

**TO SERVE WITH LUNCH**

**SUGGESTIONS FOR DISHES EASY TO COMPOUND.**

Will Frequently Be Found Valuable in Emergencies That All Housewives Experience—Piquant Suggestions From France.

**Hors d'oeuvres** are an essential part of the French dejeuner, but here they are not often served at the family luncheon. They are often convenient, however, to take out and give a little appetizer to a luncheon that might otherwise be scanty, and a few good ideas for hors d'oeuvres and savories are valuable for the housewife. Here are a few simple recipes that can be made and worked into a luncheon at the last moment:

**Deviled Sardines.**—Take sardines, warm them in their own oil, add a little lemon juice, season highly with salt, pepper and English sauce, serve very hot on small rounds of toast.

**Savory Toast.**—Chop very finely, or run through a meat chopper, any pieces of cold chicken, beef, ham or tongue. Pound to a paste with the yolks of two hard boiled eggs, a piece of butter, pepper, salt, a little Chutney and Worcestershire. Spread rather thickly on thin strips of toast and set in the oven to heat.

**Cheese Canapes.**—Cut bread into pieces one-half an inch thick, then stamp them into circles with a biscuit cutter. Sauté the bread in a little butter until it is of an amber color on both sides. Cover the slices with a thick layer of grated cheese, sprinkle with salt, pepper and a dash of cayenne. Fifteen minutes before the time to serve place them in the oven for a few minutes to soften the cheese.

**Anchovy Canapes.**—Spread strips of fried bread with a thin layer of anchovy paste. Sprinkle over the top alternate rows of the white and yolks of hard boiled eggs chopped very fine. Sardine canapes are made by pounding the sardines to a paste, spreading it on strips of fried bread and sprinkling the top with some sort of chopped pickle.

**Stuffed Eggs.**—Cut hard boiled eggs in halves. Take out the yolks carefully and mix them with an equal quantity of softened bread crumbs; season highly with a little butter, salt and pepper. Moisten with any sauce; add a little raw egg. Fill the whites from which the yolks were taken, round off the tops smoothly, slice a small piece off the bottom, so that the eggs will stand upright, and serve. Any flavoring or seasoning that is liked may be added to the mixture for stuffing eggs—mayonnaise, mustard, mushroom, tomato, or they may be mixed with French dressing.

**Potato and Onion Salad.**  
Pare and cut potatoes into thin slices, parboil until done but not washed. Drain and pour on a shallow dish. Now take centers of boiled onion rings, mash with a fork, add a sifting of salt and pepper, then mix with enough boiled dressing to make a smooth, rather thick emulsion. Sift salt and pepper over the potatoes, then cover with the dressing and let it stand for an hour to ripen. This is a nice luncheon dish and can be served with rings of hard boiled eggs, cured bacon or boiled ham.

**Baking Cookies.**  
If you have difficulty with your cookies, either because they cook too fast on the bottom or are hard to get out of the pan, try using a large dripping pan and placing the cookies on the bottom of the pan rather than in it. Turn the pan upside down, lay a piece of buttered paper or paraffin paper on it and then lay on the cookies. They will cook evenly and there will be no danger of breaking them when taking them off.

**Brambles.**  
One cupful raisins, the juice and grated rind of one lemon, one egg, one cupful of sugar, small piece of butter, one-half teaspoonful of cinnamon, one-half teaspoonful nutmeg, one-quarter teaspoonful of cloves, mix all together.  
Make a rich crust, cut the size of a small saucer, fill with one tablespoonful of the filling, fold and bake as any turnover.

**Ham a la Venison.**  
This is delicious for Sunday night suppers: Put one tablespoonful butter and one tablespoonful currant jelly in a frying pan over a rather slow fire. When melted, lay in some slices of cooked ham and fry each side until almost ready to burn. Remove to a hot platter and garnish with parsley.

**Wooden Ware.**  
Wooden ware which has any odor of the food which has been in it—and wood absorbs odors quickly—should be soaked in hot water in which soda is dissolved in the proportion of a tablespoonful of soda to four quarts of water.

