METHOD.—Rub the potatoes through a sieve. Melt the butter in a pan, add the potatoes, make them hot, and season well. Add the chopped parsley, nutmeg and beaten yolk of egg. Iff too dry, add a little milk. Turn the mixture on to a plate to cool. Divide it into equal portions, flour the hands and make the mixture into balls, beat up the white of egg and brush the croquettes with it; then roll them in the breadcrumbs. Fry these croquettes in hot fat, drain well on soft paper. To dish:—Pile the croquettes neatly on a lace paper on a hot dish and garnish with fried parsley.

Mrs. R. Rambaut, Fern Lea, St. Clement's.

Tomato and Green Pea Salad.

Ripe tomatoes.
Thick mayonnaise dressing.
Oil and vinegar.
Salt and pepper.

Cooked green peas. Lettuce leaves. Whipped cream.

METHOD.—Cut a slice off some ripe tomatoes and scoop out the centres. Mix peas with equal quantities of dressing and cream. Season well with salt and pepper. Fill the tomato cases with this mixture and serve on young lettuce leaves that have been dressed with oil and vinegar.

V. Houillebecq, "Blairgowrie," Samarès.

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Household Hints

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Preventative.

To keep children from picking up sores and infection at school, use Izal daily for washing also for baths.

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" Blue Bird."

To clean Silver.

1 block Pynka (2d.) 1 oz. lump ammonia. ½ pint methylated spirit. 1 teacup boiling water.

METHOD.—Powder the pynka and pass through a sieve. Melt ammonia in boiling water keeping it covered while doing so. Then add spirits, and powdered Pynka.

A. A. Durell.

To remove Tea Stains.

Glycerine is excellent for removing tea or coffee stains from linen. Pour it over the stained part, rub it well in, and wash in the usual way. The stains will quickly disappear.

E. L.

To keep Parsley fresh.

The best way to keep parsley fresh is to put it in a bowl without water, cover with a plate, see that it is quite airtight. In this way it will keep fresh much longer than if put in water.

Miss Dorey, "La Garenne," Samares.

To loosen articles that have become fixed.

If tumblers become fixed, tap gently around with another tumbler, and they will easily come apart.

If a glass stopper is fixed, tap round it with another. Il two iron screws, tap with piece of iron, and so on. The rule is tap each article with one of similar kind.

Miss Le Couteur, "Green Hill," Samarès.

To avoid the smell of Kippers.

The smell of kippers can be avoided if before cooking the kippers are dipped into boiling water. Housewives may have noticed also that there is much less smell, if the cooking is done on the range, rather than on the gas cooker, for then the fumes go up the chimney. Put a flat lid on the frying pan, the kippers are then much juicier, and cook more quickly. Keep an old lid for the purpose.

F. Gulliford, 8, Burrard Street, Jersey.

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To make Toast.

The proper way to make toast is to heat one side a little and then change over, and likewise heat the other side. Leave browning until the last. This allows the moisture to evaporate more effectually. Do not cut the bread for toast too thick.

Mr. Woodcock, St. Helier.

For testing Mushrooms.

When cooking mushrooms for safety's sake place a clean sixpence in the vessel in which they are being cooked. If the silver shows the least discolouration the mushrooms are unfit for use.

Mrs. C. G. Moignard, Southsea.

To revive cut Flowers.

Cut off half and inch from the bottom of each stem, and hold the stem in very hot water for a few seconds, then plunge it immediately into some cold water. The effect of this treatment is simply magical, for the flowers will almost immediately revive, and in an hour will look as if they had been freshly gathered.

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W. L. Jersey.

To remove Iron Mould.

Squeeze a little lemon juice into the stain, and then rub salt into it. This done, hold the stained part over the spout of a kettle of fast boiling water, and the steam will then draw out the stain, leaving no mark whatever.

Florrie Holden, 36, David Place, St. Helier.

Copper Kettles.

Copper kettles should be cleaned with a cut lemon. Dip the lemon in salt before using it. Afterwards rinse well with cold water, and polish with a soft cloth.

M. Holden, 36, David Place, St. Helier.

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Tonic for Indoor Plants.

Weak tea water applied once a week to all indoor plants is an excellent tonic.

Mrs. F. Piquet, La Rocque.

To wash Crepe de Chine.

When washing crepe de chine, use borax in the water. This removes the dirt more easily and preserves the gloss.

A Friend of the Waifs.

When a Pan boils over.

Often something will spill on the stove, and cause a disagreeable odour, and much smoke. Sprinkle some salt over the spilled substance and see how it will stop the smell and smoke.

C. H., St. Helier.

Damp Room.

