

## HOUSEKEEPERS' DEPARTMENT.

True and Tried Recipes Contributed by the Women of New England—Fancy Work, Crocheting and Knitting—Plants and Flowers—General Correspondence on Home Topics.

### Daily Hints to Housekeepers.

Monday, Oct 16.

It is easier to be happy without riches than with them.

**BREAKFAST**—Fruit, Corn Meal Mush, Pork Chop, Straw Potatoes, Biscuit, Coffee.

**DINNER**—Lamb Stew, Turnips, Squash, Celery Salad, Crab Apple Jelly, Bread, Plum Tart.

**SUPPER**—Curried Eggs, Fried Potatoes, Baked Peas, Cookies, Tea.

**CELERY SALAD.**  
Wash and scrape one good-sized bunch of celery and lay in cold water for an hour, then cut into small bits and put in a salad bowl. Mix half a teaspoon of salt and a little cayenne together, slowly add two table-spoons of salad oil, then one tablespoon of vinegar and stir thoroughly into the celery. Garnish with a few slices of hard-boiled egg and parsley. Serve with crackers and cheese.

**CURRIED EGGS.**  
Two dessertspoons of curry powder add three cups of good gravy, stirring constantly until free from lumps. Simmer until it is reduced to a little less than one-half, then thicken with a little flour and butter. Boil the eggs hard, strip and quarter them and warm them in the curry. Serve very hot on a hot plate.

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paper. Put some table sauce into a soup plate, let the sardines remain in it for three minutes, then take them out and place them on a small baking-pan which has been lightly spread with dripping, and place them in a moderately hot oven; after five minutes turn them and leave them for another five minutes. Butter some slices of freshly-made toast and cut them into strips just a little larger than the sardines; spread the strips with tomato catchup which has been heated in a saucepan and place a sardine on each; scatter some hard-boiled yolk of egg, which has been rubbed through a sieve (or a block tin gravy strainer will answer the purpose), over the sardines, and dish them up on a hot dish covered with a paper doily. Mrs. R. M. A.

**Plum Tart.**  
Partially cook the plums for the tart, using plenty of sugar, and let them get cold. Make a paste according to the following directions, and you will have a nice puff crust at a small cost. Put ½ a pound of flour into a mixing basin, add a pinch of salt, and then ½ a pound of refined lard, and mix it with the tips of the fingers into the flour, adding very gradually at the same time sufficient cold water to form a soft paste. The lard must not be rubbed into the flour, or a short and not a flaky crust will be the result. Turn the paste from the basin on to a floured board, and roll it out; then fold it over and put it aside on a floured plate, in a cool larder, for ½ an hour, or longer, if the time can be spared. Then roll it out and fold over 6 times, and it will be ready for use. Ten minutes before taking the tart from the oven brush it over with white of egg, and dust it lightly with powdered sugar to give it a glazed appearance. Agnes.

**Mushrooms.**  
Mushrooms can be stuffed in this way: Chop up the trimmings of a few mushrooms and a couple of whole ones with a small onion, a sprig of parsley and tarragon respectively; sautez these in a little butter, add a tablespoon of bread-crumbs, pepper and salt to taste, a pinch of cayenne and a few drops of cream. Lay the trimmed and pared mushrooms top downward in a gratin dish, spread some of the mixture over each one, and bake for 10 minutes; they can be served on a piece of fried toast. Another delicious entree is made with average-sized mushrooms prepared as above, buttered inside, and sprinkled with bread raspings. Let them bake for a few minutes, then break 1 egg over each, and bake again till the latter are set. A layer of well-prepared spinach under the egg instead of the stuffing or breadcrumbs also gives excellent results. X.

**Eggs and Spinach.**  
High tea dish—Cook 2 pounds of spinach, drain it well, then chop it until it is very fine and pass it through a wire sieve. Put an ounce of butter and a tablespoon of cream, taken from the top of some milk which has been allowed to stand for a few hours, in a saucepan; when the butter is melted add the spinach and stir it well; season it with salt, pepper, a dust of nutmeg and a pinch of powdered sugar. As soon as the spinach is thoroughly heated take it from the fire and mold it into the form of a flat cake on a very hot dish; have ready prepared some creamy buttered eggs; cover the top of the spinach with them and surround it with macaroni prepared as follows: Boil some straight macaroni, which has been broken in pieces of about 1½ inches in length, until it is tender, then put it into a saucepan with a piece of butter and a small quantity of milk; season it with celery salt, black pepper and a little cayenne, and stir it until

all the milk is absorbed, then sprinkle in some fried breadcrumbs, turning the macaroni while adding them, so that they may be equally distributed, and serve it at once. To prepare the crumbs put about a tablespoon of clarified dripping into a small omelet pan, and as soon as it boils stir in ½ a teacup of browned crumbs (made by baking some bread lightly colored in the oven and then pounding it in a mortar), which has been seasoned with salt and pepper; let them fry until they are crisp, but be careful that the crumbs do not acquire too much color; when they are ready spread them out on a sheet of kitchen paper, and put them into the oven for a few moments before using them. Mrs. Mona.