**Boiling an Egg Soft.**  
Put a fresh egg in a teacup, pour boiling water over it, cover with a saucer and let stand five minutes. This plan prevents the coagulation of the white and is very delicate.

**For Fruit Stains on Woolen.**  
Wet the spots with tepid water, then rub dry starch and hang out in the sun. Washing in kerosene before washing with soap and water is another way of taking out fruit stains.

**BREAD DRESSING FOR STEAK**

Many Prefer Meat Prepared in a Casserole to That Broiled in the Regular Way.

If you wish to stuff a flank steak use bread dressing; use it with vegetables and a small quantity of liquid in a casserole. If you do not own one (and you should in these times of high prices) use any tightly covered dish. Be sure it is tight so the steam cannot escape.

**Bread Stuffing.**—Two cupfuls soft bread crumbs, one-half cupful butter melted in one-third cupful hot water or milk, one-quarter teaspoonful powdered sweet herbs or spiced poultry seasoning, one beaten egg. Mix the ingredients together thoroughly. The bread should be 24 hours old and taken from the center of the loaf. The seasoning is a matter of individual taste, so you can use the above quantities or suit your taste. The egg may be omitted if the flank is to be eaten hot, but will slice better when cold if egg is used. Cracker crumbs give a drier stuffing.

Spread your flank steak with above and roll tightly. Fry out some suet and then brown the flank so as to hold the juices. Put in casserole, add little water and when half done season with salt and pepper, chopped onions and plenty of fine minced vegetables or rice, whichever you may prefer. The flank is quite juicy, so you will need but little water. It lacks flavor, so the high spices and vegetables make up what the flank lacks. It is much better this way than broiled as regular steak.

**DO YOU KNOW THAT—**

Pickles will never become moldy if you put a tiny bag of mustard in the top of the receptacle in which they are kept?

If your silk dress looks rusty you can revive it by sponging it with water in which potatoes have been boiled?

Mice can be most successfully exterminated if you stuff all their holes with a piece of rag which has been dipped in water and then in cayenne pepper?

A very quick way to cool a hot liquid is to pass it through a clean cloth saturated with cold water? And if the liquor is soup no trace of grease will remain?

If you lay your silver away in common flour it will remain bright for some time?

You can warm over meat much more quickly if you wrap it in greased paper? The steam will prevent the meat from becoming hard and dry?

Perspiration stains can be removed from a thin shirtwaist by soaking it in cold water, to which you have added a little sodium bicarbonate before it has been washed?

There is a new square meshed veiling that is much liked?

**Hot-Water Chocolate Cake.**

Two tablespoonfuls butter, one cupful sugar, yolk of one egg, two tablespoonfuls cocoa dissolved in one-half cupful boiling water, one teaspoonful of soda dissolved in one-half cupful boiling water, one teaspoonful of baking powder, sifted with one and one-half cupfuls of flour and one teaspoonful of vanilla. Mix in order given and bake in square tin about thirty minutes. Frost with white of egg beaten stiff. Boil one cupful sugar in little water till it hairs, then turn on egg and beat till stiff.

**When Steak Is Tough.**

To make a tough steak tender, put three tablespoonfuls of salad oil and one tablespoonful vinegar on a large flat dish.

Lay the steak on the mixture and let it rest in this way for half an hour, then turn it over, and let it rest another half hour in the same quantity of vinegar and oil.

The toughest steak will yield to this treatment and be nice and tender when served.

**Beefsteak Pie (English).**

Cut two pounds of round steak into strips, roll in flour and arrange in a deep dish with three lamb's kidneys, which have been cut up and parboiled, one dozen oysters, one onion minced fine, parsley, dried thyme. Dot generously with bits of butter, and add two cupfuls hot water. Cover with a biscuit crust arranged in strips. Brush with yolk of egg and bake two hours in a moderate oven.

**Wine Jelly.**

Take a half box of gelatin, soaked in a half pint of cold water for 15 minutes, and add three gills of boiling water and two-thirds of a cupful of sugar. Let this come to the boiling point, then add seven tablespoonfuls of best sherry wine and two teaspoonfuls of French brandy. Boil up once, strain and cool.

