

Domestic

(BY MAUREEN.)

Baked Liver and Bacon.

Select liver, wash it well, rub it with lard, and place it in vinegar with one chopped shallot, a little chopped parsley, and salt and pepper to suit the taste. Let it stand over-night: roast it, adding strips of bacon. Baste it frequently with the vinegar mixture. When done, make brown gravy, and serve very hot.

Apricot Omelet.

Cut six preserved apricots into dice, and heat up in a little fruit juice. Beat up five eggs, add a pinch of salt and one tablespoonful of sugar. Melt in an omelet pan or frying pan two tablespoonfuls of butter, when hot, pour in the beaten eggs and stir over a quick fire till they commence to thicken, put in the prepared apricots, then shape quickly into an oval form by folding the ends. Allow the omelet to acquire a golden brown by putting it in the oven, turn out on to a hot dish, dredge with sugar and serve at once.

Crushed Finger.

When a finger is caught in the hinge of a door or 'jammed' in any way, an exceedingly painful experience, it should be wrapped in a cloth wrung out of hot water and held up, so that the flow of blood to the part may be lessened. When the throbbing and pain grow less under this treatment, put the finger into a basin of very hot water to soften the nail and diminish the swelling. If the bruise is a very bad one, the finger should be dusted with boracic powder, covered with cotton wool, and lightly bandaged.

Chocolate Pudding.

Beat three tablespoonfuls of butter and two tablespoonfuls of sugar to a cream, then beat in the yolks of three eggs. Dissolve one and a-half teaspoonfuls of grated chocolate smoothly in one cupful of milk, add it

to the butter mixture, with two cupfuls of cake crumbs, one teaspoonful of vanilla extract, one half teaspoonful of salt, and the whites of eggs stiffly beaten. Fold the whites in gently. Pour into a greased mould, cover with buttered paper, and steam for two hours. Turn out and serve with white sauce. This mixture may be placed in a greased pudding dish and baked in a moderate oven.

Nutrient from Nuts.

Bulk for bulk nuts contain more nutrient than any other food substance, and their food value is even more concentrated than cheese. But to eat nuts at the end of a meal, or between meals, is entirely wrong. That practice places a new burden upon an already full stomach, and is often the cause of very serious indigestion. Nuts should form an item on the menu of the meal, and not a sort of post-script to it. Nuts, too, should always be peeled, as the covering is quite impervious to the gastric juices, and will not digest.

Almonds contain a highly digestible fat, which accounts for over half the weight of the nut, the other half containing valuable protein for body-building and carbohydrates, which are energising.

It is stated that whole-meal bread, spread thinly with honey and a powdering of ground almonds, is intensely nourishing, and puts no strain whatever on the digestive organs. Almond butter, too, is far more nourishing than ordinary butter, and the addition of a little water makes an effective substitute for milk.

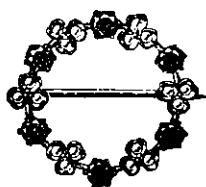
Walnuts are liable to cause colic if not peeled, as the husk contains an acrid substance. The fat in a walnut represents 62 per cent. of the nut, comparing with 54 per cent. in an almond and 66 per cent. in a hazel or filbert nut.

Chestnuts, if not baked, should be blanched and steamed, and then eaten with salt and milk, in the French fashion.

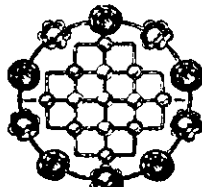
Nut-eating as a regular thing is made easier by purchasing a nut-mill, thus saving much of the mastication, which, if good for the young folk and their teeth, is not so for older folk.



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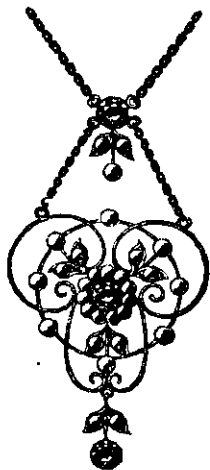
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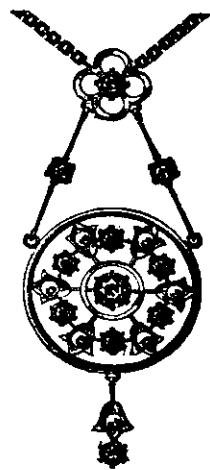
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and 3 Rubies or Sapphires, £11 10/- All Diamonds, £12 10/-

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