on to the border.

FRAISES À LA MELBA.

Prepare or procure from a confectioner some vanilla ice cream and remove the stalks from some fine strawberries, and keep them cool on ice.

Pass a pound of ripe raspberries through a hair sieve, sweeten them to taste, and keep the sauce on ice till it is wanted.

When ready to serve spread a thick layer of ice cream at the bottom of a handsome cut-glass bowl or in several flat champagne glasses, arrange the whole strawberries on the ice, and mask them with the cold raspberry sauce with vanilla, and when very cold, add to it a cold custard prepared with the yolks of four eggs, four ounces of sugar, and a gill and a half of milk flavoured with vanilla.

When this has acquired a creamy consistency, remove it from the fire and stir in a quarter of an ounce of gelatine that has been dissolved in a little warm water. Strain the custard, and when it is cool add it to the rice, and then stir in half a pint of whipped cream. Turn this into a border mould, and set it on ice.

When ready to serve turn out the rice border on to a very cold dish, and fill up the centre with the strawberries and pineapple, and mask them with very cold apricot sauce, made by dissolving some apricot jelly or jam in the kirsch and juice that have been used for flavouring the strawberries.
Kitchen Stone for Small Family

"The Doctress" Columbia Company
Holborn Circus. 28
fitted with every appliance &
moveable boiler. What but a
handful of coal & coals that
flame into own debris.

Smelting Salts
Put Colloam in a
wide-mouthed bottle,
get 1 of Americian
8 oz. poured on it
now that 1d. Carbon acid
But a little vinegar round
the Hopper to prevent forcing
then screw it a little to
keep air circulate.

As oysters
Cut into small rounds, soak in
lemon juice serve with a little bread
or white sauce in olla shell
with bread crumbs on top. Brow-
in oven
To overcome
watch or count your own breath.
In throat. Cal volatile x raw
onion.
SKIN CREAM.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boric Acid in Powder</td>
<td>30 grains</td>
</tr>
<tr>
<td>Hydrous Wool Fat</td>
<td>1 ounce</td>
</tr>
<tr>
<td>White Vaseline</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Oil of Geranium</td>
<td>8 drops</td>
</tr>
</tbody>
</table>

Mix.

SKIN LOTION

For Greasy and Perspiring Skin.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boric Acid</td>
<td>24 grains</td>
</tr>
<tr>
<td>Distilled Water</td>
<td>4 ounces</td>
</tr>
<tr>
<td>Orange Flower Water</td>
<td>2 ounces</td>
</tr>
<tr>
<td>Solution of Hamamelis</td>
<td>2 ounces</td>
</tr>
</tbody>
</table>

Dissolve the Boric Acid in Distilled Water, then mix all together.

SUNBURN LOTION

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<tr>
<td>Oxide of Zinc</td>
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</tr>
<tr>
<td>Glycerine</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Elder Flower Water</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Rose Water</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Solution of Cochineal</td>
<td>2 drops</td>
</tr>
</tbody>
</table>

Mix.

MUTTON HAM

THIS is a dish that I knew when a girl in Cumberland. A special pickle is made for a shoulder of mutton from 4ozs coarse brown sugar, one dessertspoonful of powdered cloves, one teaspoonful of pepper, one teaspoonful of ground mace, quarter-teaspoonful of ground ginger, and 4ozs of salt. Mix all together—except salt—and rub into the mutton. Let stand for a few hours, then rub in salt. Place in a large dish and turn twice a day, rubbing occasionally with the herb and salt mixture for six days.

Cook as for a ham by soaking joint in water for a few hours. Put into lukewarm water to which has been added a bunch of herbs, some peppercorns, and a blade of mace. Bring gently to the boil and cook slowly till tender, allowing 25 minutes to each lb and 25 minutes over.

Take out and sprinkle thickly with brown breadcrumbs, place a frill round the knuckle, and serve hot.

Tested by (Mrs.) M. James, 6, Ham-brough-road, Southall, Middlesex.
Shrimp Toast.—A pint of pickled shrimps, 1 gill of good white sauce, a little cream, cayenne, lemon juice, some rounds of hot-buttered toast spread with shrimp paste. Make the shrimps very hot in the white sauce, add cream, cayenne and lemon juice. Put a spoonful of the shrimp mixture on to each, make very hot and serve.