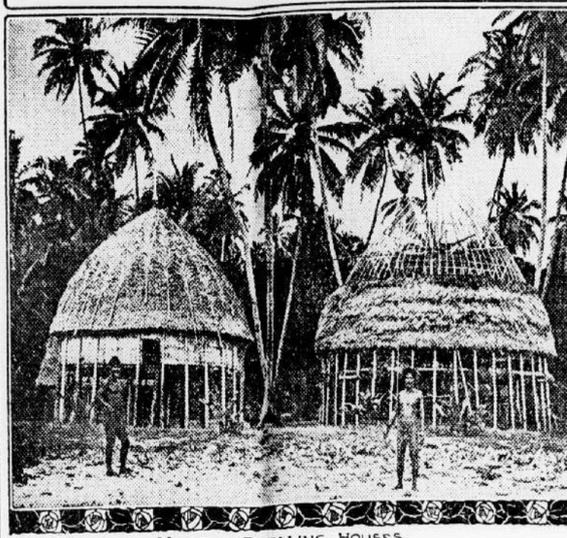
**Cape May Omelet.**

Soak one-half cupful stale bread-crumbs in milk. Beat one egg well, add salt, pepper and a tablespoonful melted butter. Add one-half cupful canned corn and mix with the bread-crumbs. The mixture should be quite thick. Bake in a buttered dish just long enough to set the egg and brown the top.

**Rendering Leaf Lard.**

A quick way to render leaf lard is to cut it in strips about the size that will fit into a meat grinder, using the largest opening, which will allow it to come through very fine. Put in pottle and place in a hot oven until the lard is extracted, strain through cheesecloth and put in crocks.

**IN THE NICOBARS FAR-OFF**



NICOBAR DWELLING HOUSES

NOT many world travelers have visited the Nicobar islands, in the Bay of Bengal, but they are a fruitful field of research for ethnologists and other scientists, and would be of great interest to anyone of intelligence. However, the archipelago is not easy to reach, and the average tourist might not find such accommodations as he is used to. Recently Dr. W. L. Abbott, an explorer, made a trip to the Nicobars and brought back to the National museum in Washington images carved in wood, the votive offerings made by the natives to ward off disease and bad luck. If a gentleman of Nicobar is seriously ill, says R. L. Honeyman, in Grit, the first and most important thing for him to do is to make some sort of an image. The object to be represented is chosen at random, apparently. It may be a chicken or a man or a lizard, but it must be a big image and the workmanship must be artistic, else the spirits will not accept it at all. Once it is finished the spirit takes possession and the former owner of the sick spirit is made well at once—at least that is the way it is supposed to work out.

Many trading vessels stop at the archipelago to buy coconuts, and the natives show great curiosity in regard to whatever they find on board. In exchange for coconuts they receive knives, cloth, guns, ammunition, tobacco, cutlasses and rum. Also they set a high value upon plated spoons and soup ladles, which they hang up in their houses as ornaments. The cutlasses they use to cut the coconuts. They have extensive plantations of coconut trees, and their chief occupation is the gathering and transportation of the fruit. Men and boys climb the trees to cut down the nuts, which, as they fall, are gathered by the women and tied in pairs with strips of bark. The nuts are then flung across bamboos and carried to the beach on the backs of the women.

**Natives Honest and Proud.**

On the arrival of a trading vessel the natives swarm on board, select the articles they want and take them away, stipulating to pay a certain number of coconuts on a certain day, delivered at the beach. Such promises are invariably fulfilled, a notable trait of the Nicobarese being their honesty. But in no way can they be persuaded to help in the work of drying the coconut "meat," for which purpose the traders are forced to bring laborers from elsewhere.

