

and are taking their part in the general work of re-organisation and propagandism. And the movement is likely to show even greater results, for the first years after the 'Separation' have been a time of difficulty such as will not recur. The organisation has now been created to meet the new situation, and the success so far obtained is so encouraging that there is not likely to be any slackening among the workers, whose numbers are being increased as each month goes by.

BEWARE OF THE SLIGHT COUGH.

Many big, strong men have found an early grave through consumption. This terrible disease began with a slight cough not worth buying medicine for, and before the danger was realised, it was too late.

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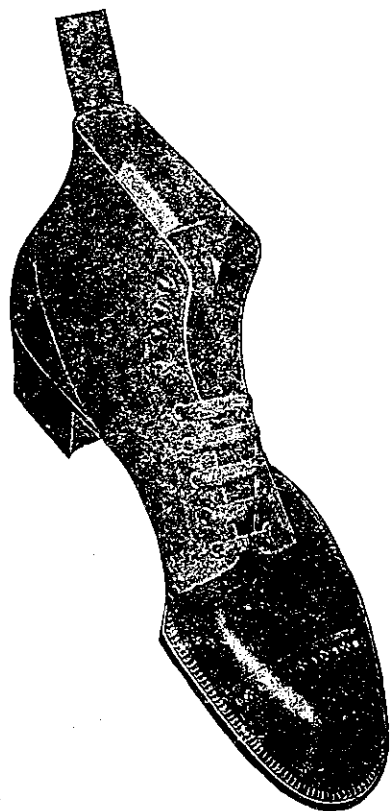
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Domestic

BY MAUREEN.

Lemon Sauce.

Cut the rind of half a lemon very thinly, taking off none of the white parts; boil it for five minutes in rather less than half a pint of water; add the strained juice of a lemon, previously mixed with one tablespoonful of cornflour, and sweeten with one ounce of sugar; then strain. Just before serving add a tablespoonful of good brandy.

Scotch Collops.

Required: One pound of lean steak, two ounces of good dripping, half a pint of stock, two onions, salt and pepper. Pass the meat through a mincing machine or chop finely. Melt the dripping in a stewpan, put in the meat, and fry it a pale brown. Then add the stock and the finely-chopped onion. Season the mixture carefully with salt and pepper, then draw the pan to the side of the fire, and let the stew simmer gently for one hour. Arrange it on a hot dish with a border of neat pieces of toast or fried bread round.

A Mound of Apples.

Peel and core as many cooking apples as will make a handsome mound. Then simmer them gently in a thin syrup made of sugar and water, and flavoured with lemon or vanilla. When cold, drain the apples from the syrup, and fill the hollows from which the cores were taken with any rich jam. Mount them in a shapely heap on a glass dish. Have ready a small quantity of apple marmalade, and with it fill up the spaces. Screen the whole with lemon liquid jelly. Around the base arrange a border of chopped jelly, and scatter over it two ounces of chopped almonds. Serve with wafer biscuits.

Mould of Jellied Vegetables.

Instead of the usual hot dish of vegetables, a jellied mould of greens, potatoes, and so on may be served for cold suppers. Boil together for ten minutes one pint of beet juice, half a cupful of hot water, two tablespoonfuls of loaf sugar, one teaspoonful of salt, one bay leaf, a few blades of mace, and six peppercorns. Dissolve one ounce of gelatine in hot water, and strain the above into it. When mixed put a little into a wetted mould, keeping the rest of the mixture warm. Chop up and mix together half a pint of cold vegetables, add two tablespoonfuls of vinegar, one tablespoonful of butter, one teaspoonful of sugar, half a teaspoonful of salt, and a pinch of cayenne. Turn this mixture on the jelly, which must have become firm first; then pour the liquid jelly over it, and set the mould aside in a cold place. Turn out the jelly when required.

Stewed Beef Kidney with Tomatoes.

Required: One and a-half pounds of kidney, two tablespoonfuls of flour, one teaspoonful of salt, a quarter of a teaspoonful of pepper, one tablespoonful of chopped parsley, two ounces of dripping, two small onions, half a pint of tomato pulp, two teaspoonfuls of vinegar, one teaspoonful each of French and English mustard. Remove any core there may be from the kidney, and cut it in slices about a quarter of an inch thick. Mix together the flour, salt, pepper, and parsley. Melt the dripping in a saucepan, add the sliced onions, and fry them a golden brown. Dip the slices of kidney into the mixture of flour, salt, etc. Put them into the saucepan with the onions. Cover the pan, and cook the whole for ten minutes, turning the kidney over now and then. Next drain off as much fat as possible, and put in the tomato pulp, vinegar, and mustard. Bring it to the boil, then let it simmer for fifteen minutes. Arrange a neat border of mashed potato round a hot dish, put the kidney and sauce in the centre, and serve very hot.

Maureen

IN COLD WEATHER

no beverage is so acceptable as SYMINGTON'S COFFEE ESSENCE. In two minutes you can have a delicious warm drink. If you haven't tried it you should do so at once.