**Mashed Potato Cone.**  
Mash some potatoes until they are quite free from lumps, add a little milk to them and some salt and pepper, and form them into the shape of a large cone; smooth the potato with a knife, brush it over with a little melted butter, mark it evenly with a fork, and let it bake in a quick oven until it is evenly browned. X.

**Bonnes Bouches.**  
Take half a pound of any kind of game or poultry, cut it up into small slices, and fry them in butter with a little grated ham, parsley and mushrooms chopped very fine. Season with pepper, salt and grated nutmeg. When fried a nice brown, pound them thoroughly in a mortar with a large spoonful of brown sauce. Rub this mixture through a wire sieve and place the puree in a small stewpan. Add the yolks of three eggs and two whites whisked to a stiff froth, mix lightly, then fill some charlotte russe cases with it. Brush over the top with beaten white of egg and bake in a moderate oven for about 15 minutes. Laura.

**Cream and Vegetable Soups.**  
For a simple cream soup take a pint of chicken stock or not, as you like, and a pint of cream, and heat them separately—the cream in a double boiler. You cannot put cold cream into cold broth, hot cream into cold broth, or cold cream into hot broth with any certainty that the mixture will not sour. When the cream is hot, drop into it a fresh young onion. Take an ounce of butter, froth it in a stewpan, and add to it a tablespoon of flour into which has been put a scant teaspoon of white pepper and a scant teaspoon of salt. Stir a little at a time, the hot broth into this mixture of flour and butter, being very careful not to allow lumps to form. Remove the onion from the hot cream, and stir into it the hot, thickened broth. This is cream soup of excellence. It may, however, be delightfully varied by the summer vegetables as they come along into market. Cream of vegetable soup—Before beginning the above process for cream soup, prepare your vegetables. Take two young carrots, one medium sized potato, boil them and mash them through a sieve; take also a teaspoon of finely chopped and celery and half a cup of very finely chopped celery. Stir all these into the cream soup, and you will have a summer dish that has few rivals. Instead of carrots you may use cauliflower; or peas in the place of celery. A half cup full of summer squash is also very acceptable. Indeed, one may use to advantage any fresh vegetables that happen to be in season. It is very nice to serve with this soup very small dice of white bread that have been browned in the oven with a little butter.

**Green corn soup.** Prepare the cream soup exactly as before. The flavor derived from dropping the young onion in the hot cream is particularly good with corn. Take 12 ears of firm fresh sweet corn. The method of cutting this is very important. Nine people out of 10 fail to do it correctly. Cut off only the very upper part of the kernels of corn and cook these tops in the hot chicken broth. Now scrape the 12 ears until all the corn is out, giving you a rich milk juice. Season this with a good teaspoon of salt and a teaspoon of powdered sugar. The sugar is entirely lost as sugar but brings out the sweetness of the corn. Stir this into the boiling broth and then add it to the hot cream. If desired, a small button bean may also be used as a garnish.

**A puree of peas.** This is made by boiling shelled peas in the chicken broth, putting the whole mass through a sieve, and adding it to the hot cream flavored with onion. With peas it is also well to reinforce its natural sweetness with a scant tablespoon of powdered sugar. This is not supposed to contribute anything in the way of sweetness, but restores the natural flavor that the vegetable has lost in the process of cooking.

**Celery soup.** Prepare a thickened soup just as for cream of vegetables soup. Into this put ½ pint of celery chopped as finely as possible, and cook until soft. Where one likes the flavor of mace, it is very nice with celery to put a small piece into the hot cream in place of the onion, leaving it there about five minutes. Then add hot cream to broth.

**Spinach soup.** Take half a peck of spinach, wash and boil it; when thoroughly done drain it carefully, rub through the sieve and add to the thickened cream soup.

**Lobster bisque.** Select fine large lobsters. Take the meat out and keep it perfectly cold. The basis for lobster should be a court bouillon, a stock that is made from the boiling of a white fish, just as other stocks is made. Break up the shell and take all parts not available to use as the garnish meat. Boil this in bouillon (fish or chicken) until the stock is flavored with lobster. Boil onion in cream as before directed, also add thickening to stock. Blend these two together and garnish with the fresh lobster meat cut up into small pieces. If it is desired to have the bisque pink, the color may be secured by rubbing up the coral and coloring the cream with it. Dorothy.

