

There is no warmth in clothes; the heat comes from the body itself, generated within, or from the surrounding atmosphere, or substances with which the body may be in contact. Of course clothes, like any other materials, can be charged with heat, and will take up as much thermic or heating property as their specific capacity allows. It is this capability of receiving heat which constitutes the first condition of warmth in the comparative value of different materials of dress. The second condition consists of a property of retaining the heat with which an article has been charged. For example, some materials will become warmer in a given time and retain their heat longer than others under the same conditions of exposure, first to heating and then to cooling influences.

Instead of loading the body with clothes, the "chilly" should search out the physical cause of their coldness. The blood must not only circulate freely; it must be rich in nourishing materials, and not charged with poison. An excess of any one element may destroy the value of the whole. It is too much the habit of valetudinarians and unhealthy people of all kinds, to charge the blood with substances supposed to be "heating" or "cooling," as they think the system requires them. This is a huge mistake. The body does not need to be pampered with cordials, or refrigerated with cunningly-devised potions. If it is well nourished, it will be healthy. Nourishment is the real fuel of the body, and, as the internal heat is more important than the external, so what is taken into the body is incomparably more important than what we put on to cover it. It is better to feed the poor than to clothe them.

To Restore and Preserve Flowers.—Faded flowers may be generally more or less restored by immersing them half way up their stems in very hot water, and allowing them to remain in it until it cools, or they have recovered. The scalded portion of the stems must then be cut off, and the flowers placed in clear cold water. In this way a great number of faded flowers may be restored; but there are some of the more fugacious kinds on which it proves useless. Flowers may also be preserved and their tints deepened by adding to the water a little solution of carbonate of ammonium and a few drops of phosphate of sodium. The effect of this in giving the flowers a deeper color and a stronger appearance is quite wonderful; and, by cutting off every other day about half an inch of the stems of the flowers with a sharp knife, they may be kept as long as their natural life would last.

Leghorn Straw.—What is known as Leghorn straw is raised on the hills which rise on each side of the rivers Pisa and Elsa, to the south-west of Florence. Its adaptability to the uses to which it is destined depends principally on the soil in which it is sown, which soil, to all appearance, exists only in this small district, out of the bounds of which the industry is unknown. Any variety of wheat which has a hollow flexible stem can be used for seed. The soil must be tilled and prepared very much as it is for corn, but the seed must be sown five times as thickly as is usual for other purposes, and this is done in the month of December or February. When the straw is full grown and just before the grain begins to form itself in the ear, it is uprooted and firmly tied in little sheaves the size of a handful. Each sheaf, or *menuta*, as it is called, is spread out in the shape of a fan to dry in the sun for three days, after which it is safely stowed away in barns. The harvest being over and the fields empty, it is again spread out to catch the heavy summer dews and to bleach in the sun, during which process it is carefully turned until all sides are equally white. Here the cultivatory work ends, and the manufacturing begins.



Cocoanut Cake.—To the well-beaten yolks of six eggs add two cups powdered white sugar, three-fourths cup butter, one of sweet milk, three and a half of flour, one level teaspoon soda, and two of cream tartar, whites of four eggs well beaten; bake in jelly-cake pans. For icing, grate one cocoanut, beat whites of two eggs, and add one teaspoon powdered sugar; mix thoroughly with the grated cocoanut, and spread evenly on the layers of cake when they are cold.

Lemon Cake.—One and a half cups of sugar, one of butter, two and a half of flour, five eggs beaten separately, four teaspoons sweet milk, one teaspoon cream tartar, half teaspoon soda.

For Jelly.—Take coffee-cup sugar, two tablespoons butter, two eggs, and juice of two lemons; beat all together, and boil until the consistency of jelly. For orange cake, use oranges instead of lemons.

New York Cake.—Two cups of sugar, one of butter, one of milk, nearly four cups of flour, white of eight eggs, three teaspoons of baking powder, flavor with lemon. Bake a little more than three-fifths of this mixture in three jelly tins, add to the remaining batter one tablespoon ground allspice, one and a half tablespoons ground cinnamon, teaspoon cloves, a fourth of a pound each of sliced cinnamon and chopped raisins. Bake in two jelly tins, and put together with frosting, alternating dark and light.

Orange Cake.—Two cups of sugar, half cup of butter, three and a half of sifted flour, half cup of sweet milk, three eggs beaten separately, teaspoon baking powder mixed in flour; bake in jelly tins. For jelly, take the juice and grated rind of two oranges, two tablespoons cold water, two cups sugar; set in a pot of boiling water, and when scalding hot, stir in yolks of two well-beaten eggs, and just before taking from the fire, stir in the white of one egg, slightly beaten, and when cold put between the layers of cake. Frost the top with the other egg.

Neapolitan Cake.—*Black Part.*—One cup brown sugar, two eggs, half cup butter, half cup molasses, half cup strong coffee, two and a half cups flour, one of raisins, one of currants, a teaspoon each of soda, cinnamon, and cloves, and half teaspoon mace.

White Part.—Two cups sugar, half cup butter, one of milk, two and a quarter of flour, one of corn starch, whites of four eggs, small teaspoon cream tartar. Make frosting of whites of two eggs to put between the layers.

Ribbon Cake.—Two and a half cups sugar, one of butter, one of sweet milk, teaspoon cream tartar, half teaspoon soda, four cups flour, four eggs. Reserve a third of this mixture, and bake the rest in two loaves of the same size. Add to third, reserved, one cup raisins, fourth pound citron, a cup of currants, two tablespoons molasses, teaspoon each of all kinds of spice; bake in a tin same size as other loaves. Put the three loaves together with a little icing or currant jelly, placing the fruit loaf in the middle. Frost the top and sides.