The natives are extremely proud, and will not endure to be treated as servants or inferiors. They make a very strong, sweet toddy from coconut milk, but they much prefer the English rum. They are not drunkards, however, and only on the great annual feast is intoxication general. Many attempts have been made to colonize the Nicobar islands, but without success, owing to the deadly malarial fever which prevails. For the same reason missionary efforts have failed, and the only record of evangelical effort is a solitary Bible, owned by a man who uses it as a pillow, regarding it as a fetish. The people are very dark, with straight hair falling to their shoulders, but the men shave their heads as a sign of mourning. To some extent they are able to use their feet as hands, employing their big toe as a thumb for grasping, and rarely bending to pick up any small object from the ground.

**Houses Like Beehives.**

The houses of the natives are cone-shaped or like beehives, supported on tall poles, so that one can walk underneath. The roof is thatched with mats and the sides of the dwelling are of bamboo laced together. Entrance is obtained by movable bamboo ladders,

which are pulled up at night. The native village is ruled by a head man, who seems to exercise considerable power over his few subjects. The houses are very clean and neat inside; the floor is of split bamboo laths; the fire is in a basket of sand, and there are chairs made in imitation of those seen by the savages on board of trading vessels. Coconut shells are used for all sorts of purposes, cooking, holding water and as dishes.

These islanders are gentle and friendly, and have never been known to harm visitors in any way. They are very superstitious, and believe that the great spirit of evil resides in the densely wooded interior, but that the demon is only to be feared if they are dishonest, untruthful, injure their neighbors or take more than one wife. At certain times the villagers are supposed to be visited by the demon, and all the populace moves to the seashore where fires are burned night and day, so that the demon cannot approach under cover of darkness. The great robber crab is thought to be a devil, and, though he plunders their coconut trees, the natives will not meddle with the animal, as by so doing they would bring fever and death into their homes. A large species of lizard is similarly regarded.

The Nicobarese do not by any means escape the fevers which attack European visitors, and it is noticeable that there are no old men among them. Rarely do they live beyond forty years. On one of the islands the natives took to making pots at one time, but a number of them died, and, believing the occupation to be accountable, they gave it up for good. Pigs and fish afford their principal food, both being taken with spears.

The archipelago consists of twelve inhabited and a few uninhabited islands. The interior of the largest island is totally unexplored, though inhabited by a strange people, not at all related to those on the coast. These jungle folk live like monkeys and rarely approach the shore except on marauding expeditions when they rob and kill and carry away women and pigs.

One of the most curious customs of the Nicobarese is that of digging up their dead after they have been buried three years or so, carrying the bones out to sea and scattering them to the four winds.

**TAKE PULSE FOR DIAGNOSIS**

Entire Practice of Medicine in China is Founded Almost Exclusively on One Idea.

The Chinese are said to be a people whose practice of medicine is founded almost entirely upon the pulse. The sick one in China sometimes goes to the physician and thrusts his hand through a curtain and the physician feels his pulse, makes a diagnosis and prescribes. In the Chinese book of medicine, there are said to be hundreds of different kinds of pulses described. It is very foolish to say that any great nation is entirely wrong in anything that is a large part of any one of its arts. However, we cannot help believing that the Chinese are a little one-sided in paying so much attention to the pulse, but they have undoubtedly been able, through thousands of years of observation, to put in writing a whole lot about the pulse which we have not.

**Newspaper Cure for Colds.**

We usually feel a cold in the head more a short time after we rise from our bed in the morning. Our heads become more or less clogged up as we lie inactive during the night, and we feel the effect of the cold worse a short time after we get up.

When we open the morning paper and closely scan its columns for the news we are unconsciously helping to cure our cold in the head. The fumes arising from the fresh printers' ink penetrate the nostrils and pass back through the nasal passages. In a short time they clear up the head greatly, producing a much different feeling.

**Hia Object.**

"The kaiser has the up-pointed ends of his mustache clipped off."  
"He wants to show his soldiers that he as well as his country's defenders is capable of roughing it."

**ICED COFFEE OR CHOCOLATE**

Ideal Beverages to Be Served at Card Party or Other Informal Entertainment.

