

THE HOUSEHOLD.

Porridges, Gruels and Panadas for the Sick Room.

Chicken Pie—Various Cake Recipes—Spanish Sandwiches—Fruit Loaves—Etc.

William was recovering very slowly from his long illness, and remembering how nicely my friend's brother got up from his long "typhoid," I went over to "skin her brains" and learn what she did for him.

Each recipe proved perfect, and to help over the hard places that come in the exhaustion consequent upon typhoid fever I send them, that they may be tried in other sick rooms of the land, and help to bring back the rose to the cheek and the light to the eye of the stricken one.

After the fever has run its course and spent itself in typhoid our good doctor says the cure then depends upon the food served to the poor invalid. Acting upon my friend's suggestion, I fitted up a little sick room, and, after a few days, I pinned the word "Refectory," traced in large characters, on the door. I had two gas stoves upon my convenient table, and there I prepared every day, and passed his lips for weeks; not only that, but washed the silver and china used in his room, so that the servants scarcely knew there was illness in the house, and the routine housekeeping was entirely unaltered.

A mistake in diet is always serious, often fatal after typhoid fever. The patient must be generously fed and nourished, but the food must be soft and well masticated.

CAKES. SWEET.—Remove the outer leaves and core from a medium-sized cabbage; cook tender in plenty of salted water; drain, press out the water, cool, and mix with two ounces of melted butter in a saucepan, and add salt, pepper and a dash of nutmeg. Any kind of meat stock may be used instead of milk, or half cream and half milk.

FRUIT LEAVES.—These are the delectable sweets for a child's party. Break three large fresh eggs into a bowl, beat well, then add four ounces of sifted sugar, and mix thoroughly. Add a little oil, and stir until all the ingredients are blended.

Milk Porridge.—One tablespoonful of flour, one pint of milk. Make this like custard, and add a little sugar, and serve to the outside one. Cook about fifteen minutes, strain, beat with an eggbeater, and add a little salt.

ORZONAL GRUEL.—One quart of boiling water, three tablespoonfuls of orzonal, one teaspoonful of salt. Let this boil in a double boiler for about two and a half hours. Strain and add three tablespoonfuls of cream. Beat to a foam with an eggbeater.

CORNMEAL GRUEL.—Two tablespoonfuls of cornmeal to one quart of boiling water, and one teaspoonful of salt. Cook about two hours and prepare like the orzonal gruel. You can add more salt if you choose.

FARINA FOR THE SICK.—Two tablespoonfuls of farina, one pint of milk, one pinch of salt, three tablespoonfuls of sugar, one egg. The great secret is in the doing. Put the milk on the fire to scald, and add the farina up with the yolk of the egg, adding a little water, enough to make it mix well.

CHICKEN PANADA.—Take half the breast of a chicken, and after removing the skin and every particle of fat, place it in a steamer, with water enough to cover it, and let it stew until tender for two hours. Take it from the broth and cut it in small particles, and then press them all through a wire sieve.

EGGS FOR LUNCH.—Boil the eggs hard. When cold, take off the shells and divide the eggs lengthwise in halves. Take out the yolks, crumble them in a bowl, add salt, pepper, mustard and a little melted butter. What all are mixed fill up the hollows of the whites with this mixture and serve.

BROWNED SWEET POTATOES.—Boil the potatoes until done, but not any longer; peel and cut in halves lengthwise. Take one spoonful of butter in a spider or dripping pan, and when it gets hot put in the potatoes and sprinkle with brown sugar; set on top of stove and watch closely, turning over when brown on one side and sprinkle with sugar on the other.

MADRID CAKE.—Rub to a cream half a pound of butter, add three cups of sugar and the strained yolks of six eggs, and then a cup of sweet cream or rich milk, in which an even teaspoonful of soda has been mixed. Beat the cake thoroughly and add three and one-half cups of flour in which two teaspoonfuls of cream of tartar has been mixed. Beat the cake well and add carefully the whites of four eggs, beaten very stiff. Beat the whites of eggs left over for icing, coloring some of it brown with chocolate, and the rest of it pink with cranberry juice. Cover each little cake with thick, soft icing. When properly made and baked, each little cake is deliciously tender, a melting morsel.

