Saint Mary's Beacon

In Woman's Realm.

'Twas Ever Thus.

Down a winding pathway,
In a garden old,
Tripped a dainty maiden:
But her heart was cold.
Came a prince to woo her,
Said he loved her true;
Maiden said he didn't,
So he ceased to woo.
Came a perfumed noble,
And, dropping on his knee,
Said his love was deeper
Than the deepest sea.
But the dainty maiden
Said his love was dead;
And the perfumed noble
Believed just what she said.
Came a dashing stranger,
Took her off by force,
Said he'd make her love him—
Ang she did, of course!
—Katherine E. Smith in Munsey's.

To Make Good Coffee.

An appeal for directions as to how to make good coffee goes straight to the haert of those who love the fragrant beverage, and as each devotee has her special method, one can take choice of several which claim to be perfect.

Old-fashioned housekeepers still insist that no coffee is equal to that which has had a "good boil." To make it by any plan be sure that all your vessels are perfectly clean and that all the water you use is not only freshly drawn, but that it is at its first boil; a very few moments of ebullition will deprive it of its gases and make it flat and hard. For boiled coffee, then, allow a heaping tablespoonful of ground coffee to each cup. Put it in the pot with one-third of the white of an egg beaten into half pint of cold water; stir thoroughly, and add enough cold water to thoroughly cover; then add the desired amount of boiling water; stand the pot over a hot fire and let it boil fast for a few moments; add a cup of cold water and push it to the back of the range to settle for five minutes.

But the modern epicures prefer the French method of making coffee by percolation. For this have the bean not merely ground fine, but pulverized; use a minute coffee pot, which consists of a pot into which a cotton bag has been fitted, and which can be had from any house furnishing store. Put into the bag one heaping dessert spoonful of the powder for each cup of coffee, and have ready just the quantity of fresh water needed. When this has come to a boil pour it quickly over the coffee; it will drain through the bag and be rich and clear. If greater strength is desired put the pot on the fire and allow it to boil up once, thus forcing the water again through the bag. If French coffee is liked, a little prepared chickory may be added—about half a teaspoonful to each four cups—but the use of chickory is as much condemned by some epicures as it is urged by others, so it becomes a matter of personal taste. A good blend of coffee is a mixture of one pound of Java with a quarter of a pound of Mocha, and two ounces of Rio, or Martinique where Rio is disliked; but many prefer the pure Java. Experimenting with these blends will finally produce a coffee which suits exactly the family taste, and which once found, should never be abondoned.

Now a word as to the bag in the minute coffee pots. It should be thoroughly soaked before it is first used, and after service it should be washed out and left to soak in cold water—never in hot. After it has been used for some six weeks a new bag is easily made from thin cheesecloth and slipped over the iron ring which supports it. It only takes a few minutes to renew a bag and it is safer to change it often. As to the war waged over boiled coffee, it may be said that percolated coffee is pronounced soothing to the nerves, while boiled coffee is exciting.

Recipes.

Poached Eggs, Spanish Style—Heat an earthern dish slowly and melt in it a tablespoonful of butter, add a scant teaspoonful of salt, a smaller quantity of pepper and a small onion, use parsley and sweet herbs, or a combination of all together. Drop in six eggs, one at a time; do not stir, but let them brown a little; turn carefully and brown on the other side. Serve in the same dish as hot as possible.

Breakfast Fruit Cake—One pound cold boiled potatoes mash smooth; add one pound of flour; half pound finely chopped suet, a little less than half pound of currants and two ounces moist sugar. A teaspoonful of baking powder should be mixed with the flour in its dry state. Roll out the dough to half-inch thickness and bake in a moderate oven. Cut into squares and serve hot.

Spanish Shortcakes—Take three eggs, half a cupful of butter, one cup of sugar, two-thirds of a cup of sweet milk, a teaspoonful of cinnamon, two cups of flour and one teaspoonful of baking powder; stir the flour in, do not knead it; the eggs, butter and sugar should be beaten together till very light. Bake in a shallow tin; when it is done spread a thin frosting over the top; make this of the white of one egg, a little pulverized sugar and a teaspoonful of cinnamon; set it in the oven to brown.

