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HOW TO SERVE LAMB

SUGGESTIONS THAT MAY BE NEW TO HOUSEWIVES.

Preferences of the Family Are, of Course, the First Things to Be Considered—Best Method of Utilizing the Broth.

"You know I said the other day that I had some good recipes for neck and breast of lamb." Mrs. Happy Homemaker opened her manuscript "cook book" and proceeded to read:

"The neck may be used for various kinds of stews. The neck cut in small pieces is boiled with onions, turnips, and carrots, and when almost done add half a cupful of flour made into a thick, creamy paste with milk. Let this boil with the stew for ten minutes.

"Or use this recipe: Put the pieces of lamb into a frying pan with melted butter, and turn until the pieces are a light brown; then pour into a stew pot with two or three large tomatoes (or a can of tomatoes if the fresh ones are not in season), an onion, and a few carrots. When this is served it makes an appetizing addition to circle the dish with boiled rice.

"The breast may be used as a roast with browned potatoes and vegetables, and served with a sauce of tomatoes.

"But this is the way the family likes it best. Take the lamb bones, which the butcher will take off the forequarter in boning it for you, and to these add the breast, putting all into a pot to boil with one onion, one large carrot, a couple of potatoes for thickening, and two tomatoes for flavor. When the breast is thoroughly cooked carefully take out all the bones so as not to break the meat. Press the meat between two large plates, with a weight on top so that the meat may be molded into an even roundness. This may be served cold with a garnishing of lettuce and cold vegetables, with salad dressing, and is a delicious hot day luncheon dish. Or the mold may be cut into slices and fried in bread crumbs.

"The broth which is made from the liquor in which the breast has been cooked is very rich; add a little barley or rice and you will have a wholesome and ample supper for the little folks.

"In buying a shoulder of pork ask the butcher to bone it for you, then tie into a round roast so it will keep its shape. Rub well with salt and pepper, and a little thyme or sage, too, gives a pleasant flavor, and roast in a medium hot oven. If you do not use a self-basting roaster, the meat should be basted often. A shoulder of pork weighing eight pounds takes about 40 minutes to cook. This may be served with apples baked in the same pan, if an open roaster is used or with apple sauce."—Kansas City Star.

Non-Fattening Foods.

Many foods which are nourishing do not produce fat. The two kinds which create fatty tissues are fats of all kinds, like butter, lard, drippings (food cooked in them), and the large group of foods classed as starches. If eaten in excess starch will be laid up in the body as superfluous or stored fat.

Following is a list of nourishing foods which will not produce excess fat:

Light meats, like chicken, white fish, lean beef; all vegetables except potatoes, parsnips and other starchy kinds; fruit of all kind except bananas, grain or cereals, except oatmeal and rice; beans and cheese; milk, in small quantity, eggs.

Milk and eggs will fatten unless exercise is taken or the body is in a very run-down condition. Cocoa is a fattening drink also.

Chicken Truffles.

Chop the raw meat of a four-pound chicken very fine; add four well-beaten eggs, one at a time, with one-third of a pint of thick cream and salt and pepper to taste. Cook in buttered timbale molds, garnished with truffles, and set in a pan of hot water in a slow oven. Cover with buttered paper. Bake half an hour. Serve with this sauce: Two tablespoonfuls each of butter and flour, a cupful of chicken stock or milk, turned onto the broken yolks of three eggs.

Grape Sago.

Wash one cupful of sago, and soak it in three cupfuls of cold water for two hours. Cook till transparent and add one cupful of grape juice and one cupful of sugar. Turn into a mold and serve very cold. Currant jelly may be substituted for grape juice by thinning a tumbler of the jelly with one cupful of boiling water.

About Roast Pork.

When buying a strip of pork to roast get your butcher to saw the long bone on the top of the strip lengthwise instead of cracking it at each chop. When roast is done it can be taken off and each slice cut without any splintered bones.

Grape and Meat Salad.

After washing a bunch of white and a bunch of purple grapes remove the seeds with a sharp knife. Make nests of watercress on lettuce leaves and fill with the grapes and nuts. Serve with a French dressing.

To Reheat Rolls.

Roll either cold rolls or biscuits in wet paper, lay in a pan and let them remain in a hot oven until the paper scorches. They will then taste as if freshly baked.

Dread of An Operation.

N. Manchester, Ind.—Mrs. Eva Bashore, of this place, say: "I suffered female misery of every description. Two doctors attended me, and advised an operation. I lost weight until I weighed only ninety pounds. I dreaded an operation, and, instead, began to take Cardui. In a short time I gained 25 pounds, and feel as well as I ever did. Cardui, I am sure, saved my life." Cardui is to day used in thousands of homes, where it relieves pain and brings back strength and ambition. It is a woman's medicine, for woman's ailments, and you are urged to try it for your troubles. Ask your druggist. He will tell you about Cardui. —Advertisement.

Nearest Fixed Star.

Alpha Centauri is the sun nearest to the earth of all the fixed stars. One of the most magnificent of the first magnitude stars even to the naked eye, the telescope reveals it all suddenly as two great masses of solar fire, the flames, red, yellow and blue, blown upward and outward to the right by the winds of the universe. The great pair of rainbow flames appear to stand out like tangible objects in the depths of infinitely remote space many times larger than the naked eye stars. One of the two revolves about the other in a period of 80 years It is one of the most stupendous and awful visions and the most absolutely beautiful that eyes have ever seen.

