

**Domestic**

By **Maureen**

**Macaroni Cheese.**

3oz of macaroni, a little grated cheese, pepper and salt to taste, and  $\frac{1}{2}$  a teaspoonful of made mustard. Boil the macaroni, drain and put in a saucepan with a little of the water in which it was boiled. Then put 2 dessert-spoonful of flour, salt and pepper and mustard in and mix well! Divide the grated cheese into three parts and take one part and put it in the saucepan. Now put the mixture in a pie-dish, and the rest of the cheese on top. Bake until crisp and brown.

**White Soup.**

2 small onions, 1 turnip, lb of potatoes, 1 stalk of celery, 2 small parsnips, 3 pints of water,  $\frac{1}{2}$  pint of milk, 1 tablespoonful of flour, 2 tablespoonful of butter, and salt to taste. Cut about 2lb of any white vegetables, previously washed and peeled, into pieces, or preferably several kinds mixed, and boil them until soft in the water with salt and butter. Rub them through a colander, put them back in the stewpan with milk, and let boil. Put in flour, mixed smoothly with a little cold water or milk, let the soup boil for ten minutes, and then serve.

**Meat Souffle.**

A toothsome way of using up cold meat is as follows: Put any cold meat you have through a mincing-machine, add to a small cupful of white sauce, made by rubbing a table-spoonful of butter smoothly in the same quantity of flour, and a cupful of hot milk. Season with salt, pepper, and a little onion; add the beaten yolks of 3 eggs, and cook five minutes. Allow to cool, then fold in the stiffly-beaten whites of the eggs, and bake in a deep, buttered dish in a hot oven for three-quarters of an hour, and serve quickly.

**Herbs and Spices: Interesting Information.**

**Allspice.** The berry of a small tree growing in the West Indies. Gathered when green and dried in the sun. The berries combine the flavor of cloves, cinnamon, and nutmeg, hence the name. Also called bimento or Jamaica pepper. Used for flavoring soups, stock, sauces, stews.

**Cloves.** The unopened flower buds of a tree growing in the Tropics. Much used in both sweet and savory dishes.

**Cinnamon.** The bark of a species of laurel. Comes chiefly from Ceylon, Java, and Borneo. Much used for flavoring both sweet and savory dishes and employed medically.

**Coriander.**—The fruit of seeds, so called, of an Eastern plant, used by confectioners and in the making of curry powders.

**Aromatic Spice.**—A mixture of pepper, salt, cinnamon, mace, powdered bay leaf, thyme, marjoram, nutmeg, and cayenne. Used for flavoring ragouts, braises, game pies, vol-au-vents, galatines, and so on.

**Nutmeg.**—The seed of the nutmeg tree. Used for flavoring sweet and savory dishes.

**Mace.**—The outer shell of the nutmeg. Used whole or powdered for sweet or savory dishes.

**Mustard.**—Seeds of a plant of two kinds, black and white. These are ground and mixed. Used as a condiment and for flavoring.

**Pepper.**—The seeds or berries of an Eastern shrub. The berry has a dark brown skin. Black pepper consists of the dried berries ground whole. The same berries are ground finely after the dark husks have been removed to make white pepper.

**Long Pepper.**—Similar in taste and smell to pepper, but the seeds are long. Used in pickles and curry powder.

**Mignonette Pepper.**—White pepper, crushed, not ground.

**Cayenne Pepper.**—The dried fruit of capsicum which grow mostly in Cayenne. The fruit is ground after it has been dried. The pods are called chillies. Much used for flavoring.

**Kroma Pepper.**—A red pepper made from the Hungarian paprika, capsicum pod. Used for seasonings, as it is milder than cayenne.

**Turmeric.**—A plant of the ginger family much grown in the East Indies. The tubers are dried and ground to a powder. Much used in curry powders.

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