Frosted Rice—Boil one teacup rice in milk till very tender; add saltspoon salt. Beat yolks three eggs with this in a deep dish. Beat three whites to a stiff froth with two tablespoonfuls of sugar and a little grated lemon. Spread over rice and brown in oven. Put on ice and serve cold.

Leek Soup—Cut half-dozen leeks in shreds of about three-fourths of an inch; put into a saucepan with four tablespoonfuls of butter and fry for five minutes; add two quarts of boiling milk, three raw potatoes cut in small, thin squares; boil one half hour; add one tablespoonful flour rubbed in one of butter, two small teaspoonfuls of salt, one teaspoonful of parsley, chopped fine: boil two minutes and serve.

Rhubarb Fritters—Peel young rhubarb and cut the stalks into lengths of about two or two and a half inches, make a batter by mixing six large tablespoonfuls of flour with a pint of milk, as smoothly as possible; add a tablespoonful of salt and two beaten eggs; dip each piece into the batter and fry in boiling lard until a nice golden brown. Serve very hot, piled high on a napkin, and this quantity will be enough for a small family. Well powder with sugar.

"Trilby" Omelet (new)—Break five eggs into a bowl and add one tablespoonful of cold water for each egg, one half-teaspoonful of salt, one-quarter teaspoon of pepper; beat to a froth. Put tablespoon of butter in frying pan and when hot (do not burn) pour in the beaten eggs; now with a four-tined fork lift the omelet gently in place while it is cooking. Omelets cooked in this way do not have to be turned. The cold water used with the egg is the secret of a light, flaky omelet.

Sandwiches.

Sandwiches should be very small and dainty, scarcely more than a mouthful, and always tastefully arranged on the dish. When sandwiches are rolled they should be tied with fancy ribbons and piled on the plate in log-cabin style; others may be cut into fancy shapes with cutters, as stars, crescents, circles, etc.

Anchovy Sandwiches—One sandwich loaf, three anchovies, four ounces butter, one hard boiled egg, seasoning, and a little nutmeg. Cut the loaf very thin; bone the anchovies and pound them with the buttered eggs, seasoning, and nutmeg; spread a little on each slice of bread, roll them, dish in a pyramid, and garnish with parsley.

Anchovy cream toast sandwiches—Fry some slices of bread in boiling lard, dry, and spread with anchovy paste, make a thick mayonnaise sauce; add to it some chopped pieces of shallot. Spread on the fried bread, form into sandwiches, and serve with cresses.

American sandwiches—Chop half a pound of ham very fine, together with two chopped pickles, mustard, salt and pepper to taste. Beat six ounces of butter to a cream, add the chopped ham and mix well. Cut thin slices of bread, spread with the mixture, press together, cut into diamonds, and garnish with parsley.

Chicken cream sandwiches—mix a cup-full of white chicken meat and celery; chopped very fine, with a cup of milk. Add a boiled onion, mashed, and thicken with two tablespoonfuls of cornstarch. It must be quite thick. When cooked and boiled, stir carefully into it the whites of two eggs beaten very stiff; salt to taste. Place in a bain-marie; do not allow to boil. Stir in the juice of half a lemon and a tablespoon of butter. Mold the day before; cut into slices and place between thin slices of buttered bread.

LINES ONE CAN READ.—A single vertical wrinkle between the eyebrows shows strict honesty in money matters.

Economy broadens the nose making it rather short and thick above the nostrils; it gives in age a broad double chin.

Lines extending downward from the angle of the mouth toward the chin, when marked show a tendency to sadness and melancholy.

The lines raying outward from the eyes show a capacity for enjoyment as well as the two deep furrows framing the mouth by the upper lip. The former are the penalty we pay for mirth and form the future channel of the tear.

When one has short vertical lines in the red parts of the lips strongly marked they indicate a capacity for friendship. If the lips be full the chin well developed and square one has much vital power over others, a strong capacity for loving and self-reliant spirit.

SAYINGS ABOUT WOMEN.—The one secret a woman can keep—her age.

Too much respect toward a lady may be considered by her a token of disrespect.

Who guesses correctly at a woman's thought is offen considered impertinent.

A woman is [illegible] rival. [illegible] reach a ripe old age—but right away.

Whether a woman remains serious or smiles depends often entirely upon—her teeth.

There are women who can listen quietly; but in that case the usually think of something else.

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