JOINNY CAKE.—Put three cups of yellow cornmeal to soak with three cups of sour milk over night. In the morning add half a cup of water, and mix with a spoonful of molasses, one beaten tablespoonful of salt, and finally a liberal teaspoonful of soda dissolved in a little milk. Beat the batter thoroughly for several minutes and pour into shallow greased baking pans; bake it in a quick oven. It should be only about one and a half inches thick when done. It has considerable crust.

CHICKEN PIE.—Cut your chickens in pieces, wash them and put them in a stew-pan with salt and pepper, and water enough to nearly cover them. To each one rub one ounce of butter in flour, and add it to the gravy when the chickens are done; let it boil a few minutes. Make a rich paste, line the sides of your pie with it in the chickens and half the gravy, cover the pie with the paste; leave an opening in the center and ornament the top with paste cut in flowers or stars twisted and laid across the center. When the crust is done take out the pie, pour in the remainder of the gravy, and send it to the table in the dish it was baked in. All the gravy is put in at once it will be apt to boil over the top and disfigure the lid of the pie.

A DELICIOUS CAKE.—The following is a good way to make a delicate white cake with fruit filling: One cup of butter and two cups of pulverized sugar, well creamed together; one cup of sweet milk added slowly, with four cups of sifted flour. Two heaping teaspoonfuls of baking powder, thoroughly mixed in and sifted with the flour. The whites of six eggs, beaten to a stiff froth and mixed lightly in the batter, which has first been thoroughly beaten. Flavor with orange or almond extract to taste, a teaspoonful and a half being the average required quantity. For the filling make icing of eight tablespoonfuls of pulverized sugar and the white of an egg. Three eggs will make enough. Blanch a pound of almonds and chop up fine and seed a pound of raisins. Bake the cake in jelly cake pans and while still hot put the icing on each layer and thickly bestrew with the almonds and raisins. Do this to each layer, save the top one, which should be covered smoothly with the plain icing. The icing should be flavored

like the cake. This is a simple and next-to-nothing recipe for a strong recommendation in its favor, it never fails.

SPANISH SANDWICHES.—Bone two dozen anchovies that have been preserved in oil, in a narrow strip about an inch long and season with one table-spoonful of lemon juice. Pound to a paste two tablespoonfuls of capers and one spoonful of water. Add to this mixture one-tenth of a teaspoonful of cayenne, two tablespoonfuls of mixed mustard, one tablespoonful of oil or butter, and a pinch of salt. Boiled anchovies and half a teaspoonful of salt. Pound all together, until a smooth paste is formed, then chop the whites of the eggs very fine, and mix with the paste. Spread the bread and afterwards cut twelve thin slices from the loaf. Spread these thinly with soft butter and spread with the prepared mixture. Spread the strips of anchovies on six of the prepared slices and sprinkle the white of an egg over each. Lay the other six slices on the prepared mixture, and cut up the sandwiches into smaller ones, having them of square, triangular, diamond or rectangular shapes, as you may fancy, and arrange them on a napkin. If the sandwiches are not to be served at once pile them together and cover with a damp cloth, and keep in a cool place. Maria Parola, in Good Housekeeping.

GOLDEN CREAM CAKE.—One cupful of sugar, one-quarter cupful of butter, one-half cupful of sweet milk, the well-beaten whites of three eggs, one and one-half cupfuls of flour, two teaspoonfuls of baking powder; beat very light the yolks of two eggs in one cupful of sugar and two teaspoonfuls of cream, add the egg-whites, extract of vanilla and spread on the cake in waffle form.

LEMON CREAM CAKE.—Half a cupful of butter, three-fourths of a cupful of sweet milk, three cupfuls of flour, two cupfuls of sugar, one and one-half cupfuls of flour, two teaspoonfuls of baking powder, whites of eight eggs. Cream—Grate rind and juice of one lemon, one cupful of sugar, half cupful of sweet milk, one cupful of water, one spoonful of flour, butter, size of an egg, two eggs beaten separately; cook until thick.