Sauce for Shrimp Toast

1 oz butter—2 Salt Spoonsful Mustard. A Table Spoonsful of Ketchup or any other Sauce, & a Table Spoonsful milk mixed together in a Cup placed in a Sausage of boiling water over the fire—add some Cream if convenient or the Yolks of an Egg beaten up—
Altnab Sea Cakes

1/2 flour 1 tsp table sugar
3/4 butter
1 teaspoon flat heaped

Flatting porridge
pinch of salt

Rub all together in basin
add 1 well beaten egg
enough sweet milk

To make a nice firm
little paste. Work it a
little very little on paper

board, roll out 1/2 inch-


**TOILET VINEGAR.**

Lavender Flowers  ½ pound  
Vinegar .......... 1½ pints

Steep the Lavender Flowers in the Vinegar for one month, strain through flannel.

**TOOTH POWDER.**

Precipitated Chalk  4 ounces  
Orris Root in Powder  1 ounce  
Hard Soap in Powder  1 ounce  
Oil of Rose Geranium  20 drops

Mix.
Washable Suede Gloves

Can be cleaned by putting them on the hand and washing them in a bowl of lukewarm water, in which has been dissolved a tablespoonful of the unique Washing Preparation LUX (do not rinse out). They will dry as soft, and be as serviceable, as when new. Dry not too near the fire, and, when nearly dry, restore the lustre by simply rubbing with the hand, and widen up.

This easy manner of cleaning, combined with their peculiar softness and other qualities, make these Suede Gloves superior to any yet made.

Made specially for GOSLING & SONS, RICHMOND, SURREY.
A LENTEN DINNER MENU OF DISTINCTION

Cream of Mushroom Soup
Trout Grenobloise
New Potatoes
Plum Charlotte
Cheshire Croutes

To prepare the mushroom soup, take 1½ pints of vegetable stock, ½ lb of mushrooms, a cupful of cream and milk mixed, a dessertspoonful of grated onion, 2 oz of butter, a dessertspoonful of flour, salt and pepper. Chop the mushrooms and simmer them and the onion in the stock for 30 minutes. Thicken with a roux made of the butter and flour, season, and stir in the milk and cream. Serve very hot.

TROUT GRENOBLOISE

Prepare the required number of small trout. Season and roll them in flour. Cook in hot butter rather slowly for about seven minutes, turning them once.

Serve on a hot dish garnished with capers, slices of lemon and chopped parsley. Add a squeeze of lemon juice to the butter in pan and pour it over the trout.

PLUM CHARLOTTE

The South African plums are excellent for this sweet. Stone and stew them until tender with demerara sugar. No water is required.

Put a spoonful of golden syrup mixed with a little dark treacle in a well-buttered pie-dish. Line with thin slices of bread which have been dipped in melted butter. Add a layer of stewed fruit, cover with thin slices of bread and butter, then fruit, and so on until the dish is full.

Cover with greased paper and bake for 1½ hours. Turn out and serve with cream or custard.

CHESHIRE CROUTES

Grate Cheshire cheese, moisten with a little cream, add a few chopped gherkins. Pile on to small rounds of fried bread and serve cold.
PROM WOMAN

A Potent Beautifier

When the year draws near, its close fogs and smoke in the atmosphere within and without the house must penetrate the pores of the skin, and ordinary ablutions seemingly have but a slight effect. Icilma Water, drawn from a natural spring in Northern Africa, has a marvellous cleansing and tonic effect on the skin, and the Cream and Soap prepared with it possess the same qualities. What can be easier after a night passed in the train than to take out of the handbag the pot or tube of cream, and rub a little well into the skin, only care must be taken that it does not get into the eyes, as it makes them smart. Then take out the bottle of water with its vulcanite spray, and give the face and open eyes a delightful needle bath, leaving the water on for a few seconds, then wipe it well away with a handkerchief, and no traces of the night are left. The skin is clean, soft, and clear, the eyes bright, and it is not only the appearance, but also the refreshing feeling that is so pleasant. Those who have to take a night journey, or pass a night by a sick bed or at a ball, should try this remedy, and they will astonish themselves and their friends by the result.
Directions for washing coloured embroidery.

