Donovan Family: Scrap Book of Recipes & Household Hints

Ballymore

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WALKER'S

“CENTURY” RECIPES BOOK.

(PATENT).

No. 1. FULL BOUND CLOTH.
No. 2. QUARTER BOUND LEATHER.

J. W. & CO., LTD.

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

Mix together 4 ozs. sugar, 2 ozs. margarine, 3 ozs. 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.
Matron

June, 1914.

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 whopersists 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 Pudding

Solid Sugar 13 pieces of shortcake 4 lemons 4 eggs 1 cup of milk

Mix all well and simmer over a quire (about 2 hours) then add two quires, boil to a clean jelly (to about an hour and a half) steep the pips in water and add their juice to the rest. Make Marmalade after receipt out of Irealdrap.
**Florence White's Recipes**

**A Spring Luncheon:**

**Stuffed Eggs in Aspic**

**Salade des Violettes**

**Mixed Grill**

**Pomme de terre Lyonnaise**

**Compote of Cranberries with Thick Cream**

**Cheese, Butter and Biscuits**

**Coffee**

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**Fresh Violet Petals in 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 3oz 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.

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**Ballymore, Marell 25:**

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Soup.

Loin of Mutton.

Scrambled eggs.

Cysters saltee.
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 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 ½ of a pint of milk (for 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 (MAIGRE).

Soak overnight ¼ 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 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 tablespoonful of cream (this may be omitted). Serve with fried bread.
For hams 2.

\[
\begin{align*}
\frac{3}{4} & \text{ lb Salt} \\
6 & \text{ oz Bay Salt} \\
2 & \text{ oz Salt petre} \\
2 & \text{ oz Black pepper} \\
4 & \text{ Cloves of Garlic chopped as fine as possible.}
\end{align*}
\]

These to be mixed together, then

ham to be well rubbed or till the

whole issued in 14 days.

Then rub the hams into a lb &

trace of lew & till in thin

pickle for one month turning it
twice a day. Before it is smoked

do put in a pail of water for

24 hours.
Raspberry Jam (Unboiled)

1/2 lb. sugar to every lb. of fruit.
Heat the sugar in the sauce till quite hot,
pour the fruit in the presence from
and make very hot - but do not boil
it. Add the sugar water well till
all is dissolved. Pour into clean into
a warm while hot. Allow after hot,
si then store in a dry place.

Red Currant Jelly (Unboiled)

1 lb. of sugar to 1 quart of juice.
Pour in the sugar slowly and
it very hot in the oven. Pour the juice
in the presence into. Make it as hot as
possible without boiling. Take the
pan off the fire, stir in the very at point
while stirring, till the sugar is quite
melted, then pour at once into small
pots in front of the fire, and
1 lb. of sugar 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 & 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-cup of flour
1. Tablespoonful of sugar
1. Tea-spoonful cream of tartar
1. Tea-spoonful baking soda
1 cup of milk, either sour or sweet.

Beat together, then add to milk and bread soda.

Mix the beaten up egg, sugar, and melted butter, last added the flour, cream of tartar, and milk with eggs mixed with cream of tartar.

Have a clean ready on fire, place in, then pour in the batter, spoonful by spoonful, until mixture on the milk point. Spoon downwards, as soon as it begins to bubble turn over quickly with a knife.

Then the top yield is lightly browned. The cakes are cooked dry on a clean cloth covered for a few minutes.
THE MAZE,
HAMPTON COURT PALACE GARDENS.

This Maze or Labyrinth is considered 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, and 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 Skirt

If any woolen garment shrinks in washing, put a piece of Common Salt about the size of a walnut into a升
of fairly warm water, put the article in 4 hours with a strip of Soap in the ordinary way, until the elasticity has
returned. Then stretch to normal size, rinse in warm water & shake down hanging out.

To remove scorch from linen,

Tie up a cloth soaked in peroxide for 2 days over scorch, then from dry.

You will then find all trace of scorch has disappeared.
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.

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

One pound of flour.
Six ounces of dripping.
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 together the flour and baking-powder.
Beat the dripping and sugar to a soft cream, add the yolks of the eggs, or eggs, whichever you may be using, and beat well in. Then beat in the whites, to a froth.

Sieve the flour in, then add the and enough milk to a fairly stiff mixture. Lastly, stir in lightly the white of an egg.

