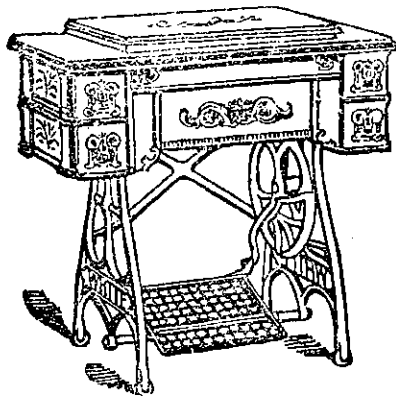


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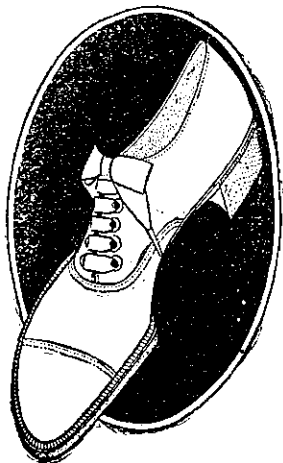
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no coffee so convenient to make or delectable as SYMINGTON'S COFFEE ESSENCE.

Domestic

BY MAUREEN.

Chicken and Tomato Patties.

Required: A cupful of cold fowl, cupful of tomato
pulp, one tablespoonful of cream, salt and cayenne to
taste, half a pound of puff paste, one egg. Mince the
fowl very finely and add to the tomato pulp, with
the cream, salt and cayenne to taste. Have some puff
paste ready, stamp it out into rounds of a nice size for
patties, and stamp it into a small round again. Care-
fully remove the small round and bake all separately.
When the cases are done, scoop out a hole in the bigger
piece of pastry, fill with the prepared mixture, put
on the 'lids' and heat through. Serve hot.

Washed Cod.

Required: One pound of boiled cod, half a pint of
white sauce, two hard-boiled eggs, half a pound of
mashed potato, half an ounce of butter. Have the
fish freed from skin and bone. Make some good white
sauce, seasoning it delicately with pepper, salt, and
tarragon vinegar. Flake the fish coarsely, and warm
up in the sauce, with two hard-boiled eggs cut in eight
pieces. Lightly stir in the mashed potato. Mix all
together lightly, arrange it pyramidically on a dish,
and brown in the oven.

Oyster Fritters.

Required: Oysters, one ounce of butter, four table-
spoonfuls of oyster liquor, one ounce and a-half of
sifted flour, three eggs, pepper and salt, frying fat.
Prepare a batter as follows: Dissolve one ounce of
butter in four tablespoonfuls of oyster liquor, and stir
into it one ounce and a-half of sifted flour; set in a
pan and mix over the fire. Turn the batter into a basin,
and mix in (one at a time) three eggs, and a pinch of
salt. Next scald the oysters, dip into flour, and then
into the batter. Fry a golden brown in deep fat, dry
on a paper by the fire, and serve with brown bread and
butter, nicely garnished with parsley.

Braised Fillet of Beef.

Required: A fillet of beef, two ounces of fat bacon,
soup vegetables, six small peppers, a blade of mace,
two cloves, one pint of stock, pepper and salt, French
beans. Have a nice fillet from the sirloin, and lard
the top with strips of fat bacon. Take a pan large
enough to hold it, line the bottom with strips of fat
bacon, and on this lay the fillet. Round it put soup
vegetables and herbs wrapped up in a bay leaf, a piece
of mace, six peppers, and two cloves. Pour over all
one pint of good stock, cover with greased paper, put
on the lid, and let the contents simmer till the meat
is cooked. Set the fillet in a dish, strain the gravy,
color it, season highly with pepper, salt, and pour
round. Garnish with French beans or sprigs of cauli-
flower. Just before serving, cut the fillet into neat
slices, but leave them pressed together.

Household Hints.

A freckle lotion, the ingredients for which can be
found in most houses, is to grate a teaspoonful of horse-
radish into a cup of sour milk, cover it, and let it stand
for six hours before using. Then bathe the affected
parts with the lotion twice a day. If an uncomfortable
burning ensues, allay the inflammation with a soothing
cream, rubbing it in very gently.

Hot baths should be taken at night just before
bedtime. They are apt to prove exhausting, and bed
is the best place for one to rest afterwards. One is also
apt to take cold after them, and exposure to the air is
often dangerous. The morning bath should begin with
tepid water, into which cold water is poured, the quan-
tity being increased every day until it is quite cold.

A raw egg, swallowed, will usually dislodge a fish-
bone or any foreign substance in the throat.

Maureen

For Influenza take Woods' Great
Peppermint Cure. Never fails. 1/6, 2/6.