Only use a perfectly neutral soap, in preference white Marseilles soap.

Above all avoid soda, washing powders and chloride of lime. — In boiling water a sufficient quantity of soap to make a lather, add to reduce to a medium temperature, wash the embroidery quickly but do not rub too much. — Rinse well first in tepid water, then several times in water until all the soap has been extracted. — Squeeze by hand without twisting, the material in a soft cloth and dry quickly in the open air by ironing it with a moderately hot iron on the wrong side in which you polish with a Father of lime. Sometimes happens that, owing to its not having been properly washed, a piece of embroidery comes out tinged with the excess of dye matter left in the thread after dyeing. This, which may be avoided by following the above directions exactly, can generally be got rid of by copious changes of luke-warm water.

Never allow the wet embroideries to lie in a heap, never use a too hot iron as this would occasion the fading of certain colours.

Boiling 3 pints to boiling point and 1 pint cold. Let it stand in 5 minutes. To a bucket (2 gal) of water add 120g (1 teaspoonful) of lime and 280g (1 tablespoonful) of soda. Stand for 10 hours. Pour off from sediment. More time for soft water. Double the quantity if to drink in an hour.

I was told the other day of a beautifying wash for wrinkles; it is simple to make and inexpensive. Boil 3 ozs. of pearl barley in a pint of water until the gluten is extracted, strain, then add twenty-five drops of simple tincture of benzoin. Dab the affected parts with this wash, and allow it to dry on. After a few applications the wrinkles are said to fade away.
Home-Made Yeast.

THE difficulty which some women experience in obtaining a supply of yeast for household use may be overcome by the preparation of yeast at home. The recipe which I give below is one used by many sea-cooks trained under the Merchant Shipping Act 1906 at the London School of Nautical Cookery. It makes splendid bread.

Ingredients: 4½ pints of cold water, 3 potatoes, 1½ handfuls of dried hops (from chemist or corn chandler), 1½ handfuls of sugar, 2 large handfuls of flour, and the first time of making about 1oz. of compressed yeast or yeast cake. Afterwards a little of the yeast last made must be saved to start the new lot, and bought yeast is no longer required.

Wash and cut up potatoes with their skins on. Put them and the hops in the water to boil till potatoes are soft. Mash them well up, cool down till at blood heat. Stir in flour and sugar smoothly.

Add the compressed yeast worked smoothly into a little tepid water and sugar. Pour into a jar, keep in a cool place to work. When needed shake well and strain off through fine strainer or muslin. Use 1 pint to 1½ lb. of flour.

No yeast lasts fresh and unsoured for more than two or three days.

Home-made baking powder is much more economical than if it is bought, and one should make and keep a tin of it in the house. Ingredients: 2oz. bicarbonate of soda, 4oz. cream of tartar, 6oz. rice flour.

Mix these ingredients thoroughly and pass three times through a fine sieve, or if there is not a sieve mix specially well and rub and crush out even the smallest lump.

Store in a dry tin with well-fitting lid in a dry place. Usual amount two heaped teaspoonfuls to 1lb. flour.

Gertrude Williams.
SWEET MAKING AT HOME

SWEET MAKING AT HOME is becoming more and more a hobby with many people, and it is not much to be wondered at, for a great deal can be done with but little trouble and expense. It is especially easy if the happy possessor of even a small gas stove, for it is so very simple to regulate the heat of these. If sweet-making is largely indulged in, a marble slab is of the greatest use, then there should be one or two iron or, better, nickel saucepans (such as can be obtained at the Berndorf Metal Works, Krupp and Son, Renget-street, a smaller pan with a lip, a hair sieve, some tins in which to set various sweets, such as toffee, caramels, &c., some plates and dishes, one or two wooden spoons, a palette knife if possible, a sweet fork, a spatula, and a good thermometer. Of course, it is very easy to enlarge this list, but with the above utensils a great deal can be done. Remember before using a thermometer it should always be placed first of all in a basin of warm water, so that the mercury may rise gradually, and after use put it back in the warm water before cleaning and drying it.

