

Domestic

By Maureen

DATE SANDWICHES.

Mix equal amounts of date pulp and finely-chopped preserved ginger, moisten with a little of the ginger syrup, and spread over lightly-buttered bread. Cover with another slice, and finish as for other sandwiches.

BREAD SAUCE.

2 tablespoonsful of breadcrumbs, 1 small onion, $\frac{1}{2}$ teaspoonful of salt, a dust of red pepper, $\frac{1}{2}$ cupful of milk, $\frac{1}{2}$ teaspoonful pepper. Boil the onion in the milk for 15 minutes, strain the milk over the crumbs, add the seasonings, and simmer slowly for 10 minutes; serve at once.

GOLDEN ORANGE GINGERBREAD.

Cream one-half a cup of butter. Add one cup of treacle, one well-beaten egg, the juice and pulp of one orange. One teaspoonful of soda, dissolved in half a cup of cold water. One teaspoonful of ginger, and two cups of flour. Stir well and bake quickly.

SAGE-AND-ONION STUFFING.

Peel and chop two large onions, measure them, and mix with twice the amount of bread crumbs. Add a spoonful or two of dried sage, or double the quantity of fresh sage, and enough hot water to moisten the crumbs. Mix into them while warm one-fourth a cup of butter, one-half a teaspoonful of pepper, and bind with one well-beaten egg. This makes a good stuffing, not only for roast pork, but for ducks or roast goose.

CHOCOLATE CREAM TAPIOCA.

To one quart of scalded milk add one-half cupful of granulated tapioca and boil for ten minutes, using a double boiler. Beat the yolks of two eggs and mix with one-half cupful of sugar and one-fourth teaspoonful of salt. Add to the tapioca mixture two ounces of chocolate, and when melted stir in the egg mixture. Cook for two or three minutes and remove from the fire. Add one teaspoonful of vanilla and stir in the well-beaten white of two eggs until they are thoroughly mixed. Chill before serving.

RAINBOW SPONGE CAKE.

Mix well together one cupful of butter, two cupful of sugar, three cupful of flour, five eggs, one cupful of milk, one teaspoonful of carbonate of soda, and two teaspoonsful of cream of tartar. When it is ready to bake, take out one cupful of the mixture, and add to one tablespoonful of grated chocolate or chocolate powder, mixed with a little

milk. Pour in the yellow mixture about an inch deep at the foot of the cake-tin; then pour in a little of the chocolate mixture, and so on, adding alternate layers until the cake-tin is full. Bake in a very slow oven.

SOME BANANA RECIPES.

The food value of bananas is good. They furnish heat and energy, but do not build muscular tissue. Raw bananas are apt to be found indigestible by some persons, and are better if lightly scraped after peeling—that is, scraped enough to remove the "fuzz." Also, while a banana that has blackened in spots should not be eaten, the banana with the blackened skin, provided the inside fruit is white, is far the wholesomest, since it is thoroughly ripened, and the yellow-skinned bananas are seldom ripe, as we usually get them.

Baked Bananas.—Cut the bananas first in halves, then lengthwise. Dip in lemon juice, then in fine sifted crumbs; place in a well-greased baking tin, and cook in a hot oven from ten to fifteen minutes. Serve hot with lemon sauce.

Banana Custard.—Arrange alternate layers of sliced plain cake and cut-up bananas in a dish, and pour over all a rich, soft custard. Let stand twenty minutes, and serve with a garnish of preserve.

Banana Fritters.—Mix three-fourths of a cup of milk with one beaten egg; stir in one cup and one-half of flour sifted with two teaspoonsful of sugar and one-half a teaspoonful of salt; add one tablespoonful of melted butter or olive oil, and mix with from four to six bananas, peeled and sliced. Fry, by a tablespoonful at a time, in deep fat.

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