

WOMAN'S PAGE

How to Prepare Cocoanuts

"What does the good ship bear so well?"

The cocconut with its stony shell And the milky sap of its inner cell."

As a valuable and inexpensive accessory to many culinary triumphs cocoanuts certainly rank high, and in the recipes which follow excellence and practicability have been fully considered.

Cocconut drop cookies, like all drop cakes, are a boon to the busy cook, because they can be made in a very short time. Sift together one and a half cups of flour and a rounding teaspoonful of baking powder. Beat one egg and half a cupful of sugar until light, add half a cupful of grated cocconut and a little grated lemon rind, then alternately the flour and half a cupful of rich sweet cream. Drop in little pats on pans which have been buttered and dusted with flour and allow ample room for spreading. Sprinkle a little grated cocconut over each cake and bake in a moderate oven.

Cocconut jumbles are somewhat richer and will be enjoyed by the grownups as much as the little folks. Beat half a cupful of butter and a cupful of sugar to a cream, flavor with vanilla or a teaspoonful of lemon juice, then add in succession two eggs, a cupful of freshly-grated cocconut and two cupfuls of flour sifted with a level teaspoonful of baking powder. Pat and roll out thin on a well-floured board, adding more flour if needed. Flour the cutter well and cut into rings. If a patent cutter is not at hand, a round biscuit cutter with a thimble for removing the center may be used. Brush the top of the cakes with milk and sprinkle with a mixture of granulated sugar and cocconut. Allow ample room for spreading and bake in rather a hot oven.

Cocconut cake is always a prime favorite. The following rule is exceedingly simple and delicious. Beat together until thick and light colored the yolks of five eggs and two cupfuls of sugar, add the grated rind and juice of an orange and then in succession half a cupful of boiling water, the stiffly-beaten whites of three eggs and two cupfuls of flour mixed with a teaspoonful of baking powder and a cupful of grated cocconut. Bake in a sheet about an inch thick in a moderate oven.

Make a boiled icing of the two whites of eggs which were reserved from the cake, a heaping cupful of sugar, half a cupful of water and the juice of an orange. When cold spread the cake with beaten quince or currant jelly, cover with the icing and dust thickly with freshly-grated cocconut. Cut in two-inch squares for serving.

Ambrosia in orange cups is delicious, and it is equally appropriate whether served at the beginning of a meal or as the final course. It may be accompanied with sweet wafers or little cakes. Select six large oranges and cut them into halves. With a sharp knife remove the pulp entire, pare off the white skin and slice, taking care to save all the juice. To this pulp and juice add the juice of a lemon, a ripe banana cut into slices, half a cupful of diced pineapple, a quarter of a pound of malaga grapes cut into halves and seeded, and powdered sugar to sweeten. Stand aside for several hours to chill and to permit the flavors to blend well. In the meantime put the orange cups into cold water to become crisp and firm, and scald the edges if desired. After serving time wipe them dry, fill with the fruit mixture and cover thickly with freshly-grated cocconut.

Cocconut sponge is an excellent dessert worthy of a trial. Put two cupfuls of milk into a double boiler or into a pan of hot water. Mix a fourth of a cupful of cornstarch, half a cupful of sugar and moisten with a fourth of a cupful of cold milk. Add to the scalded milk, stirring constantly until the mixture thickens, then only occasionally. Cook fifteen minutes, take from the stove, add the stiffly-beaten whites of three eggs, a heaping cup-

ful of grated cocconut, vanilla to flavor and mix well. Fill into a border mould previously rinsed out of cold water and stand aside to chill and become firm. Whip a cupful of cream until stiff and dry, add a third of a cupful of sugar, half a cupful of grated cocconut and vanilla to flavor. At serving time turn from the mould, fill the whipped cream into the center and sprinkle the grated cocconut thickly over all.

A cocconut pudding of unusual excellence is easily made as follows: Cover a cupful of freshly-grated breadcrumbs with two cupfuls of hot milk, add a rounding teaspoonful of butter, stir until melted and set aside to cool. Beat the yolks of two eggs with half a cupful of sugar, add a tablespoonful of lemon juice, a very little of the grated yellow rind, half a teaspoonful of vanilla, half a cupful of grated cocconut and the bread mixture. Bake in a buttered pudding dish in a moderate oven until of a custard-like consistency throughout. When about done beat the whites of the eggs to a stiff froth, add a fourth of a cupful of sugar and vanilla to flavor. When the pudding is done, draw it gently from the oven, spread generously with beaten quince or currant jelly, cover thickly with grated cocconut, then heap the meringue over all. Put back into the oven until delicately browned. Serve warm.