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.

These keep well. If they lose their crispness, I put them into a rather cool oven for a quarter of an hour, and they are like new again.
Cake Recipe 6d.

To be Sold for Missionary Work.

Not given away.

THE ZENANA BIBLE AND MEDICAL MISSION.

MANSE CAKE.

Put into a saucepan
1 cup Brown Sugar
1 cup Water
1 1/2 cups Stoned Raisins.
1/2 cup lard.
A few nutmeg grattings.
1 teaspoonful Cinnamon.
1 teaspoonful All-spice.
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
1/2 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 Maigre - Cauliflower Soup - 4 persons
Take a small cauliflower & boil gently in 2 quarts of water, ½ lb butter, pepper & salt. 1 small blade of mace. ½ an hour cut up in small pieces & put back in the soup.
Mix a tablespoon of flour in ½ 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 will curdle.
ROYAL CAKE.

1 oz. "Paisley Flour.

1 oz. ordinary flour.
1/2 oz. 2 whole eggs.
2 oz. butter.
3 yolks of egg.
4 oz. castor sugar.

Measure out the ingredients. Butter and line a square shallow baking tin. Mix the flour with the eggs, yolks, and sugar in 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 1 1/2 inches thick. Ice over the top with the icing mixture given below, and cut into various small shapes.

Madelaine Cake.

1 oz. "Paisley Flour.
6 oz. ordinary flour.
1 oz. 4 oz. butter.
5 oz. castor sugar.
3 eggs. Pinch of salt.
1/2 teaspoonful grated lemon rind or a few drops essence of lemon.

Mix the ingredients. Butter a prepared cake tin. Line the tin. Beat the butter and sugar to a cream. Beat up the eggs 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 oz. or 1/2 oz. to the pound.

CRUST FOR FRUIT TARTS.

1/2 oz. "Paisley Flour.
6 oz. ordinary flour.
4 oz. butter.
1 teaspoonful sifted sugar.
Pinch salt, and cold water to mix.

Mix the Corn Flour and ordinary flour, and a little sugar 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, moisten, 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 lb. ordinary flour.
1 small teaspoonful salt.
About 1/4 pint water.

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. Shape all into round balls. Put the smaller ones on the top of the larger. Place on a floured oven shelf and put in the oven at once. The bread should be eaten straight from the oven as it is perfectly digestible then, and it has still the pleasant flavour of the freshly baked. This bread may be eaten half-an-hour after it is made. When one day old they will be 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 baked much more quickly baked in them, cooks 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 in 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 Plums

(Plain Plum Pudding)

1 lb. or 1 lb. 4 oz. of flour to 3 or 4 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, well_lined with water and well_floured.
Asthma

Inhalation of Bitter Fumes

To make Bitter Paper:

Boil:

- 3 oz. Salt (in 1 pint water)
- 2 oz. Potash (in 1/2 pint water)
- 6 sheets thick loose texture blotting paper on a dish
- Place gently on the salt & water
- Boil hot, soak & then take out to dry.
- Cut into strips or teares & keep in glass bottle or in box in linen drawer. Or dip in tea while boiling to dry.

To Use:

- 3 to 6 strips 3 in. long by 1/2 in.
- Placed in jar (3/4 in. to 1 jar) 2 hours
- Inhale fumes

Or:

- 2 oz. 3 pieces 10 in. square
- Placed 1 on the plate & lighted
- Moors & windows closed, so that room full of fumes.

Wash 1 lb. dried apricots. Put in a bolon; pour 3 pints cold water over them. Soak all night and put in preserving pan & boil till tender. Add 1 lb. sugar & boil 20 mins. till sets.

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 water to the consistency of common milk. Scrub in with moderately hard brush, then rub under tap water, with clean cloth set before fire, when dry polish with chamois leather. To prevent getting bronchitis, sponge chest with vinegar & methylated spirits in equal parts.

**Temperature or heat of Baths.**

<table>
<thead>
<tr>
<th>Bath Type</th>
<th>Temperature Range</th>
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</thead>
<tbody>
<tr>
<td>Turkish Bath</td>
<td>125° to 200°</td>
</tr>
<tr>
<td>Hot Bath</td>
<td>95° to 115°</td>
</tr>
<tr>
<td>Warm Bath</td>
<td>93° to 98°</td>
</tr>
<tr>
<td>Tepid Bath</td>
<td>85° to 93°</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, ½ oz of butter, 4 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.