How To Cure Colds.

Avoid exposures and drafts. Eat right. Take Dr. King's New Discovery. It is prepared from Pine Tar, healing balsams and mild laxatives. Dr. King's New Discovery kills and expels the cold germs, soothes the irritated throat and allays inflammation. It heals the mucous membrance. Search as you will, you cannot find a better cough and cold remedy. Its use over 45 years is a guarantee of satisfaction. Advertisement.

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No. 92—C. & St. L. Lim., 5:29 a. m.
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WITH COFFEE FLAVOR

VARIOUS PREPARATIONS THAT MAY BE RECOMMENDED.

Aside From Its Use as a Beverage There Are a Number of Ways in Which Delicious Bean May Be Employed.

Coffee is a flavor always at the call of the cook, and one that can be relied on when fruits fail. The medicinal qualities of coffee are due to its aromatic essential oil—and it is that, of course, which gives the flavor. As the roasting brings out the flavor of the oil, the roasting should be carefully done. When using coffee for flavoring make it by percolating boiling water through the freshly ground beans.

Coffee Jelly.—Soak an ounce of gelatin in a cupful of cold water and dissolve in three cupfuls of boiling water. Add two cupfuls of sugar and two of strong coffee, and strain into a mold. Harden and serve with whipped cream, garnished with macaroons.

Coffee Mousse.—Boil a cupful of coffee and two tablespoonfuls of sugar together, and slowly pour it over two egg yolks, stirring all the time. Strain when cold and add two cupfuls of whipped cream. Pour into a mold and pack in ice and salt for three or four hours. Serve in tall glasses.

Coffee Icing.—Melt two cupfuls of sugar and boil until it forms a string from the spoon. Stand the saucepan in a dish of cold water until the sugar begins to form on the sides, and then work in a cupful of strong coffee, pressing it against the sides of the saucepan with a spoon. When the mass granulates it is ready to use as icing.

Coffee Cake.—Cream half a cupful of butter with two cupfuls of sugar. Add half a saltspoonful of cloves and a saltspoonful each of mace and cinnamon, with a cupful of molasses. Beat for five minutes, and add the creamy yolks of three eggs and a cupful of strong coffee. Then alternately add five cupfuls of sifted flour and the whites of three eggs beaten stiff, a teaspoonful of saleratus dissolved in hot water. Lastly stir in a quarter of a pound each of raisins and currants. This will make two loaves. It should be kept covered after it is baked, as it loses flavor if left uncovered.

Coffee Pudding.—Beat four eggs thoroughly and add five tablespoonfuls of sugar and half a teaspoonful of salt. Gradually add two cupfuls of boiling milk and half a cupful of hot coffee. Pour into a pudding dish and bake in a pan of water in a hot oven. Serve very cold.

Coffee Creams.—Mix strong coffee with confectioners' sugar, a little vanilla, a tablespoonful or two of cream and the white of an egg. Add enough sugar to make a stiff cream, mold into balls and put a walnut meat on each side of each ball.

Variety Important.

Variety is most important in arranging weekly menus. Beef may be one time served as a pot roast, another time as a roast. Gravies should be cooked in as great a variety of ways as the likes of the family admit. Vegetables are always to be had in great variety and may be cooked more ways than one. Of course, it is not wise to insist on dishes that are not liked simply for sake of variety.

There is delight in eating well-served food. Hence study the little details that tend to give neatness and effect in serving. A bouquet of cut flowers or a growing plant gives a bit of gayety to the meal.

Jelly Roll.

Four eggs, well beaten, one cupful sugar, one cupful flour, one teaspoonful cream of tartar, one-half teaspoonful soda and a very little salt. Beat well. Spread thin in a large pan to bake. Takes perhaps 15 minutes. As soon as baked trim off the two long edges with a sharp knife, spread the cake with any kind of jelly and roll in a napkin while warm.

Peach Jelly.

Soak one-half cupful of gelatin, one cupful of sugar and one dozen of halved peaches for one hour, then pour over a cupful of boiling water, press all through a strainer and stir over the fire until gelatin dissolves, then set aside to cool. When ready to harden stir in a cupful of whipped cream with a pinch of soda. Put into a mold and set on the ice.

Southern Batter Bread.

Two cupfuls white Indian meal, one cupful cold boiled rice, three eggs well beaten, one tablespoonful melted butter, two and one-half cupfuls of milk, one teaspoonful salt, pinch of soda. Stir the beaten eggs into the milk, the meal, salt, butter, and last of all the rice. Beat well and bake quickly in a shallow pan. Recipe may be halved with success.

Improved Broom Cover.

Broom covers can be made more useful by setting a double ruffle of the cotton flannel, fuzzy side out, between the sides. This protects the covers so that they wear much longer, and is also very helpful in reaching the corners when dusting wall and ceilings.

Preparing Fowls.

After plucking and singeing fowls, dampen them slightly, sprinkle with flour, rub gently all over and wash in lukewarm water.

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