When there is any suspicion of damp in rooms seldom used, place a block of camphor in each corner. In a week's time the camphor will have disappeared also all dampness. This simple expedient will answer when even huge fires have failed.

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E. E. H. Jersey.

Tea stains.

If you are unfortunate enough to spill tea on a tablecloth get a kettle of boiling water as soon as possible. Place the stained part over a basin, and pour the boiling water through the stain until it disappears. This should be done while the tea is still wet. If the stain is dry it must be soaked in cold water before applying hot.

Miss Eva Pasturel, Pontac.

To preserve Lemons.

Put the lemons in a wire basket and hang in a cool place. In this way the lemons will keep almost indefinitely.

Mrs. H. C. Labey, Grouville.

Kitchen Spice.

4 ozs. white pepper. 1 oz. nutmegs. 1 oz. cloves.

oz. ginger. d oz. cayenne pepper.

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All to be pounded and ground very fine, and mixed together. Put in a bottle and cork firmly. Keep in a dry place.

Mrs. G. P. Crill, "Eastwell," Samarès.

Floor Polish.

To 1 pint methylated spirit, add 4 ozs. orange shellac. Shake thoroughly. Apply mixture to floor; need not be polished after.

Furniture Reviver.

Mix together in a pint bottle, half a quartern each of paraffin methylated spirits, turpentine and vinegar. Shake well, applying with a soft rag. Rub well into the furniture and requires very little elbow grease.

Noel, 12, Victoria Street, St. Helier,

Furniture Polish.

Melt together:—
3 ozs. beeswax.
1 pint turpentine.

1 oz. white wax.

Dissolve :-

1 oz. Castile soap.

1 pint water.

METHOD.—Mix the two solutions together, and pour into jars while hot.

Lily Harvey, "Clawton Vicarage," Holsworthy.

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A Home Made Furniture Polish.

1 pint turpentine. 2 ozs. beeswax. Small piece of soda, size of a walnut.

METHOD.—Put beeswax and turpentine to melt in a stone jar, leaving it overnight in a warm place on kitchen range, but not near open fire. Dissolve the soda in a little hot water and add to the melted mixture. Keep in a wide necked bottle and shake well before using.

Mrs. C. Huaut, "Mon Plaisir," St. Mary.

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Various.

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Bachelor's Idea of a Rice Pudding.

1 lb. rice.
1 pint water.
1 lb. butter.

1 lb. sugar. 1 pint milk.

METHOD.—Gently bake until solid.

Sergt. Gauche a Penn (United Services Club).

Cure for a cold.

Take a fairly large Spanish onion, and skin it. Core the onion right through, making a cavity \(\frac{3}{4} \) inch in diameter. Place onion in a small baking tin and first pour in 2 teaspoonfuls of thick treacle, then add 2 teaspoonfuls of powdered liquorice, three teaspoons of castor oil, three teaspoons of cod liver oil, and three teaspoons of ordinary paraffin (this amount should not be exceeded) 1 teaspoon of Cayenne pepper, and seal with thick treacle. Place in a moderate oven and bake for 1 hour \(\frac{3}{2} \) minutes. Take just before going to bed, and the cold will have completely gone by the morning.

A shilling will be paid to the first idiot who tries the above by the "Man in the Stripes,"

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Love Cake.

1 shady tree. 2 loving hearts. 1 arm round waist.

1 small seat.

2 oz. love well sweetened.

4 lips well pressed.

1 loving word.

METHOD.-Mix ingredients well together, and serve 2 hours after J. Desmares, Longueville House, Grouville. dark. -0-

How to boil Fish.

Utensils required.

A fish kettle.

A fish slice. Ingredients.

A piece of fish.

METHOD.—If fish does not slip between the fingers, place it in fish kettle of boiling water. When you think the fish is done chase it about fish kettle with fish slice. This will keep you amused for hours, and when you are exhausted fish will be in small pieces. Collect pieces and place on dish or throw hot fish in faces of guests according to your mood.

> Miss Iris Laurens, "St. Clair," St. Lawrence. ---0-

If you want an egg, and do not want to cook it, eat it raw. Brown Bill.

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Invalid Cookery

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Milk Jelly.

 $\frac{1}{2}$ oz. gelatine.

pint water.
teaspoon citric acid.

4 ozs. sugar.

Juice of 1 lemon. pint of milk or cream in equal proportions.

METHOD.—Soak ½ ounce of gelatine in ½ pint of water for 2 or 3 hours, put into a saucepan with 4 ozs. loaf or cane sugar. Let it come almost to the boil, stirring all the time. Add 1 teaspoon of citric acid and the juice of a lemon, keep stirring so that all may mix well and pour half a pint of mixed cream and milk; pour directly into a mould.

