

# Domestic

(By MAUREEN.)

## Diet.

'Attend to diet, not drugs.' This is the advice physicians frequently give. The proper balance of the menu is always a concern of the up-to-date housewife, and the change of it to meet the special requirements of an invalid is occasionally her duty. Her grandmother knew that many foods are medicinal as well as nutritious. Household remedies a couple of generations ago included onions for colds and rheumatism, cabbage for skin troubles, spinach as a laxative, tomatoes and carrots to stimulate the liver. But the housewife of to-day knows why such foods have a chemical reaction. The medicinal properties of onions depend probably upon a powerful sulphur oil called allyl sulphide. They produce sleep, promote digestion, are a remedy for coughs and colds, and are said to allay the pains of rheumatism. Turnips and parsnips contain an oily principle that accounts for their traditional value as an aperient and diuretic, while their juices are an old country remedy for coughs and hoarseness. Potatoes also contain a drug called solanin, which has diuretic properties.

## Washing Real Lace.

Any woman who has in her possession some real lace is fortunate, for there are so many ways in which she can make use of it in these days. Very often, however, lace is put away and never used on account of its being soiled, the owner hesitating to attempt to wash it. A good plan is to take the lace, and tack it very carefully to a piece of muslin, being sure to catch each point to the foundation. Make a lather from white soap and warm water, and put in the lace. Allow it to stand for some minutes; then rinse thoroughly, first

in warm, then in cold, water. Never use blue of any description for lace. To soften the color, and restore the oil to the thread, rinse in skim milk. In ironing use a moderately hot iron. Leave the lace still fastened to the foundation, place a clean white rag over it, and press with the iron. After allowing it to stand a little while, remove from the foundation.

## 'Left-Over' Bread and Butter.

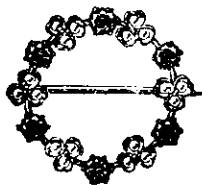
A plate of stale bread and butter is one of the items very frequently to be found in the larder, and the thrifty housewife is often puzzled as to how she shall use it. Apart from 'the everlasting bread-pudding,' as one schoolboy termed it, there seems very little scope for 'doing up' such food attractively. Next time you are confronted by an accumulation of 'left-over' pieces, try making bread-and-jam fritters: they are sure to be appreciated. Spread the pieces of bread with jam, and place them sandwich-wise. Prepare a batter, using four ounces of flour, one egg (well beaten) milk, and castor sugar and vanilla essence to taste. Beat well, and then coat each sandwich with batter, and fry in hot deep fat until a nice golden brown. Drain well on kitchen paper, and serve with castor sugar sprinkled over.

## Banana Dainty.

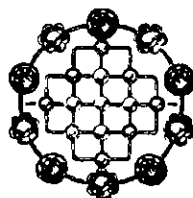
Four bananas, six tablespoonfuls of sugar, one and one half breakfast cupfuls of milk, two and one-fourth tablespoonfuls of powdered gelatine, one cupful of cream, strained juice of one lemon, one tablespoonful of brandy or fruit juice, and thinly-sliced bananas and whipped cream for garnishing. Skin the four bananas and rub them through a fine sieve. Dissolve the gelatine in the milk, add the sugar, banana pulp, and the lemon juice. Allow it to cool a little, and stir in the cream, stiffly beaten, and the brandy or fruit juice. As soon as it begins to set, pour the mixture into a ring mould previously rinsed in cold water. Unmould, fill the centre with the whipped cream, decorate with the sliced bananas.



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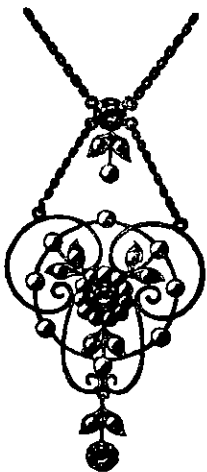
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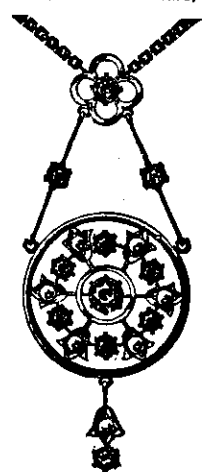
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