To serve between games at a card party, try iced coffee or chocolate. For the coffee, make enough of what is known as clear black after-dinner coffee to fill at least two wine or sherbet glasses for each guest. Sweeten this while it is hot and set aside to cool. Then pour it into a large bottle or pitcher and set in a pail or deep kettle, packing ice around it. When ready to serve pour into glasses three-quarters full and heap on top either sweetened and whipped cream, or a tablespoonful of ice cream.

**Iced Chocolate.**—Melt two squares of chocolate in a double boiler and add a cupful of granulated sugar and a cupful of water. Let this mixture cook from the fire, add a teaspoonful of vanilla and set away to chill in a pitcher. When ready to serve half fill a large mixing glass with chopped ice, add two tablespoonfuls of the chocolate sirup, fill up the glass with good sweet milk, cover with a shaker and shake thoroughly, strain into glasses and put whipped cream on top of each. Do not mix more than a large glass of this at a time. It will make three small glasses. This method is much better than boiling the chocolate and milk and then chilling, which usually forms a sediment.

**WOVEN TABLE MATS POPULAR**

For Use Under Hot Dishes Nothing More Satisfactory Has Ever Been Put on Market.

Nothing has ever been found more satisfactory to put under hot dishes than the old-fashioned woven table mats, and of late there has been quite a revival in their favor, especially as it does not require any great amount of ingenuity to learn how to manipulate the frames upon which they are woven.

These frames come in a box containing several sizes, so that a set for meat dishes and several sizes in vegetable dishes may be made.

After being woven on the frame crosswise, the points where the crossed threads pass each other are caught and knotted with either white or light-colored twine. In cutting the finished mat off from the frame, a fringed edge is formed and the mat not only launders well, but literally lasts forever. The writer has a set of these mats made quite ten years ago by a deft old lady. These have been in constant use, some of them washed each week and they have scarcely yet begun to show signs of wear.—Exchange.

**Creamed Apple Tart.**

Line a small, deep pudding dish with a rich pastry, peel and slice in carefully one and one-half pints of tart apple, with just a dust of nutmeg, three-fourths cupful brown sugar and grated rind and juice of one-half lemon. Cover with crust and bake until done. Lift the crust and pour in pint of rich boiled custard. Replace crust and serve cold. This is a very old-fashioned Dutch dish and is delicious. Whipped cream is very nice in place of the custard, but if cream is used heap it up high and do not replace the upper crust.

**Celery Fritters.**

Beat one egg until very light; add one-half cupful of sweet milk, two teaspoonfuls of butter, one saltspoonful of salt and enough flour to make almost a drop batter. Beat it thoroughly and let it stand an hour or more to swell the flour. Beat again before using. Cut the celery into inch pieces and cook in boiling water (salted) until tender. Drain and stir it into a fritter batter. Drop by spoonfuls into deep fat.

**Cheese Salad.**

Rub the yolk of a hard-boiled egg smooth with a tablespoonful of olive oil and then add, one at a time, mixing thoroughly, a teaspoonful each of mustard, sugar, salt and a bit of cayenne. Add half a pound of grated cheese and a tablespoonful of vinegar in which a slice of onion has been standing for half an hour and serve on lettuce leaves.

**Coffee Mold.**

Scald one pint of milk, dissolve two heaping tablespoonfuls cornstarch (I prefer flour) in a little cold milk or water, add two tablespoonfuls sugar, pinch of salt, one-half cupful strong fresh coffee. Stir this into the scalded milk and cook until it thickens. Turn into a mold and set it aside to cool. Serve with cream and sugar.

**Yum Yum Pudding.**

One cupful of cooked cereal, one-half cupful of molasses, one-half cupful of milk, one-half cupful of seeded raisins, two well-beaten eggs, one-half teaspoonful of powdered cinnamon. Mix all the ingredients together in a basin until perfectly smooth. Pour into a buttered pudding dish and bake for 40 minutes.

**To Save Sugar.**

When making cranberry jelly use a pinch of soda before straining the cranberries. It will take only about half as much sugar and does not hurt the flavor or keep it from jellifying. Stewed apricots, rhubarb, etc., may be handled the same way.

**When You Spill Paint.**

Should fresh paint be spilled on the floor, pour some vinegar on it at once and wipe up with a soft cloth.