Molasses Toffee.—Put one quart of molasses, lb. of brown sugar, and half a pint of water into a pan, and boil it to the soft ball stage. 220° to 235°, then add 6oz. of butter, and stir it all together till well mixed, and five drops of essence of lemon, or use lemon juice, and continue the boil till the toffee reaches 312° or the "crack," then pour on to an oilled slab or tin, and leave it till beginning to cool, when you cut it into the desired sizes.

Butterscotch.—Put 1lb. of brown sugar in a pan with 2½ gills of water and half a teaspoonful of cream of tartar, place the pan on the fire, and stir the contents till they boil, then cover down, it is as well to get together enough for three or four minutes, stirring all the time; then pour it into a basin, cover it, and leave till nearly cold, when you pass it all through a hair sieve. Take one pint of this liquor and 2lb. of sugar, put them in a pan, and stir them together over the fire till the sugar is dissolved; then add 1lb. of glue, a quarter of a teaspoonful of bicarbonate of soda, half all to the "crack," keep them well stirred, pour it on to an oilled slab or tin, and, when cooling, divide it up in squares, and wrap in grease proof paper.

Chocolate Kueats.—Mix together 1lb. of sugar and 6oz. of finely powdered chocolate, then add this to the stiffly whipped whites of four eggs; drop on buttered paper, and bake in a slow oven.

Fudge.—Put into a pan 1lb. of sugar, 4oz. grated chocolate, a gill of milk, and 1oz. of butter, when thoroughly melted let the contents boil till on dropping a little into a glass of cold water it hardens, then lift from the fire, add a teaspoonful of vanilla essence, and turn it out on to a buttered slab to cool; when cold cut into squares. An ash小康 mat is excellent for cooking this on, as it prevents the fudge burning.

Walnut Fudge.—Put one pint of cream or milk and 3lb. of granulated sugar into a fairly large saucepan, stir over a slow fire till it begins to boil, and let it boil with the lid on for five minutes, then add a tablespoonful of unsweetened chocolate, and continue to boil with the lid off till a little dropped in warm water will harden, while a few halves of germinated sugar can be forced into a soft salt (20°), then add three-quarters of a pint of chopped walnuts, and stand the saucepan off the fire five minutes, then stir till it grains, when you pour it into a shallow tin, and leave till sufficiently cooled, after which it can be cut up into squares.

Velvet Cream Candy.—Cook together 1lb. of sugar and half a pint of milk, till you can roll the mixture in your fingers, then remember to dip them into cold water first; then let it cool, when you pull and pat it till it becomes quite creamy; then shape it into small balls, and dip them in crushed cream. A damp napkin till deep brown. Put into the pan 12oz. of best white honey, and the same of castor sugar, and boil them together to the "crack," pour this at once on to the stiffly whipped whites of five eggs, whisking it all well together, then let it simmer gently till on dipping your finger and thumb into cold water, and then into the syrup the latter balls, then lift the pan from the fire and stir in the almonds and pistachio. Have ready spread on a board a sheet of water paper, and spread this at even as you can with a layer fully two inches thick, on this place two sheets of wafer paper, and lastly lay a board or clean tin on top, let it stand till next day, when you cut it into blocks, and pack in greaseproof paper in a tin box.

Tangerine Cremas (Uncooked).—Grate the rinds of two tangerine oranges, add 6oz. of icing sugar, a teaspoonful of lemon juice, and sufficient orange juice to form a stiff paste, knead it well, cut into strips, and mould into any shape desired.

Stuffed Cherries.—Put the white of an egg into a basin, and add to it 6oz. of icing sugar, stirring these together so they form a smooth thick paste, and flavour this white cherry brandy or kirsch liqueur syrup. Have ready some large glace cherries, split them down one side, fill with balls of the fondant, close up and garnish with stalks of angelica.

Coconut Balls.—Boil 1lb. of loaf sugar in a gill of water to the crack, then flavour to taste with rose or orange-flower water, and stir into it sufficient grated coconut to make it quite thick; then shape it into balls, place these on an oilled dish, and leave them till hard, when they should be quite firm outside, but soft and semi-fluid inside.

