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Domestic

BY MAUREEN.

Swiss Honey Cakes (One Dozen).

Heat together one-half pound of honey and two ounces of butter; stir well, and when nearly boiling remove from stove to cool. Chop fine two ounces of blanched almonds (sweet), the rind of a lemon, a salt-spoonful of carbonate of soda, dissolved in water. Mix and let stand in a cold place over night. In the morning roll out one-half inch thick; cut in squares and place on top chopped nuts and citron. Bake in a brisk oven twenty-five minutes.

Iron in Vegetables.

Although it has long been popularly supposed that spinach is especially rich in iron, the results of analyses by Professor Hansel, of Dusseldorf, seem to prove that several other vegetables contain more. Spinach holds only .036 per cent. of iron oxide, but lettuce and cabbage each contain .055 per cent., and the leaves of celery and of kohlrabi are also richer. Potatoes, carrots, green beans, mushrooms, and hazelnuts contain from .011 to .020 per cent.; onions, radishes, and cauliflower but .004 per cent.; tomatoes and apples only .001 per cent. When these vegetables are boiled, a portion of the iron oxide is dissolved in the water, and is lost when the water is poured off.

Swiss Rice Soup.

Wash one-fourth pint of rice, and drop it into two quarts of fast-boiling water. Season with a scant teaspoonful of salt, one tablespoonful of chopped onion, a blade of mace, and sprig of parsley. When the rice is well softened, put the whole through a colander, then place again on the stove to boil. Thicken with a generous tablespoonful of flour rubbed smooth with cold milk, with more salt if necessary, and a little pepper. Let boil up once, then simmer slowly five minutes; draw to the side of the stove, stirring slowly. Beat two eggs in one-fourth pint of cream and mix well with the soup. As it is taken from the stove add two tablespoonfuls of grated cheese, and when served drop a half teaspoonful of minced parsley over each plateful.

Date Mould.

Date mould is very good. Take a pound of dates, remove the stones and chop them roughly. Place in a pan with the grated rind and juice of a large lemon and sufficient water to cover. Simmer for some time, and if all the water dries into the fruit add a little more. When the whole is a thick paste pour into a wetted mould and allow to get cold. When cold turn out and serve with either custard or cream. For special occasions whipped cream, sweetened and flavoured with lemon, may be piled on the top of the mould and heaped in tiny piles around the base. In that case the top of the whole should be garnished with two or three well-shaped dates.

Household Hints.

Inkstains can be taken out of linen by rubbing paraffin on the stains, letting it soak all night. Then wash in the ordinary way. Afterwards apply soap to the spots and boil for twenty minutes.

Well mix together a spoonful of table salt, two of soft soap, two of powdered starch, and the juice of a lemon. Lay this mixture on both sides of a mildew stain with a brush, and then lay the article on the grass and allow it to remain for twenty-four hours or more, until the stain disappears.

White of egg will be found a good medium for cleaning leather chairs that are in need of renovation. The chairs should be dusted thoroughly first, and the white of egg be rubbed over them. After it has dried the chairs must be rubbed thoroughly with soft, clean cloths.

During the Winter

There is nothing so refreshing or wholesome as a cup of coffee, and there is no coffee so convenient to make or delectable as SYMINGTON'S COFFEE ESSENCE.