Cocconut Pie.—To one and a half cupfuls of grated cocconut add a cupful of milk and boil slowly about ten minutes. Beat the yolks of two eggs with a third of a cupful of sugar, add a level teaspoonful of flour, the cooked mixture, slightly cooled, and flavor with vanilla, lemon or wine. Turn into a deep pie-plate lined with pastry and bake in a moderate oven. Cover with a meringue made of the whites of the egg.

A Dainty Confection.—Cut choice figs into halves through the blossom ends. Sprinkle thickly the inside of each half with freshly-grated cocconut, roll up tightly and roll in powdered sugar.

Cocconut Bars.—Put two cupfuls of sugar and half a cupful of milk into a granite saucepan over the fire; stir until the sugar is dissolved, then boil without stirring until it readily forms a ball when dropped into cold water. Remove from the fire, let stand a few moments, stir until it commences to thicken, then add two cupfuls of grated cocconut and vanilla to flavor. Continue stirring until of a creamy consistency, pour onto a baking board thickly dusted with powdered sugar, roll about half an inch in thickness, cut quickly into bars and let stand until perfectly hard.

Cocconut Bonbons.—Prepare the mixture as directed above, roll into tiny balls and then in powdered sugar. Or wrap the mixture about nuts or French fruit, then roll in the grated nut. Or shape as desired, let stand over night, then dip into melted chocolate.

Not long ago a young couple entered a railway carriage at Sheffield and were immediately put down as a bridal pair. But they were remarkably self-possessed, and behaved with such sang-froid that the other passengers began to doubt if their first surmise was correct after all. As the train moved out, however, the young man rose to remove his overcoat, and a shower of rice fell out, while the passengers smiled broadly. But even that did not affect the youth, who also smiled, and, turning to his partner, remarked audibly: "By Jove, May! I've stolen the bridegroom's overcoat!"

If an act just signed by Governor Stuart of Pennsylvania is enforced trading in "rots and spots"—spoiled and cracked eggs—will not be so remunerative in Philadelphia as it has been for some years. The new law prohibits the sale of any eggs which are partially decomposed or otherwise unfit for food, under penalty of a fine of from \$200 to \$1,000 or three to nine months in jail. Another new Pennsylvania pure food law is one that prohibits under penalty of from \$25 to \$100 fine, the sale of any adulterated "soft drink," and will, it is hoped, abolish the business in beverages made out of coal tar dyes and chemicals.

RULES FOR DIET.

1. Eat when you are hungry.
2. Drink when you are thirsty.
3. Eat enough, and then stop.
4. Eat what your appetite calls for.
5. Train your appetite and stomach by eating the greatest possible variety. You are not a shirk; why should you let your stomach become one? Many foods are not liked the first time they are tasted, such as oysters; hence, unless you try a thing several times, you do not know whether you like it or not. Hence, never say you dislike a thing till you have eaten of it three times.
6. Regulate the comparison of your food by the work you do, using strong food when you are doing hard work, lighter food when sedentary.
7. Don't let your doctor attempt to regulate your diet by his own stomach.
8. Beware of the diet crank. All beyond this is foolishness and vexation of the stomach.—Canadian Housekeeper.



Some Dangerous Punches

As the punchbowl will be a prime factor in the dispensing of good cheer during the coming festive season, a few recipes from an authority are given.

Champagne Punch.—One pint of champagne, two ounces of sugar, three-eighths ounce of an orange sliced thin, juice of three-eighths of a lemon, two slices of pineapple, three-eighths glass of raspberry syrup; trim with fruits and serve in champagne goblets.

Tom and Jerry.—Take the white of many eggs as are needed, and beat to a stiff froth, add one and one-half tablespoonfuls of powdered sugar for each egg, beat yolks of eggs separate, stir together and beat to a froth, add as much carbonate of soda as will cover a nickel, mix frequently to prevent eggs separating. When serving, put a tablespoonful of this mixture in a mug with one wineglass of brandy, one pony of Jamaica rum; fill with hot milk, stir well, pour from one cup to another, grate nutmeg on top and the beverage is ready. If wanted cold, prepare and serve as hot, only using cold milk or water.

Imperial Egnog.—One tablespoonful of sugar, one of cold water, one egg, one-half glass of fine ice, one wineglass of brandy, one pony of rum; shake well, strain into a large tumbler and grate nutmeg over the top. When making the above for a party, multiply the quantity of each glass by as many people as are to be served, and make in a large punchbowl.

Sherry Egnog.—One tablespoonful powdered sugar dissolved in water, one egg, one-fourth glass of fine ice, two wineglasses of sherry wine; fill glass with milk, mix well, grate nutmeg on top.

Hibernian Punch.—One teaspoonful of sugar, three dashes lemon juice, one-half wineglass of Irish whisky, two wineglasses of water; mix with spoon and serve in mug.

Southern Punch.—Tablespoonful of sugar, water enough to dissolve, three dashes lemon juice; fill with shaved ice, and add one-half wineglass Jamaica rum, one-half wineglass old Bourbon whisky, one wineglass brandy; mix thoroughly, trim, and use small glass.