**BACHELOR HOOKED AT LAST**

His Feelings May Have Been a Surprise to Spinster, but You Never Can Tell.

"Ah," said the bachelor, as he spread his legs out toward the fireplace and puffed his pipe to his heart's content, "this is what I call solid comfort. Glad your brother got married to supply it for me. Most considerate of him."

"Oh, indeed! Well, he did no such thing; so you can save your thanks. You always accuse people of your own odd motives. Bob and Nellie married for love, of course. But you don't know anything about that," retorted the spinster.

"Oh, don't I?" yawned the bachelor with a teasing glint in his eyes. "I've had a few platonic friendships in my time, if I do say it as shouldn't."  
"Yes, and a lot of good it did you. There's Dolly Gibbs, the sweetest little girl you ever flirted with, and what did she do? She broke her heart waiting for you, and married that old fool Wilkins out of pique. You ought to be ashamed to boast of such things. Men are worms, anyhow!"

"That's not true about Dolly and me; besides, she never cared for me at all. She knew I was interested in someone else all the time. Women are blind, sometimes."

"They see through everything, my dear old ignoramus. And I'd like to see the woman who could interest the likes of you," added the spinster scornfully.

"Did you ever look in the mirror, my dear?" asked the bachelor, as he abandoned his pipe. "You knew that I was interested in you all along, I suppose. Women always see through everything—especially bachelors."

**BEST "MAKE HASTE SLOWLY"**

Little Really Good and Lasting Work Has Been Accomplished Under Strain of Hurry.

"The more haste, the less speed" is an old proverb that would make a good motto for many people in these days when most of us are always in a driving hurry, remarks the Milwaukee Journal. Work that is hurried isn't often well done. The letter written in haste sometimes proves to be illegible, or, what is perhaps worse, so nearly illegible that it results in a misunderstanding that loses far more time than it would have taken to write correctly. One may be in such great haste to complete an article he is making that he slights some part of it. And just that flaw may cause a break in the machinery and result in loss of time and great waste.

Then there are the hundreds of times when undue haste doesn't involve great consequences, but simply means inferior work that must be done again some time, and perhaps cause inconvenience and loss until it is done over. For an article rightly made or a task well done serves a better purpose than something completed in haste. People who do everything hastily usually misunderstand.

Some things one may catch quickly and so deceive himself into thinking that he can do the whole thing in a minute, not even knowing the important point that has escaped him. To "make haste slowly" means to accomplish more, whatever one is doing.

**Run Away From "Nerves."**

No one can help feeling nervous at times in this age of rush and racket, but it is quite possible to put on the brake, as it were, and not let the nerves run away with us.

If people fret you, it is not necessary to be rude to them. Try, instead, to avoid them.

Don't read books that irritate you. Books are plentiful, therefore put away the offending volume and choose another.

If a noise at night worries you, don't let it continue to do so. Get up and see to the matter and put it right.

Don't let yourself get into the habit of being bored. It is not worth while. When you feel it coming on plunge at once into some task that will take all your time and energy. It is better to run away from certain things than to let them irritate you. Such martyrdom is usually unnecessary and bad for you all round.

**Preparation for Home Use.**

The woman who values her looks should drink at least a pint of water daily, and preferably more, including a tumblerful, either hot or cold, the last thing at night.  
Distilled water is by far the best, but if hot is not available, water that has been boiled and allowed to stand for two or three hours till it has become re-aerated is more wholesome than merely filtered water, especially in districts where the water contains an undue amount of chalk, which, after boiling, will settle into a sediment from which the remainder can be poured off.—Philadelphia Press.

**Shrewd Old Man.**

"You're an old married man. What do you do when your wife begins to scold?"

"Encourage her. I talk back—discreetly, of course. I say tantalizing things. I make foolish excuses. I stammer and get husky."

"But doesn't that make her a good deal madder?"

"Of course it does. That's the intention. I want her to get so mad that she won't have any voice left to ask me for money."

"Gee, I wonder if I'll ever get as hardened as that!"—Brooklyn Eagle.