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**Hat**

<table>
<thead>
<tr>
<th>Size</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>30½</td>
<td>5½ Emily</td>
</tr>
</tbody>
</table>

**Needles & Yarn**

- 9 needles 134. 1 rib 6 plain 1 pl 1 pm. For 3½ in.
- 234 stitches 1 pl 1.

**Yarn**

- 42 lbs. ½ bushel 21 lbs.

**Practicing Quality of Bread much increased by use of Glycerine.** 102 to 4 lbs. loaf.
BRILLIANTINE.

Castor Oil ... ¼ ounce
Almond Oil ... 4 ounces
Glycerine ... ½ ounce
Oil of Lemon ... 15 drops
Rectified Spirit 90% 1 ounce

Mix.
Shake well before use.

BEAUTY LOTION.

Simple Tincture of Benzoin ... ¼ ounce
Glycerine ... ½ ounce
Rose Water to 6 ounces
Mix.

Mix.

BATH POWDER.

Dried Carbonate of Soda ... 4 ounces
Powdered Orris Root ¼ ounce
Powdered Tartaric Acid ... 2 ounces
Essence of Lemon 60 drops
Mix. Use a teaspoonful to each bath.

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 1½ oz., so that this allows two rashers a head a day.

25 lbs Round Spiced Beef

3 oz Salt petre 1 nutmeg
1 lb Salt 10% allspice
½ lb Cloves. A partemight
Bake 6 hours. Cover while baking with common crust of flour 2 water.

The Queen
Jan. 15
1861.
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 1/4 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, cold, stir a half cup of clear hot coffee.
Beat for five minutes, then let away to cool.

Fill shallow dishes 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 custardings. Put a sufficient quantity of white sugar in the tin to be ramelled, with about one tablespoonful of water, or, better, a juice, for each ounce of sugar used; place the tin on the rear part of the stove, and let the sugar brown to about the color of very dark sherry, stirring it continuously so that it may remain coloured. Now take up the tin in a cloth wrung out in water, and turn it quickly sideways round and round so as to make 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 sufficient for a pint mould, but for little dariole moulds put two lumps in each, with a teaspoonful of water or lemon juice, and treat 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 cassolettes 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.

2 hard boiled, raw.

Tablespoons fine chopped met, the same dry bread crumbs, a little minced barrels, pepper, salt, tea spoonfuls curry powder

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

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

Shell the 2 hard eggs, roll a

flour. Cover with the forcemeat
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, administered twice a day. It is unwise to force food upon a distemper patient unless in very concentrated form. Recovery depends upon the dog's reserve strength, careful nursing, and perfect cleanliness.
Emetic

1 tablespoonful of Epsom Salt to 1 tumbler warm water

200 gr. Carbonate of Soda
0.1 Cream of Tartar
0.1 Tartaric Acid
0.1 Epsom Salts
300 gr. Castor Sugar

Emetic Fruit Salt

2.0 gr. Carbonate of Soda
0.1 Cream of Tartar
0.1 Tartaric Acid
0.1 Epsom Salts
3.0 gr. Castor Sugar
flaming 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.
Energy is the product of the pressure (volts) and current (amperes). With a constant and steady pressure, the quantity of current flowing in a given circuit depends upon the electrical resistance of such circuit, as by Ohm's law (the fundamental law of electrical science) the current in a circuit = pressure (or volts) divided by the resistance. Therefore if the pressure be constant and
1 tsp boric acid
1 tsp of Castile soap
1 tsp of turpentine. Dissolve way
in turpentine a third to 
1 tsp of boiling water. Mix both
while boiling then beat for 1/4
3 parts of sand a cup of lime
also all unpainted wood

To Poison

Paris green 200g to 1 gallon water
over measure on 2 tbsp
(10 to 20 gallons water
is used as insecticide for fruit
trees)

0.1 percent of crude tobacco
in water kills 100 percent cases
kill every fly that strays into
the 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 fill there will
be no flies

2 teaspoons formalin to
point of water with sugar.
Exposure in canister. Poison

To kill
For feet that sweat

Bichromate of Potassium 2 dr
Salicylic acid 2 do
Boric acid 50 gr
Glycerine at 86 degrees F
Alcohol

