

Domestic

By Maureen

Cocoonut Cream.

Melt 2 large teaspoonsful of butter and add $\frac{1}{2}$ cupful of milk and $1\frac{1}{2}$ cupsful of sugar. Stir until sugar is dissolved, and when it reaches the boiling point boil for 12 minutes. Remove from fire and add $\frac{1}{2}$ cup of shredded cocoonut and $\frac{1}{2}$ teaspoonful of vanilla. Beat until creamy and pour into a pan.

Irish Stew.

Ingredients.—Two pounds of uncooked neck of mutton, salt, pepper, onions, and potatoes.

Cut up the mutton into small outlets and put into a stewpan with some of the fat of the mutton; season with a little salt and pepper. Add 6 middle-sized onions, 1 quart of water; set them to boil and simmer for half an hour; then add the potatoes, as many as required. Stir all together and let it stew gently for about an hour.

Chocolate Cake.

Cream one-half a cupful of butter; add, gradually, 1 cupful of sugar and beat well, then add 1 egg, well beaten, and 1 cupful of milk, in which is dissolved one-half a teaspoonful of soda. Melt 3 squares of chocolate over hot water and add to first mixture, then 1 cup and five-eighths of pastry flour, sifted with 1 teaspoonful of baking powder and one-fourth a teaspoonful of salt. Add one-half a teaspoonful of vanilla extract. Bake in two layers, and when cool spread between and on top the following icing:

Quick Icing.

Put into the top of a double saucepan one-fourth of a cupful of boiling water and 1 cupful of sugar. Place over the lower part, which should contain boiling water, and stir until sugar is dissolved. Then add the unbeaten white of 1 egg, and beat with the egg-beater for about 7 or 8 minutes, reducing the temperature of the water somewhat. If, upon lifting the egg-beater, the mixture drops off instead of running off, the icing has cooked sufficiently. Remove from fire and beat well until ready to spread. Flavor with one-half a teaspoonful of vanilla.

Home-made Baking Powder.

A good standard formula for baking-powder, made at home, is to mix together four to eight ounces of cornflour or ground rice, eight ounces of bicarbonate of soda, and eighteen ounces of cream of tartar. All three have to be mixed as thoroughly as a chemist mixes a compound powder. It is also important that both the cream of tartar and the

cornflour or rice flour should be dried before mixing them with the soda, and that the whole shall be stored in a dry place. The only reason for the addition of a starchy substance is to keep the other two from acting on one another, which they will do in the presence of even slight atmospheric moisture. Salt is not needed in a baking-powder, neither is sugar, and, to our thinking, neither is desirable—though neither is likely to interfere with the chemical reaction.

Summer-time Dangers.

In winter a woman's fancy lightly turns to thoughts of dancing. And though she may have a cold or so, it is remarkable how free from ailments she keeps during that season.

So a doctor told the writer recently (says a Home paper). Most of his work, he added, came with summer.

With the first burst of sunshine women, ever impulsive, fly to a multitude of things outdoors. They plunge into the sea or the local swimming baths and stay in too long, with disastrous results.

They lie out in the sun and get sunstroke. They play tennis too vigorously and then complain of aches and pains; and tennis elbow. Other women tramp long miles and expect to be fit for work afterwards.

In fact, so this doctor affirmed, for women summer-time spells danger-time. The desire for the open air and exercise is one thing, he said, but the way women tumble over one another in their ardent desire to make use of the longer days is quite another.

"Go slow if you want to keep fit," is his slogan.

ADVICE TO PARENTS.

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