

**Domestic**

By Maureen

## AN EXCELLENT MARROW MARMALADE.

7lb of ripe marrow, 5lb of granulated sugar, 2 large lemons, and  $\frac{1}{4}$  of a cupful of crystallised ginger. Weigh the marrow after peeling and cutting it into inch square pieces. Mix with the sugar, add the grated rinds and strained juice of the lemons, and the ginger cut into very small pieces. Allow to stand over night, then cook until clear and thick.

## A NEW BAKED APPLE DISH.

Into a well-buttered deep pudding-dish slice juicy apples to fill. Sweeten plentifully, add one tablespoonful of butter, and powdered cinnamon and nutmeg to taste. Cover with a soft batter stirred to a consistency to pour but not to roll. Bake in a hot oven and serve with custard.

## APPLE CUSTARD.

Peel and core four large tender apples and steam them until they can readily be put through a sieve. While hot add  $1\frac{1}{2}$  tablespoonsful of butter, the yolks of two eggs,  $\frac{1}{4}$  cupful of sugar, and one cupful of milk. Mix and divide into greased cups or moulds, set in a pan of hot water and bake in a moderate oven for 25 minutes. Beat up the whites of the eggs to a stiff froth, add one tablespoonful of sugar and beat again. Pile this meringue on the top of the custard.

## LITTLE BISCUIT CAKES.

The recipe for these delicious biscuit cakes takes three cupsful of flour, three teaspoonsful of baking powder, three tablespoonsful of butter, half teaspoonful of salt, milk enough to make drop dough. Mix the flour, salt, and baking powder and sift. Add the butter and milk. Add milk until you have a dough soft enough to drop from the spoon without spreading. Brush the biscuit cake over with milk and bake in a hot oven. The dough is not touched with the hands in this method, so with the materials cold, the cakes produced are of the best.

## CHOCOLATE SPONGE ROLL.

Beat 2oz of butter to a cream with a  $\frac{1}{4}$ lb of castor sugar, add 1 egg, beat well, then add 3oz of flour to which half a teaspoonful of baking powder has been added. If too stiff, add milk. Pour in well-greased tin and bake 20 minutes. When cold, spread with the following before rolling:  $1\frac{1}{2}$ oz of butter, 2oz of sugar, 2oz of grated chocolate. Method: Beat the butter to a cream, add sugar and chocolate, mix well, then spread over the roll. Dust castor

sugar over before serving. To make chocolate icing:  $\frac{1}{4}$ lb of icing sugar, 2oz of grated chocolate, 1 tablespoonful of water. Add water to sugar, mix smooth, add cocoa or chocolate, spread over the roll and bake till set.

## THE UNIVERSAL TIPPLE.

Coffee and tea are the two beverages used almost universally by the adult population throughout the civilised and semi-civilised world.

It is impossible to say how many tens of millions of dollars are expended upon them annually. Although their use has steadily increased, they might be discontinued by the multitudes who have formed the habit, without the loss of any benefit, and, in the majority of cases, abstinence would result in a distinct physical gain.

Neither coffee nor tea is to be considered a food. Both are stimulants, and it is this which is responsible for their popularity. As with all other stimulants, there is a continual tendency to over indulgence, because a moderate allowance after a time fails to give the necessary excitement to the nervous system.

While the mind is often stimulated to good work for a short time by coffee or tea, any stimulus which they give is transitory, for there is a period of depression following the use of all stimulants. Experiments have shown that over-indulgence in both have a tendency in the long run to dull the working of the mind.

A moderate use may not be followed by any noticeable ill effect, but nervousness and disturbances of the digestive system are almost sure to follow the excessive use of either. Tea has an astringent action which is often harmful. Any value which might follow from the use of a warm beverage with meals where the majority of the food is below the body temperature, is probably offset by this action. Hot water, or hot water, milk, and sugar of our childhood days is far better.

Many people rely upon coffee and tea almost entirely as beverages, and fail to drink the proper quantity of water.

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