Yellowstone Cake.—One and a half cups granulated sugar, half cup butter stirred to a cream, whites of six eggs, or three whole eggs, two teaspoons cream tartar stirred in two heaping cups sifted flour, one teaspoon soda in half cup sweet milk; bake in three layers. For filling—take a teaspoon sugar and a little water, boiled together until it is brittle when dropped in cold water; remove from stove and stir quickly into the well-beaten white of one egg; add to this a cup of stoned raisins chopped fine, or a cup of chopped hickory-nut meats, and place between layers, and over the top.

Delicious Chocolate Cake.—The whites of eight eggs, two cups sugar, one of butter, three full cups flour, one of sweet milk, three teaspoons baking powder; beat the butter to a cream, stir in the sugar, and beat until light; add the milk, then the flour, and beaten whites. When well beaten, divide into two equal parts, and into half, grate a cake of sweet chocolate. Bake in layers, spread with custard, and alternate the white and dark cakes. For custard for the cake, add a tablespoon of butter to one pint of milk, and let it come to a boil; stir in two eggs, beaten with one cup sugar, and add two teaspoons corn starch dissolved in a little milk.

Lemon Pie.—Two lemons, two cups of sugar, one cup of milk, two tablespoonfuls of flour, and six eggs. Use the yolks only. After the pies are baked, beat the whites

and eight tablespoonfuls of sugar. Spread it over the pies, put them in the oven till they become a light brown.

Buns.—One pound of flour, six ounces of butter, two teaspoonfuls of baking powder, a quarter of a pound of sugar, one egg, not quite a quarter of a pint of milk, a few drops of essence of lemon; bake immediately. This will make twenty-four.

Christmas Pudding.—Mix together in a large bowl three beaten eggs, half a cup of butter, two cups of zante currants, one cup of chopped citron, the juice of two oranges, and one cup of bread crumbs rubbed fine through a sieve, and one cup of sweet cream; flour a cloth well, put in the pudding, and boil hard two hours. Eat with a rich sauce. C. R. P. Y.

Christmas Pudding, No. 2.—Mix together one pound of currants, half a pound of sugar, ditto butter and flour mixed, the yolks of eight eggs, one teaspoon of cinnamon, the grating of two lemons, and juice of one, mix with it a little milk with a teaspoonful of yeast powder stirred into it. Boil in an oven two hours, rich liquid sauce. Put in only enough milk so as to just have the pudding stick together. C. R. P. Y.

A Cream Pudding.—One pint of sweet cream, into which stir smoothly one teacupful of fine flour; stir this until quite thick over the fire, then take off, and when it is cool, stir into it four beaten eggs, add two teacups of fine white sugar, and one cup of citron chopped fine. Bake till set. This is a very fine pudding, if the last operation of *baking* is done right. Many persons bake custards too long, until they become *watery*, which spoils them. Eat this pudding cold. Can be eaten with sauce if desired, but is very good without. C. R. P. Y.

Rice Croquettes.—Boil half a pound of well-washed rice in one quart of cold water, with a level tablespoonful of salt, half a pint of milk, half the yellow rind of a lemon, or two inches of stick cinnamon, and two ounces of sugar for half an hour, after it begins to boil, stirring it occasionally to prevent burning. Take it from the fire, stir in one at a time the yolks of three eggs, and return to the fire for ten minutes to set the egg. Then spread the rice on an oiled platter, laying it about an inch thick, and let it get cool enough to handle. When it is cool enough, turn it out of the platter upon some cracker dust spread on the table, cut it in strips one inch wide and three inches long, roll them into the shape of corks, dip them first in beaten egg, then in cracker dust, and fry them golden brown. Lay them on a napkin for a moment to free them from grease, put them on a dish, dust a little powdered sugar over them, and serve them.

Apple Dumplings.—Pare and core as many apples as you want dumplings, keeping them whole. Make a suet crust, roll it out, and cut it in as many squares as you have apples. Fold the corners of the pieces of paste over them, pinch them together, tie each one in a floured cloth, and boil for one hour. Then take them from the pudding cloths, and serve them with butter and sugar.

Lemon Dumplings.—Sift eight ounces of dried bread crumbs, mix them with the same quantity of very finely-chopped suet, pare off the thin yellow rind of a lemon, chop it very fine, and add it with the juice to the bread and suet. Mix in half a pound of sugar, one egg, and enough milk to make a stiff paste, about half a pint. Divide the paste into six equal balls, tie them in a floured cloth, and boil them an hour. Serve with butter and sugar, or syrup.

Apples in Jelly.—Pare and core small-sized apples without cutting open; then put them with some lemons, in water to cover, let boil slowly until tender, and take out carefully without breaking. Make a syrup of half a pound white sugar to a pound of apples, cut lemons in slices, and put them and the apples into syrup; boil very slowly until the apples are clear, take them out in a deep glass dish; put to the syrup an ounce of isinglass dissolved, let it boil up, lay a slice of lemon on each apple, and strain the syrup over them.

Codfish Balls.—Soak codfish cut in pieces about an hour in lukewarm water, remove skin and bones, pick to small pieces, return to stove in cold water. As soon as it begins to boil, change the water and bring to a boil again. Have ready potatoes boiled tender, well mashed and seasoned with butter. Mix thoroughly with the potatoes half the quantity of the codfish while both are still hot, form into flat thick cakes, or round balls, fry in hot lard or drippings, or dip in hot fat, like doughnuts. The addition of a beaten egg before making into balls renders them lighter. Cold potatoes may be used by reheating, adding a little cream and butter, and mixing while hot.