SWEET POTATO WAFFLES.—Take two tablespoonfuls of mashed sweet potatoes, one spoonful of butter, one and one-half cupfuls of flour and two tablespoonfuls of milk, mix all together and bake in waffle form.

CABBAGE SOUP.—Remove the outer leaves and core from a medium-sized cabbage; cook tender in plenty of salted water; drain, press out the water, cool, and mix with two ounces of melted butter in a saucepan, and add salt, pepper and a dash of nutmeg. Any kind of meat stock may be used instead of milk, or half cream and half milk.

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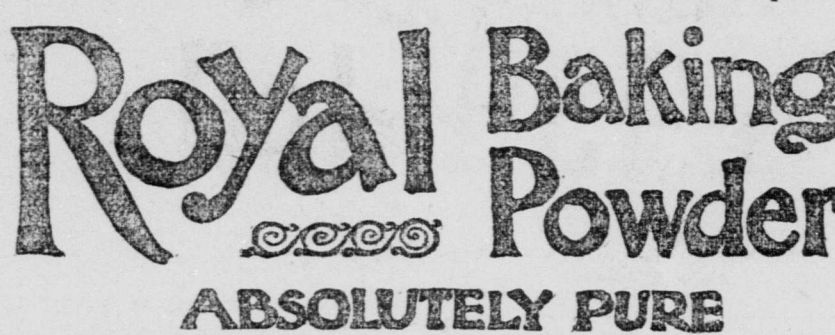
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Royal Baking Powder.

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NEW PUBLICATIONS.

For the sake of good citizenship in this country of ours, we wish that all might have a better acquaintance with the "Current History Magazine." One result of this journal is a broader knowledge and a clearer apprehension of existing conditions in all parts of the globe. It supplements the daily and the weekly paper, and preserves that which is most interesting and valuable, but the most difficult to procure. It supercedes the old "annuals" for it gives a yearly volume in quarterly installments, and keeps one posted through the year. It acquaints us, not only with the international and political questions, and other topics of our country, but broadens our vision by passing before us in review the leading topics of all other countries. It stands the test of handling and examination. Its successive volumes will be the most valuable encyclopedia in our library. Its illustrations are all of the highest class, and include maps, drawings of prominent public buildings, and several original, excellent portraits of the great men of the day who are foremost in the various spheres of life, or who have been elected, etc. (Current History Publishing Company, Detroit, Mich.)

The "American Journal of Politics" (11 Nassau Street, New York) for December has the following articles: "The profound interest, and thoroughly enjoyable by those who take pleasure in articles relating to our governmental system, our institutions, and our development." "A Plea for a Diplomatic Career," by Sheridan P. Reed; "Is Prohibition Practicable?" by M. Fillmore Brown; "The Civil and Political Relations of the United States to America," by Professor Charles S. Walker; "How to Rebuild Our Merchant Marine," by Edwin Mend; "The Foundation of American Civilization," by William Allen R. Foote; "Chasing a Political Phantom," by E. F. Howe; "The Modern Republic," by Alfred H. Love; "The Future of the United States," by Seymour Dexter; "Wanted, a Policy," by Lawrence Lowell; "The Secret Society," by William W. Channing; "The January 'St. Nicholas' will contain the opening paper in a series that will be printed on leading American cities, illustrated by the artist, T. W. Higginson describes Boston in a way to interest boys and girls in the city of the future." "The Harper's Bazaar" for December 3d is a superb number. The double-page wood engraving "saved" is a work of art worthy of any album. It is full of life, and full of humor is the fine picture "A Corner's Inquest."

HOW CHINESE CATCH SHRIMP.

