

on top of another. This quantity is for a large family. My friend used, and I dare say she does to this day, to boil them in salted water and serve them up for dessert with cream and sugar. And they make a very good dessert, too. Try them.

#### DANISH, OR CLARA'S DUMPLINGS.

A good Danish sister once brought me some of the most toothsome dumplings I ever tasted, and the other day, my aunt made me some more. They are real Danish dumplings, and if you like good things, make some. Put about a teacupful of milk into a spider or saucepan; when it boils, thicken it with flour until it is like smooth mush. Take it up, and add when cool a well beaten egg. This can be set aside and used whenever you wish, as it will keep for several days, especially in the winter. When ready for dumplings, take this mixture out in a dessert spoon and put it in the soup. It will come out the shape of an egg if you are careful in dipping it with the spoon, and it is very delicious. My Danish friends sometimes add spices, such as nutmeg or cinnamon, but I prefer them with only the salt as flavoring.

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#### Selected Receipts

**Johnny Cake**—Take one cup each of sour milk and Indian meal, and two-thirds of a cup of flour, one small teaspoonful of soda, one-half teaspoonful of salt, three tablespoonfuls of sugar, two tablespoonfuls of melted butter and one beaten egg. Add the milk, in which the soda is dissolved, to the egg, salt and sugar; stir in the butter, meal, and flour, rapidly, and bake thirty minutes in a quick oven. Sweet milk and one heaping teaspoonful of baking powder may be substituted for the sour milk and soda.

**White cake**—Rub to a cream two cups of sugar and two-thirds of a cup of butter. Sift one teaspoonful of baking powder into three cups of flour and add, alternately, with one cup of milk to the cream. Beat thoroughly the whites of seven eggs and cut and fold them into the mixture. Use almond flavoring or lay thin strips of citron on the batter while pouring it into the pan. Bake from forty-five minutes to an hour in a slow oven.

**Eggless Cake**—One cupful of sugar, one cupful of sour milk, one cupful of chopped and seeded raisins, one-half cupful of flour, one teaspoonful of soda, one teaspoonful of cinnamon, one-fourth teaspoonful of cloves, half a nutmeg.

**One-egg Cake**—Cream one cupful of sugar and one-half cupful of butter; add the beaten yolk of one egg, beat all together; one teaspoonful of soda dissolved in a very little boiling water and one-third cupful of sour milk; beat again; add one and one-half cupfuls of flour, slowly stirring it smooth all the time; and lastly the well-beaten white of the egg.

**Sponge Cake**—Two eggs well beaten, one cupful of sugar, one cupful of flour (before it is sifted), one teaspoonful of cream of tartar, sifted with the flour several times, one teaspoonful of extract of lemon, one teaspoonful of salt. Stir all together until perfectly smooth, then add one teacupful of boiling water in which one-half teaspoonful of soda has been dissolved; stir briskly and put in the oven as soon as possible.

**Sponge Pudding**—Three well-beaten eggs, one cupful of sugar, one-half cupful of sweet milk, one-fourth cupful of butter, two cupfuls of flour and two teaspoonfuls of baking powder thoroughly sifted with it. Bake thirty minutes. Eat with lemon sauce. Make as follows: Boil one cupful of granulated sugar in two cupfuls of hot water; wet a tablespoonful of cornstarch in cold water; add to the boiling water and boil ten minutes. Add juice and grated rind of one lemon and a tablespoonful of butter.—*From the Housekeeper.*

**Mrs. Palmer's Codfish Balls**—Take a piece of codfish, not the boneless kind, have it picked and then boil it until it is soft; boil the potatoes in a separate pan; mash the potatoes and codfish together until the mixture is as fine as it can possibly be; take a large lump of butter and add enough milk to make it mix well; mould it in little balls ready to be fried. It is very much better to make the balls the day before they are fried. The proportions are about as follows: To 3 pounds of codfish take 5 pounds of potatoes, 3 eggs,  $\frac{1}{4}$  pound of butter and milk enough to mix it thoroughly.