California Sherry Cobbler.—Three tablespoonfuls of sugar, one pony pineapple syrup, fill glass with shaved ice, add one and three-eighths wineglass California sherry wine, then stir well; dash with port wine, serve with straws in large glass, and trim with California grapes.

Vanilla Punch.—Tablespoonful of fine sugar mixed with a little water, juice of one-fourth of a lemon, two glasses of curacao, one wineglass brandy, three-fourths pony of vanilla cordial; fill glass with fine ice, mix well, trim with slices of fruit and serve with straws. Extract of vanilla can be used as a substitute for the vanilla cordial.

Egg Milk Punch.—One egg, three tablespoonfuls sugar, fill glass half full cracked ice, wineglass brandy, one pony rum, fill glass with milk, shake well, strain into large glass, and serve with little nutmeg over top.

UNIQUE RECIPES.

By Agnes Noyes Willberger.

Japanese Toasted Rice.—Mold cold boiled rice into elongated rolls two inches thick, flatten on three sides, and toast over coals until brown.

Swedish Fruit Soup.—Two cups dried apples, one cup each of prunes, raisins and currants, one stick cinnamon. Cook until tender, but leave the fruit whole. When tender, add two tablespoonfuls of vinegar, sweeten to taste, and thicken slightly with either sago or oatmeal. To be eaten cold. This amount of fruit will make about seven quarts of soup.

Swedish Herring Salad.—Soak three-salted herrings several hours in cold water. Remove the bones and as much of the skin as you can. Cut the fish into little squares and cover with sliced onion, using one-third herring and two-thirds onion. Cover with vinegar, add a little black pepper and one teaspoonful each of sugar, cinnamon and allspice. Let stand two hours before using.

Armenian Rice Pilav.—Cook one-half teacup of rice in a sufficient quantity of water to preserve the

shape of the kernels. Salt well, drain pour over the rice two tablespoonfuls melted butter. Chop one-half pound of lean raw beef, mutton or pork; season and fry in butter with one tablespoonful minced onion. When nearly done add one-half cup English walnuts broken into pieces. Put the rice into a deep dish, then cover with the meat. Serve hot. This makes a hearty luncheon dish.

CULLED HERE AND THERE.

The large French or Italian chestnuts, shelled, boiled and served hot, make a very nice dessert, these between and between days.

They are very delicious mixed in the stuffing of poultry. Boiled, chilled and grated they make a novel garniture for lamb chops.

If you get a quart, shell them, blanch them and then boil them till tender in a syrup of granulated sugar, you will have a base for many delicate desserts. They are delicious in blanc-mange, in jelly of any description, with whipped cream and macaroons and with ice cream.

'Tis said that the proof of the pudding is in the eating, but half its appetizing quality is in its appearance.

Of the garnishing of dishes too little is thought in ordinary households; but trifling expense and some care will make many dishes agreeable to the eye as well as the palate.

All soft desserts, custards, etc., look very pretty with a sprinkling of those tiny colored candies called "tribbles." These come in all colors, many in a pound and may be kept indefinitely.

ENGLISH MUFFINS.

Scald one pint of milk and dissolve in it one tablespoonful of butter and one scant teaspoonful of salt. When lukewarm, add one-half of a cake of compressed yeast dissolved in water, then stir in sufficient sifted flour to make a thick drop batter. Beat hard for five minutes, cover closely and stand in a warm place to rise. When light, grease some muffin rings and place them on a hot greased griddle. Stir down the batter and half fill the rings. At first draw the griddle a little to one side until the batter rises almost to the top of the rings, then draw forward. When the muffins are brown on one side, turn them over, slip off the rings and brown again. Pull apart, lay a piece of butter in each, close them, pile on a hot plate and send to the table. For a second service they should be toasted.

A small drove of immigrants, each tagged with a red ticket and in charge of an officer, reached the Grand Central Station of the subway yesterday afternoon. They were billed through to some point on the New York Central road, and had only a short time to catch the train. The immigrant officer urged them on in the usual gentle manner which must be applied to newcomers who have no appreciation of the value of time. One elderly woman staggered under a great canvas bag which she carried on her back. Behind her walked an able bodied man, a member of the party, who was told in pantomime by a man who was watching the group to help the woman. He made no move in that direction, however, but called two children, who did what they could to ease the woman's burden as she toiled up the steps. And as the man who would not help followed smilingly, one man who was watching the crowd said: "There goes a man who believes in woman's rights—to work for him."

Tom (in restaurant)—Excuse me, old man, but would you mind paying my check? I haven't anything but a \$40 bill! Jack—A \$40 bill! Why, I never heard of a bill of that denomination. Tom—Here it is—a bill from my tailor! —Chicago Daily News.

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