Washed the new Macerates up to prevent acid from escaping
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, Swanley, the Domestic Science department of the Battersea Polytechnic, and the London County Council Elementary schools. The Principal of Swanley, 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 a few shillings, 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. Macadamized corks with hay between them are used.
Genoese Cake.—

4 eggs, 4 oz. of castor sugar, 3 oz. of flour, 3 oz. of butter. 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.
To keep best colours, take up strong plants as soon as they have closed flowers, and divide with a sharp knife. Each division must have good share of roots; water well, and plant in shady bed till March.

- ½ cut of 3 skewers wheyling or 2 cut (4 skewers) frigella (5 ps)
- 1) to 12 needle 76 - 78 stitches
- 2) - 13 - 88 - 94

½ ¼ lb. for 8½ to 9½ in., double turn, place rib for legs, knit 3 in.

Take in 16 to 20 stitches in course of 6 more rounds of the rib cast off last.

**HAIR WASH.**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almond Oil</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Liquid Ammonia</td>
<td>¼ ounce</td>
</tr>
<tr>
<td>Oil of Rosemary</td>
<td>10 drops</td>
</tr>
<tr>
<td>Glycerine</td>
<td>¼ ounce</td>
</tr>
<tr>
<td>Rectified Spirit</td>
<td>½ ounce</td>
</tr>
<tr>
<td>Rose Water</td>
<td>8 ounces</td>
</tr>
</tbody>
</table>

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 feed 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.
FERVENT 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>Hours between meals by day</th>
<th>Time of 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 ½</td>
</tr>
<tr>
<td>2nd and 3rd weeks</td>
<td>2</td>
<td>2</td>
<td>1 ½ - 3</td>
</tr>
<tr>
<td>4th and 5th weeks</td>
<td>2</td>
<td>1</td>
<td>2 ½ - 3 ½</td>
</tr>
<tr>
<td>6th week to 3rd month</td>
<td>2½</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 ½</td>
</tr>
<tr>
<td>6th to 12th month</td>
<td>4</td>
<td>0</td>
<td>7 - 9</td>
</tr>
</tbody>
</table>

Cure: Let & Hunter of Ballock.

Complete rest in bed for 48 hours.

For 48 hours take nothing but fruit water without sugar.

Any fruit juice.

Grape: crush & strain, take a tumblerful at a time instead of each of the usual meals.

Influenza cold, attend by Dr. Baker.
Japanese Dwarf Trees.

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 dyeing 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 left 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, have a disagreeable smell, when rubbed a
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. of 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. of butter and some grated cheese, but put no cheese on top. Place in a hot oven until the semolina takes on a golden-brown colour and serve hot.

LENTIL PATTIES.—To half-pint onion sauce add two teas. with a capfuls cooked tomatoes, one teas. minced parsley, a pinch of pepper and salt. Mix this with some patty veal.
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 labourer's sole were tipped & the earth moved 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.
The Uses of Newspapers.

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.
Cut a dozen hard eggs in two.

Take the yolks & beat them through a sieve, make the sauce as follows:

2 ounces of Butter, half a

pound of flour, pepper, salt,

ground, mace, & half a pint of

cream. Saw the eggs into

very small bits. Cut the whites of the eggs in strips & throw them into the

sauce, dish the whites. Throw the yolks equally into them with

butter, put in a warm oven & serve the Salmomaronne.
**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 entrée 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.
Plain Cakes.

5 cups flour
1/2 cup sugar
1/4 cup butter
2 eggs
1/2 cup milk

Mix all ingredients except milk together in large bowl. Add milk slowly and blend well.

Roll dough on floured board. Shape into small rounds and place on greased baking sheet. Bake at 350°F for 20 minutes.
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
2
2
2
1/2
Butter to cream, add beaten egg, stir in sugar flour, when well mixed add the milk and beat for a few minutes. Put
Conserve of Pears

Place ripe pears, peeled, in a fire-proof china jar in the oven without sugar or water. After a time baste with their own juice. Bake gently in 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.

Equal parts fine table salt & powdered pot. benz
\( \frac{1}{2} \) powdered cinnamon
Mix well. 1 dessert spoonful to each

40 drops of Benzine on a folded handkerchief placed between shirt & undergarment, continued for 4 days. 7 others parts of body to be aired immediately after or in cab.
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.
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.

