

DOMESTIC

(By **M. MURREEN.**)

Date Blanc Mange.

Make a quart of well-sweetened cornflour blanc mange, to which a piece of butter the size of a large walnut has been added. When the cornflour is cooked, stir in 1/2 lb of chopped and stoned dates, and flavor with essence of almonds. Pour into a mould previously rinsed out with cold water, and leave in a cool place to set. Turn out and decorate with stoned and halved dates.

Curried Eggs.

Boil 1/2 lb of rice, drain it well, season with salt to taste, and place in a hot dish. Fry a small sliced onion in butter, add a tablespoonful of good curry powder, fry for a minute. Pour in half a pint of gravy, and simmer for a quarter of an hour. If any cream is available add it now. Cut four hard-boiled eggs in halves, strain the sauce, replace it in the saucepan, put in the eggs, and reheat. Arrange them on the dish of rice, and serve as hot as possible.

Pickle for Beef.

Pickle to keep beef, tongues, and pork.—To each gallon of water add 1 1/2 lb of salt, 1 lb of sugar, 1/2 oz of saltpetre, and 1/2 oz of potash. Boil this mixture till the dirt rises to the top and is skimmed off. Then put in a tub to cool, and when cold pour over the meat. This must remain in the pickle for four or five weeks. The meat must be kept well down in the pickle. This recipe will be found handy in country districts when away from townships.

Sponge Cake Mould.

Cut three or four sponge cakes into thin slices, and line the sides and bottom of a plain pudding mould with them. Mix a tablespoonful each of flour and arrowroot with enough cold milk to form a batter. Bring three-quarters of a pint of milk (sweetened with an ounce of sugar) to the boil. Pour into the blended flour. Simmer over a gentle heat for 10 minutes. Add the yolk of an egg. Simmer for a little while longer, but do not allow to boil. Add an ounce of currants, stir, and leave to cool; pour into a prepared mould. Turn out on to a dish when thoroughly set.

The Health-giving Apple.

The apple may have been the fruit of all troubles, but it is also the source of good health and long life, for it is rich in-nourishment to the brain and nerves. One noted physician declares that to eat three apples a day will add years to a man's life; while one of the United States Senators attributes his vigorous constitution—unusual for one of his age—to the free use of apple juice. The reason undoubtedly is that the malic acid of the apple breaks up the excess of uric acid, which is the cause of so many painful diseases. The juice of the apple stimulates the appetite and improves the digestion, and in cider-making districts gout and rheumatism are practically unknown.

In Case of Hemorrhage.

The arrest of hemorrhage is one of those urgent matters with which everyone should be able to deal in a moment of crisis. In the case of wounds of the scalp or of the limbs, or other readily accessible parts, it should always be remembered that bleeding can generally be stopped by firm pressure of the thumb on an artery against a bone or other resisting structure, and so long as this pressure is maintained danger can as a rule be averted.

Household Hints.

To scale fish, plunge the fish into very hot (but not boiling) water for a few seconds, and the scales will rub off easily.

A greasy oven may be easily cleaned by dusting thickly with powdered lime (sides as well as shelves), then heat the oven thoroughly, and allow it to get cool, then remove the lime, and all traces of grease stains will have disappeared.

To clean a greasy coat collar, rub with a piece of clean flannel which has been dipped into a solution made from grated raw potato and a little cold water. The cloth will be cleaned up and brightened at once.

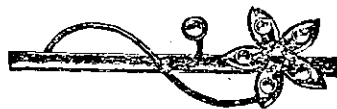
Borax is an invaluable cleanser. A solution in hot water, if allowed to cool, is excellent for washing floors. It destroys all vermin, and is useful for washing any kind of glass or china, imparting a lustre and brightness to them that they never exhibit when washed in the ordinary way.

When baking potatoes, put a small pan of water in the oven and they will cook much more quickly.

China pastry rollers, which can be purchased at most large stores, are better than wooden ones for making light pastry.



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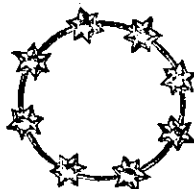
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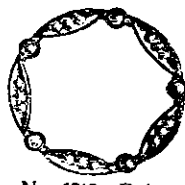
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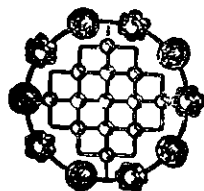
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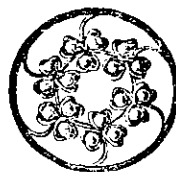
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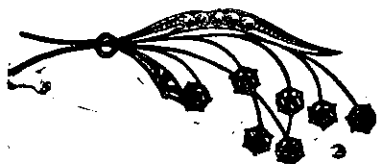
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