**Preserved Pears.**  
Small, hard stewing pears are the best for the purpose. Pare and halve them, and take out the cores; put them in a deep jar, allowing 3 pounds of sugar to every 4 pounds of pears, and just enough water to keep the fruit from sticking to the bottom of the jar. The juice of a lemon, with its thinly pared rind, and an ounce of whole ginger, should be added for every 2 pounds of pears. Place the jar in a large saucepan of boiling water, and let it stew for 6 or 7 hours. Let its contents then get cold, and fasten down tightly, after turning them into smaller jars. Store in a cool place. This will not keep more than 3 or 4 months. X.

**Yorkshire Relish.**  
Yorkshire relish should always be made as soon as walnuts can be gathered, for when once they get hard in the shell it is difficult to bruise them. Pick your walnuts in dry weather, bruise them thoroughly scatter salt over them, and stir daily for three days. Press out all the juice you can, and to every pint of liquor add half a pint of Indian soy and three pints of good vinegar, one ounce of shallots, half an ounce of cayenne pepper, and half an ounce of garlic. Pound the dry ingredients in a mortar before mixing all together. Stir and pour into small bottles for use. Cork tightly, as this sauce will not mature under four or six months. Mrs. L.

**Crab Apple Jelly.**  
This, if properly made of good ripe fruit, is nearly equal to the delicious guava jelly of the tropics. Take any quantity of apples you wish to use, freeing them from wormy spots, halve each apple and throw into a preserving kettle. Stew with sufficient water to cover till reduced to a pulp, then pour into a jelly bag and drain off the juice. To every pint of juice allow a pound of sugar, and set it in the oven in earthenware pie dishes to heat but not discolor. While the sugar is heating, boil the juice for just 20 minutes. When the sugar is added to the juice it should be so hot that it hisses. Stir all together till perfectly dissolved, then pour into glasses, cover with paper dipped in brandy, and then with white paper brushed over with white of egg cross the top of the glass. Mrs. English.

**Oyster Fritters.**  
For this dish a good brand of tinned fish may be used. Drain the fish from the liquor, chop small with an equal quantity of scalded veal, pound in a mortar, adding 3 tablespoons of bread-crumbs which have been soaked in milk and a tablespoon of finely shredded veal suet; season the whole with white pepper and a little piece of mace also pounded; beat the yolks of 2 eggs, mix gradually with the meat, pounding it again, and make into pear-shaped cutlets; dip into frying batter and fry a light golden brown in deep fat. Mrs. H. P. H.

**Grape Jam.**  
Grape jam is especially good made of fruit grown out of doors. Wash the fruit carefully and stew slowly till tender. When soft pass through a very clean sieve. To every pound of pulp allow one pound of loaf sugar. Bring

to the boil, and boil fast for 20 minutes. Four into pots and cover at once with egged paper. If you wish to flavor the preserve, use lemon peel or a little ginger root when first boiling the fruit. Mrs. T. C. H.

**Cranberry Compote.**  
Pick the stalks off one quart of cranberries. Put ¼ pound of crushed sugar in a saucepan with 1½ pints of water and the rind of 1 lemon. Place the saucepan over a slow fire and boil the contents until reduced to a thick sirup. Put in the cranberries and stir them constantly over the fire with a wooden spoon for 10 minutes. At the end of that time take them off and leave until cold. Turn them in a glass dish, pile whipped cream over and serve.

**Hints for Housewives.**  
It is by no means an easy matter to economize in eggs, for they are indispensable even when only plain cooking is required. But as they become dearer the housewife, who has to manage on a very moderate allowance, will be obliged to cut down the weekly supply, and she will then have to consider how many eggs may be used when arranging the various meals for each day, and order dishes accordingly. It is false economy to purchase inferior eggs even if they are sold at a low price, for they are deficient in nutritive properties, the shells are often little more than three parts full, and it is seldom possible to separate the white from the yolk successfully. Moreover, the eggs are so watery that they fail to coat rissoles—or anything which is egged and crumbed—sufficiently to prevent them from becoming sodden in the fat in which they are fried. The majority of cooks do not know that it is quite unnecessary to use two whole eggs for a dish of rissoles sufficient for three or four persons. The yolk should be well beaten and mixed with the mince, after it is taken from the fire but while it is still hot, to bind it, and the white, if well whisked with a pinch of salt, will be quite sufficient to dip the rissoles into before coating them with breadcrumbs. If the hard-boiled yolk of an egg is required for a little savory dish, such as sardines a la mode as a rule a whole egg is boiled, and the event of the yolk only being required, the chances are the white is wasted. To obviate waste of this description the eggs should be carefully broken (if possible into a little egg separator), and the white divided from the yolk; the latter can then be boiled until it is hard in salted water, and the uncooked white can be utilized for glazing a tart, making a batter, or for brushing over fish, etc, before covering