**Chicken pot-pies of New England**: Cook the chicken with strips of salt pork until both are tender. Rub butter and flour together and put into the water in which the chicken was cooked. Use enough to make a rich gravy. Make a crust with baking powder, flour, butter and milk, as you would for tea biscuit. Roll out the crust to about one inch of thickness and spread it over the pot, cutting it in various places. Let boil for twenty-five minutes and serve as nicely as possible. You will have a delicious dish and one which will make you dream of your mother's cooking.

**Mrs. Croly's plum pudding**: Take one pound of fine bread crumbs; two tablespoonfuls of flour; eight eggs, well beaten; one pound of clean currants; half pound beef kidney suet; one pound of cut and stoned raisins; two ounces of mixed candied citron, lemon and orange peel; half cup, not more, of granulated sugar; one even small teaspoonful of salt; one large or two small nutmegs grated. Mix, either with sweet cider or with Catawaba wine, using rather more than a pint—enough to make it stir thick. Boil in a quart mould, well buttered. It must be tied down very firmly and must boil, without ceasing, for four hours. When it is turned out on a china dish have ready a cup of blanched almonds, and stick these in the pudding. Just before bringing it in, pour cognac over it and set fire to it. Serve with a rich sauce.

"By clean currants," said Mrs. Croly, "I mean that you are to buy what are called clean currants and then rub them through a colander with flour. This removes the broken stems and the grit which always clings to them. The suet is also to be chopped fine in flour and strained through a colander. I use only wine from which the fusil oil has been extracted. At Christmas, of course, the pudding is decorated with mistletoe and holly berries."—*The World.*

#### Fair Hands for All.

**Sunday Journal**.—What is rarer than a beautiful hand, beautifully kept? Nothing.

What avails a lovely face and figure, though perfectly gowned, if your eyes are soon to be shocked by the sight of a rough, red hand, with ill-kept finger

nails, or, rather, nails that are strangers to any keeping at all?

The latest method in artistic manicuring demands that the hands be given a thorough massage previous to the commencement of the treatment proper.

It is highly grateful to the tired hands of the pianist and writer, as well as the weary, work-stiffened fingers of the typewriters and all others who earn their bread by the sweat of the hands. It strengthens and refreshes the hands, giving that feeling of exquisite cleanliness which a Turkish bath imparts to the body.

The question is often asked: "Why are my hands so rough and yours so smooth?" This question is best answered in the Yankee fashion by asking another: "What kind of soap do you use?" The fair customer looks as though you suspected her of using a cheap article. Ten to one she will immediately give you the name of some highly perfumed soap and will seem greatly surprised when you explain that the unperfumed soaps are the best. A goodly share of all the troubles of the skin of the hands originates from the diseased, fatty matter in highly scented soaps. Always endeavor to use a soap that will replace as much of the natural oil of the skin as possible, for it is that only which keeps the skin soft and smooth.

Owing to the excessive dryness of our American climate we need to hold in all our natural oil if we would keep at bay that foe of women's happiness—wrinkles.

The outer or scarf skin, through dryness, becomes looser than the under layer, hence wrinkles. And right here is the place to say a word about the "instantaneous wrinkle removers" which are professed to do away with wrinkles of both young and old. There is no preparation yet discovered which will in itself accomplish this. But in the hands of a scientific "masseur," and with the aid of a pure oil, they can by constant care be kept away, but not through any virtue of the preparation used.

The massage will strengthen the muscles which have become flabby and the oil will feed and fatten the skin, thereby causing it to become smooth and firm.

If you would have smooth, white hands, keep them out of hot water. Use a pure soap and always take time to thoroughly dry them.

Too frequent use of the nail-brush will cause that painful condition of the finger ends called hang-nails.

Never bite or tear them off, but clip with a sharp pair of scissors and anoint with a little cold cream to prevent the irritation which would otherwise arise.

Never put steel instruments under the nails. Every time one is used you unconsciously prick the delicate skin and soon you will begin to notice a dark, dirty line under the nails, for which you cannot account, and which nothing will remove but time and disuse of the steel instruments.

A little orange wood stick will be found to be a very effective agent with which to clean the nails, and to daily press away the encroaching skin which seems so determined to hide from view that chief beauty of our nails, the half moon.

If the hands are rough, wear a loose pair of kid gloves. Allow them to remain on all night. In the morning wash in