FRISES 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.

FRIES 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 the custard prepared with the yolks or then 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 a
moveable boiler. With but a
handful of coal it consumes that
flame into own debris.

Put Collon Ash in a
wide mouthed bottle,
get 1st of ammonium
880 poured on it
now that 1st Carbonic acid

Put a little vaseline round
the hopper to prevent freezing
When dryed it a little to
keeps air lighter

As Oysters
Cut into small rounds soak in
lemon juice serve with a little cream
in white sauce in scallop shells
with bread crumbs on top. brown
in oven

To overpower
Watch or Count your own breath.

In throat add volatile e raw
onion
SKIN CREAM.

Boric Acid in Powder 30 grains
Hydrous Wool Fat 1 ounce
White Vaseline 1 ounce
Oil of Geranium 8 drops

Mix.

SKIN LOTION

For Greasy and Perspiring Skin.

Boric Acid 24 grains
Distilled Water 4 ounces
Orange Flower Water 2 ounces
Solution of Hamamelis 2 ounces

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

SUNBURN LOTION.

Oxide of Zinc 60 grains
Glycerine 1 ounce
Elder Flower Water 1 ounce
Rose Water 1 ounce
Solution of Cochineal 2 drops

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 luke-warm 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, Hambrough-road, Southall, Middlesex.
Shrimp Toast. 1 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. Price of Broils

1 oz. butter, 2 saltspoonful mustard, 1 tablespoonful of ketchup or any other sauce, 1 tablespoonful milk mixed together, in a cup placed in a saucepan of boiling water over the fire, add some cream if convenient or the yolk of an egg beaten up.
Alton Tea Cakes

\[ \frac{1}{2} \text{ cup flour} \]
\[ 1 \text{ teaspoon} \text{ baking powder} \]
\[ \frac{1}{2} \text{ cup butter} \]
\[ \frac{1}{2} \text{ cup milk} \]
\[ 1 \text{ teaspoon} \text{ salt} \]

Rub all together in bowl.
Add 1 well beaten egg.

Roll out \[ \frac{1}{2} \text{ inch} \]

Cut into \text{ Calcoes}.

Bake in hot oven for.
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 Croustes

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.

CHESIRE 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.
FROm WOMAN

A Potent Beautifier

When the year draws near to its close fog 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.
White of an egg beaten to a stiff froth then mixed with \( \frac{1}{2} \) pint of water, give a spoonful constantly.

1st. Scrub carbolic soap then in 2 quarts beer made because bag of walnut a heaped tablespoon of Demerara sugar. Add salt with bread, when dry, polish with butter more.

Directions for washing coloured embroidery.

Only use a perfectly neutral soap, in preference white Marseilles soap quality. Above all avoid soda, washing powders and chloride of lime. — In boiling water a sufficient quantity of soap to make a lather, add per to reduce to a medium temperature, wash the embroidery quickly rubbing too much. — Rinse well first in tepid water, then several times water until all the soap has been extracted. — Squeeze by hand without or by rolling the material in a soft cloth and dry quickly in the open by ironing it with a moderately hot iron on the wrong side in which it between two cloths wrong side upwards.

It sometimes happens that, owing to its not having been properly washed first time, a piece of embroidery comes out tinged with the excess of dyeing matter left in the thread after dyeing. This, which may be avoided allowing the above directions exactly, can generally be got rid of by copious washing in several changes of luke-warm water.

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

Being 3 pints of boiling point and 1 pint cold, fit to drink in 5 minutes.

to a bucket (2 salt) of water
and 280 (1 teaspoonful) of lime
stand for 10 hours 2 hour
of from sediment. More
lime 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 benzoine. 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 1 oz. 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 1¼ 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: 2 oz. bicarbonate of soda, 4 oz. cream of tartar, 6 oz. 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 1 lb. flour.

Gertrude Williams.
THE QUEEN, THE LADY'S NEWSPAPER

SWEET MAKING AT HOME.

SWITCH 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 you are 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, it is as well to have a thermometer. Mercury thermometers in which to set various sweets, such as toffee, caramels, an

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," pour on to an oiled slab or tin, and leave it till beginning to cool, when you cut it into the desired sizes.