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Annie Norton, Ripon.

Beef Tea.

1 lb. of gravy beef. ½ teaspoon salt.

1 pint cold water.

METHOD.—Remove the fat, shred the meat finely, place it in an earthenware jar, add the water and salt and cover closely. Place the jar in a saucepan of boiling water or in a slow oven and cook for three hours, stirring occasionally. Strain, remove carefully all traces of grease and serve.

Miss Amy Desmares, "Longueville House," Grouville.

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Egg Jelly.

1 egg. 3 ozs. lump sugar. 4 pint cold water.

½ oz. gelatine. ½ pint orange or lemon juice.

METHOD.—Soak gelatine in water for 20 minutes. Rub the sugar in the orange or lemon to extract flavour and colour. Put the gelatine, water and sugar in a saucepan, and stir over a gentle heat till dissolved. Strain the orange or lemon juice, add, and let it get just hot. Beat the egg in a basin, add the fruit and gelatine mixture to this, and stir well. Let it get cold, stirring occasionally, before it is set to ensure that the egg is thoroughly mixed with the rest of the ingredients. Pour into a basin or mould or small glass. It may be turned out or left in glass.

A. Coutanche, "Clarence House," St. John.

Egg Jelly.

2 new laid eggs. 3 ozs. loaf sugar.

2 lemons.
¹/₂ pint water.

½ oz. good French gelatine.

METHOD.—Peel the rind from the lemons very finely and put into a saucepan with the water, gelatine, and sugar, and put on gentle heat till the sugar and gelatine are dissolved.

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Beat the yolks well with the juice of the lemons, and stir slowly on to these two ingredients the contents of the saucepan. Mix well and then fold in gently the whites of eggs which have been previously beaten to a very stiff froth. Serve in small glasses putting a little white in each, and pouring the yellow mixture over it. Allow to set.

Mrs. A. H. Wilson, Pinner, Middlesex.

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Barley Water.

Cheese Straws.

Take 2 tablespoons pearl barley and wash well in cold water. Then put it in a saucepan with a quart of boiling water. Let this boil for a few minutes, then strain and throw away this water. Now take 4½ pints of boiling water and put in the barley with the finely peeled rind of a lemon, and let it simmer gently until reduced to almost half. Strain and let cool, then add the juice of nearly a whole lemon and sugar to taste.

L. Le Couteur, "Iona," Greve d'Azette.

Medecines and Remedies

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Egg and Rum Tonic.

6 eggs. 1 lb. castor sugar.

6 lemons. 1 tumbler of rum.

METHOD.—Place the whole eggs in a basin, and squeeze the juice from the lemons, and pour over the eggs. Put aside for 4 days, turning gently each day, so that the juice may reach each egg. At the end of that time, beat eggs and juice well together, pass through a fine sieve, add the sugar and rum and then bottle.

Take a wineglassful twice a day.

Anon.

Embrocation for Sprains, Stiffness, Headaches, bruises and

1 oz. camphor, crushed, dissolved in ½ pint of turpentine. Beat the yolks of 2 eggs, mix with turpentine, then add ½ pint vinegar. Bottle and shake well for 3 or 4 minutes. It is then ready for use. Cheap but very effective.

M. Cornish, Old Government House, Grosvenor Street, St. Helier.

Marshmallow Cough Syrup.

1½ ozs. marshmallow roots. 1 quart water. 2 lbs. loaf sugar.

METHOD.—Boil together until the liquid is reduced to about half the quantity. When cold strain and bottle. Make it about the thickness of glycerine. A little lemon to be added.

Miss Le Feuvre, 2, Woodville Avenue, St. Saviour's.

Cough Syrup.

½ cup linseed. 2 lemons, 1 teacup common brown sugar. 1 quart water.

Boil up altogether for 1 hour. It is much better to put linseed in muslin bag.

B. Rose, 3, Victoria Street, St. Helier.

Good Tonic.

Take 2 good sized beet root (raw), and cut in thin slices. Put in a china dish or bowl, spread $\frac{1}{2}$ to $\frac{3}{4}$ lb. of demerara sugar and leave for 24 hours. Strain, and add liquid to one pint bottle of stout. Take one wine glass every morning and night

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Miss Moore, Bute Cottage, Beaumont.

A Remedy for Hoarseness of the Throat.

Beat the whites of two eggs into two tablespoons of sifted sugar, grate a little nutmeg, then add one pint lukewarm water, stir all together and drink often. Renew the preparation if necessary, and it will cure the most obstinate case of hoarseness in a short time.

