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Mrs. Ayers. Rice Muffins:—One and a half cups entire wheat flour, one cup sweet milk, two eggs, three table-spoons melted butter, two tablespoons baking powder, one-fourth teaspoon of salt, and one cup of boiled rice. Beat the yolks of the eggs and milk together; sift flour, salt and baking powder together, and add and be t very light. Add the melted butter and rice, mix in, and lastly fold in lightly the whites of the eggs beaten stiff. Bake in hot buttered muffin-tins half an hour in a hot oven.

Jane Powers: — Irish moss is indeed a healthy and palatable article to use and makes a readily digested dessert for children, which is an especially good dessert. Irish Moss Jelly: — One-half cup milk, salt, one tablespoon Irish moss; flavor if desired. Wash moss in several waters, and pick over carefully. I'ut into a double-bofler with milk. Cook about five minutes, or until thickens when dropped on a cold plate, add pinch of salt, strain, and flavor. Put into custard cup which has been rinsed in cold water. This makes a very small quantity, for more double or triple the proportions.

Address all letters for this department to Miss Winifred Trafford, care of Popular Fasmons, 291 Congress Street, Boston, Mass.

Loving Words.

MOLLIE L. CLAYTON.

Loving words will cost but little,
Journeying up the hill of life;
But they make the weak and weary
Stronger, braver for the strife,
Do you count them only trifles?
What to earth are sun and relight word was

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