it with flour or breadcrumbs, and it can also be turned to account in many other ways. In the event of the cooked white of an egg being required, it can be poached alone until it is firmly set; in this case the uncooked yolk will be available, and it will not be difficult to find some way of using it. The addition of a little milk will make the yolk of an egg go further than it would otherwise do. Aunt Polly.

**Madeira Cake.**  
Beat 6 ounces of butter and ¼ pound of powdered sugar well with the hand till it becomes as smooth as cream, then whisk 3 eggs in a teacupful of milk, and weigh out 10 ounces of flour. Add the flour to the butter and sugar by degrees, mixing it all up together with the hand; when it becomes rather stiff begin to add the milk and eggs a little at a time. When all the ingredients are used flavor with a few drops of essence of vanilla or lemon (as preferred), and at the last add a teaspoon of baking powder. Put the mixture quickly into a well-buttered and papered tin, and bake in a moderate oven from an hour to an hour and a half. Success in making this cake depends on mixing it well; it should only be touched with the hand/quite lightly, and always stirred the same way. Ada.

**FANCY WORK.**  
Child's stockings, by request, for Mrs. Nelson.  
Not knowing the quality of yarn you intend knitting with I am unable to tell you the number of stitches to cast on. The finer the yarn the greater number of stitches will be required. The knitting will also affect the number of stitches used, as one who knits tightly will require a greater number of stitches than one who knits loosely. In order to find out how many stitches you will require, cast on one needle say 15 or 16 stitches, knit back and forth in garter fashion until you have knitted about an inch, then measure across the breadth of the knitted piece and count how many stitches there are in one inch. Next measure the child's leg and find out how many inches required to go around it. In this way you may know how many stitches to cast on. For instance, if it requires 10 stitches to knit one inch in breadth and the child's leg measures, say, five inches around, it will require 50 stitches, to be divided between three needles, 18 on each of two and 18 on the third one. After having knitted the leg long enough to reach on to the ankle point, begin the heel by placing one-half the whole number of stitches and four over on one needle, thus allowing the whole number to be 50. Place 29 on one needle, work back and forth, always slipping

the first stitch of every row, and reversing the order of knitting by pulling the row which you previously knit. When you have knit about two and a half or three inches then commence to "turn the heel" in this way: Knit across (right side of heel toward you) until within nine stitches of the end of row. Then slip 1, knit 1, draw the slip stitch over the knitted one. You have now seven stitches on the left hand needle. Turn, and with these 7 stitches remaining unused on this needle, knit across, slipping the first stitch (the one which you drew the slipped stitch over) until you reach within 9 of the end, then slip knit 1, draw the slipped stitch over the knitted one, turn, keeping the 7 unused stitches on the needle, slip the first stitch, knit across, when you reach the 7 unused stitches, slip the first of these seven, knit the next one, draw the slipped stitch over, you now have 5 unused stitches; turn, knit across and repeat until all the unused stitches are taken up, being sure to slip the first stitch every time you turn. This "turns the heel." There are other methods, but the above fits smoothly, and I prefer it to any other. If you follow these directions you will have a nice heel. Now having knitted the last row with right side of heel toward you, commence to take up the stitches down the side of the heel, using the needle having the heel stitches on it. When the last stitch is taken up take and knit 2 stitches off the next needle; you now have 17 stitches on the 2 front needles, place these 17 stitches on one needle and knit them off, then place the last 2 of them on a needle and commence with this same needle to pick up the stitches on this side of the heel, and when all are picked up, knit one-half of the heel stitches on to this same needle with those stitches you picked up. Now place the other half of the heel stitches on the needle containing the other picked up stitches. Now knit down the side to within 4 stitches of the end of the needle, knit 2 together, knit the last 2. Knit cross the front needle, on the next needle, knit the first 2 stitches, slip the next stitch, knit the next one, draw the slip stitch over the knit one; this is the commencing narrowing for the instep; knit around 2 rows plain, then narrow as before, being careful to narrow in the above order. When you think that foot is narrow enough to fit, knit plain until you commence to narrow for the toe. Wishing you success, Mrs. B. Charlestown, N. H.