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M. J. R.

Hard Butter.

To soften butter without making it oily. Fill a basin with boiling water, let it stand a few minutes, then pour out, invert the basin over the butter dish, and in one minute the butter will be soft enough to spread easily.

Mrs. L. Day, 1, Roseville Villas, Roseville Street, Jersey.

Indigestion Mixture.

3d. rhubarb powder.

1 tablespoon carbonate of soda.

A little over a pint of boiling water.

3d. best essence of peppermint.

1 tablespoon powdered ginger.

METHOD.—Mix rhubarb powder, and ginger to a thin smooth paste, pour boiling water over bi-carbonate of soda, add remainder of ingredients and bottle. Half a wine-glassful to be taken after meals.

Miss L. D. Durell, 6, Woodville Avenue, St. Saviour's Road, St. Helier.

Remedy for Neuritis.

1 oz. bi-carbonate of potash. 2 ozs. Epsom salts. 1 pennyw'th Oil of peppermint.

METHOD.—Mix all well together. Take a small teaspoonful in a tumbler of hot water every morning until the pain ceases.

Remedy for Neuritis and Rheumatism.

1 pint methylated spirit with three blocks of camphor (or powdered camphor) scraped into it, and applied to the painful parts.

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Edith Abbott, "Whitley House," Norton, Malton, Yorks.

Celery for Rheumatism.

Boil one ounce of celery seed in 1 pint of water till reduced to half a pint. Strain and bottle and cork carefully. Take 1 teaspoonful twice a day in a little water. Continue for a fortnight, stop, and try again later, if necessary. The celery seed may be purchased at any fairly large greengrocers or stores, and is certainly a very inexpensive and harmless remedy, which may be readily prepared at home.

Miss W. Le Couteur, "Greenhill," Samarès.





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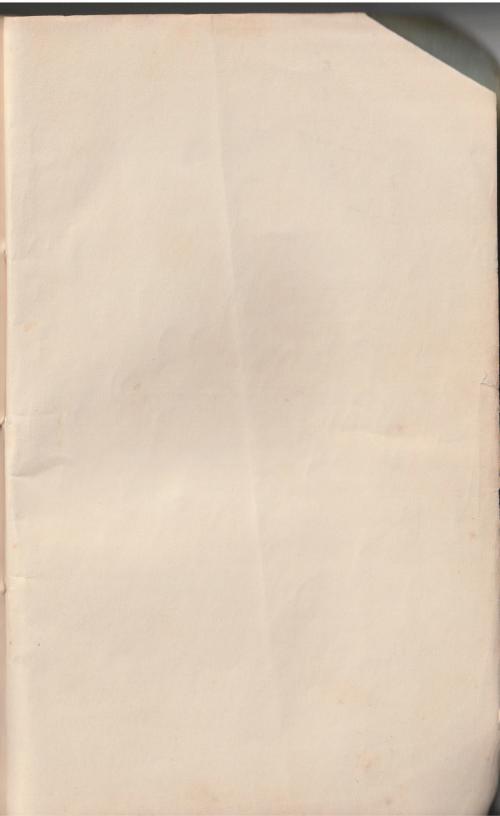
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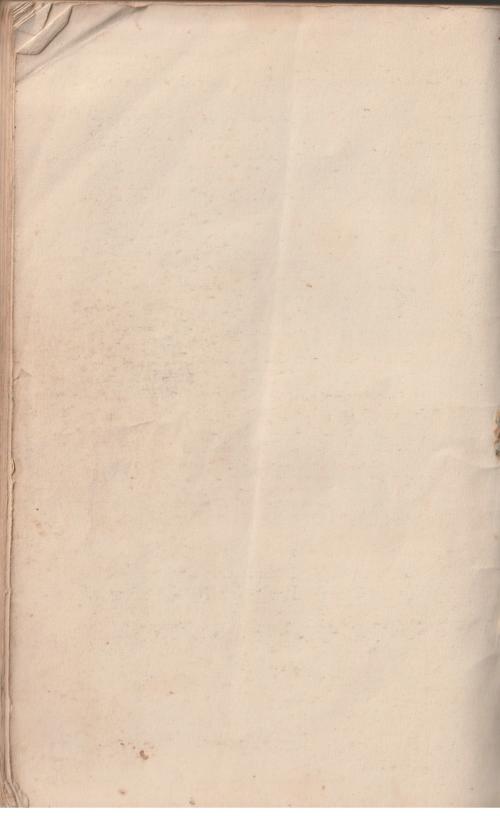


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