Toffees.-Put one quart of molasses, lb. of brown sugar, and half a pint of water into a pan, and boil it to the "crack," 220° to 235°, then add oz. 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," pour on to an oiled slab or tin, and leave it till beginning to cool, when you cut it into the desired sizes.

Butterscotch.-Put lb. 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 very small pieces like the above utensils for this purpose, and these should be scrupulously cleaned directly after use. 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, Regent-street, a smaller pan with a lid, 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.

Enrobing Pan.-Enrobe with a puff of angelica, laid out on an oiled cloth and spread over, any piece of fondant, or else make the trimmings into true lovers' knots, then cover them with crystal stair leaves or orange-glaze fruit, and stand on a baking-board or clean tin on top, let it dry, and when ready some very stiff apricot jam, or else the preserved ginger for cooking this on, as it prevents the fudge burning. Whipped Cream.-Put one pint of cream or milk and 2 lb. 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 unwonted chocolate, and continue to boil with the lid off till a little dropper dropped in before laying the lid on it? it is well melted, stir it well. Cut the stiff paste into cubes, dip each cube into the chocolate, coating it well, and stand on a baking sheet to dry. If liked, 4 oz. of choco-

And, when cold, cut up into squares.

Chocoflour.-Cut some good coating chocolate into small pieces, place these in a clean pan, stand this in another of boiling water, and melt it over the fire, then stir till cold, stand the pan in a basin of warm water, and when ready some very stiff apricot jam, or else the preserved ginger for cooking this. Whipped cream is excellent for cooling this on, as it prevents the fudge burning. Whipped Cream.-Put one pint of cream or milk and 2 lb. 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 unwonted chocolate, and continue to boil with the lid off till a little dropper dropped in before laying the lid on it? it is well melted, stir it well. Cut the stiff paste into cubes, dip each cube into the chocolate, coating it well, and stand on a baking sheet to dry. If liked, 4 oz. of choco-

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Chocolates.-Put a mixture of lb. of sugar and 3 oz. 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.

Puff.-Put into a pan lb. of sugar, 4 oz. grated chocolate, a gill of milk, and 1 oz. 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 ashen nut is excellent for cooling this on, as it prevents the fudge burning. Walnut Puff.-Put one pint of cream or milk and 2 lb. 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 unwonted chocolate, and continue to boil with the lid off till a little dropper dropped in before laying the lid on it? it is well melted, stir it well. Cut the stiff paste into cubes, dip each cube into the chocolate, coating it well, and stand on a baking sheet to dry. If liked, 4 oz. of choco-

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Velvet Cream Candy.-Cook together lb. 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 firm, then dip it into a whole, and leave till almost cold, after which it can be cut up into squares.

Brandy Caramel.-Put 1 lb. of sugar, 4 oz. of granulated sugar, and half a gill of water, and stir these over the fire till the sugar is dissolved, then let it cook 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; flavoured with a teaspoonful of vanilla, and beat until cream. If liked, 4 oz. of choco-

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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. The trimmings can be made into true lovers' knots, then cover them with crystal leaves, or orange-glaze fruit, and stand on a baking-board or clean tin on top, let it dry, and when ready some very stiff apricot jam, or else the preserved ginger for cooking this on, as it prevents the fudge burning. Whipped Cream.-Put one pint of cream or milk and 2 lb. 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 unwonted chocolate, and continue to boil with the lid off till a little dropper dropped in before laying the lid on it? it is well melted, stir it well. Cut the stiff paste into cubes, dip each cube into the chocolate, coating it well, and stand on a baking sheet to dry. If liked, 4 oz. of choco-

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SAY IT
WITH SWEETS!

There's one American habit that has always made me rather yearn 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.

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 them simmer about fifteen minutes. Beat the latter to a froth, adding little by little icing sugar. When the chocolate mixture is ready, stir in five ounces of best or three drops of coffee essence. Stir the mixture over the eggs and sugar, and stir steadily and persistently until they are thoroughly mixed. Keep your stirring even. Set the sweetmeat 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 these little hop-along cases.

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 caramels are 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.

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 oblongs with a very sharp knife. Let them get quite cold and set before packing away.

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.

WTOMAN'S LIFE.

BY IRENE DAVISON.

October 3, 1925.

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