Vanilla Creams.—Put into a pan a pint of molasses, 4oz. of granulated sugar, and half a gill of water, and stir these over the fire till the sugar is dissolved, then let it cool without stirring for fifteen to eighteen minutes, or until, on dropping a little of the mixture into a glass of water, it will form a hard boil; flavour with a teaspoonful of vanilla, and beat until creamy. If liked, 4oz. of chocolate may be added, or you can take the place of the molasses; pour into well oilled tins, and, when cold, cut up into squares.

Apricot Knots.—Have ready some very stiff apricot jam, and turn it out on to a baking sheet, previously dusted with sugar, sprinkle sugar over the jam and place it in a very slow oven to dry. When dry cut it into strips, and twist these into true lovers' knots, then place them on trays, and dry again in a slack oven. Cut the prepared ginger into cubes, dip each cube into the chocolate, coating it well, and stand on a baking sheet to dry, ornamenting them with crystallised rose leaves or violets. Pineapple may be used instead of ginger. Or almonds can be used, only they should be blanched and peeled, and slightly browned in the oven before serving.
CHOCOLATE LUMPS.

Take four ounces of the very best unsweetened cooking chocolate, and grate it finely. Put it in a pan with two tablespoonfuls of new milk, stir smoothly, and let it simmer about fifteen minutes. Beat the eggs to a froth, adding little by little icing sugar. Work in the chocolate, stir in five ounces of best or three drops of coffee essence, and stir steadily and persistently until they are thoroughly mixed. Keep your stirring even. Set the mixture aside to cool, but just before it begins to set form it into rough little lumps, dip these in chopped blanched almonds until they are well coated, then leave to harden. Pack in those little foil bon-bon cases.

ITALIAN CREAMS.

Put into a bowl the white of an egg, an equal amount of cold water, a few drops of vanilla essence, and stir well together. Now work in by degrees a pound of icing sugar, and mix until you have a paste that you can shape as you wish with your fingers. Divide this into three portions, and colour one with cochineal to an attractive—not a crude—pink, and another brown, by adding grated chocolate. Sprinkle a little icing sugar on a pastry board, and roll out each portion of fondant to an equal thickness. Then put the white layer on top of the chocolate, and cover with the pink one. Roll lightly, just to make the layers stick together, then cut into small squares or ovals with a very sharp knife. Let them get quite cold and set before packing away.

CHOCOLATE CARAMELS.

Put together in a pan half a pint of fresh cream, nine ounces of castor sugar, quarter of a pound of the very best cocoa, and a pinch of powdered cinnamon. Let them cook slowly together until the sugar has quite melted, then pour over greater heat, and stir as vigorously as you can until a bit of your caramel will harden when dropped into cold water. Use a wooden spoon for stirring with. Then pour out on to a well-oiled dish, and leave to set. Before it is quite cold, divide it into squares with a sharp knife dipped in olive oil. When the caramel is quite set, wrap in squares of waxed paper.

PEPPERMINT CREAMS.

Add a few drops of good peppermint extract to the white of an egg, and gradually work in enough icing sugar to make a "workable" paste. Shape this in any way you like.

CHOCOLATE ROCKS.

Work well together four ounces of best cocoa, four large tablespoonfuls of icing sugar, three ounces of chopped blanched almonds or walnut meats, two tablespoonfuls of coffee essence, a pinch of powdered cinnamon, and an ounce of fresh butter. Make a nice stiff paste with this, just so firm that you can break little rocky pieces from it. Add more sugar or butter, if necessary, to get the right consistency. Break up into rocks, sprinkle with chopped nuts, and leave to harden.

COFFEE WALNUTS.

To the white of an egg add an equal amount of strong black coffee, and into them stir a pound of icing sugar. Work to a paste, as before, and shape into little oval cakes. Press half a shelled walnut on either side of each cake.

SAY IT WITH SWEETS!

There's one American habit that has always made me rather years to live within its reach . . . the giving of sweets—candy, I should say—which is such a widespread custom. How nice to have even the minor events of life celebrated by a box of delicious bon-bons! When you once start such a habit, too, there are so many occasions that might be considered an excuse for an appropriate gift. The next time you are wondering how you can mark gracefully some anniversary or pleasant occasion, why not say it with sweets? Especially with home-made ones such as these.