The Monzilians Tread on Them to Break the Hard Shells. "There are some very curious fisheries carried on by the Chinese on the Pacific Coast," said an officer of the United States Fish Commission to a Baltimore American man in Washington recently. "The most curious is the catching of shrimp, which is an important industry in San Francisco Bay and adjacent waters. These little crustaceans are being captured in a very peculiar way. They are boiled in big iron vats, and the fishes, holes being scooped out of the side of a steep bank for fireplaces, which are built up with stones. After the shrimp have remained in boiling water for ten minutes they are spread out to dry upon bare ground. One such shrimp yard at Hunter's Point, about fifteen acres in extent, The Chinese use flat, shaped somewhat like hoes, for spreading the shrimp and to turn them at the required intervals." "After being thoroughly dried by exposure to the sun for about five days the shrimp are crushed by being trodden upon by Chinamen in their wooden shoes. This process loosens the meat from the shells, which latter are removed by shaking in a basket or by passing them through a coarse strainer. Both the meat and shells are then packed in sacks for exportation to China, where the meats are sold for food and the shells disposed of as fertilizer for tea plants, rice, etc. All classes of people in China eat the meats, although regarding them as inferior to the native shrimp, which are comparatively scarce and proportionately dear. Both meats and shells are fed to fowls, with remarkable egg-producing results."

"Another interesting fishery prosecuted by the Chinese on the Pacific Coast is for abalones. These beautiful univalve shells are found along the rocky shoreline at a distance of about ten to twenty rods above the water. The shell is slightly lifted, so that the fisherman can thrust a stick under it and pry it off. If, when the animal shuts down its valve, so that it can only be removed by breaking it to pieces, the meats are taken from the shells and rolled on shore in wads made of sheet iron. Shells and meats are then packed in sacks and forwarded to San Francisco, whence most of the meats are exported to China, and the shells shipped to France, the latter being highly valued for their beautiful mother-of-pearl."

Try, Try Again. 1. To clean piano keys, the finest whitening. 2. For taking all stains out of fine clothing, leaving applied in a circle around the spot, working to the center, and sponging off. 3. Taking a grease spot out of delicate fabric, by laying the spot with the yolk of an egg, then laying a piece of white ribbon over the spot, repeating with fresh water several times. 4. Taking out dirt from a garment by wetting with benzine, rubbing with a woolen cloth, then wetting and rubbing again. 5. Removing ink from white goods with oxalic acid, and then warm water. 6. Taking ink stains from a carpet with javelle water. 7. Rubbing a fruit stain with yellow soap, putting on wet starch and hanging in the sun several days. 8. Dipping an iron rusted spot in tartaric acid and hanging in the sun. 9. Keeping floors bright by immersing the stems in hot water. 10. Hanging brass candlesticks before a fire, so that it can reflect the light—Good Housekeeping.

The Rev. Dr. Parkhurst has been re-elected President of the New York Society for the Prevention of Vice.

DR. PARCE'S Royal Baking Powder. The only Pure Cream of Tartar Powder.—No Ammonia; No Alum. Used in Millions of Homes—40 Years the Standard.

The Nonpareil.



HOLIDAY GOODS!

Delay in buying your Christmas presents may cause you to rush in and purchase hastily. Then you are liable to be dissatisfied after you have the things home. To avoid discontent buy early, when you can make your selections leisurely.

Our assortment of useful and ornamental goods is doubly as large this year as it has been heretofore, and a dollar spent with us will produce greater results than if spent elsewhere.

Suitable Gifts for Christmas:

- An Elegant Silk Dress. A Handsome Wool Dress. A Fashionable Flat Jacket. A Nice Set of Furs. A Silk Umbrella. A Real Lace Handkerchief. A Hand-run Lace Scarf. A Handsome Painted Fan. A Box of Kid Gloves. An Elegant Silver-trimmed Purse. A Real Leather Shopping Bag. A Box of Initial Handkerchiefs. A Linen Damask Table Set. A White Marseilles Spread. A Pair of All-wool Blankets. An Eiderdown Comforter. A Handsome Silk Shoulder Shawl. A Half-dozen Pair of Silk Hosiery. A Fine Silk Muffler. A Real Bear Fur Boa.

From This Date Until After the Holidays Our Store Will Remain Open Evenings.

Wasserman's Pens & Co.

Corner Fifth and J Streets.

HEADQUARTERS FOR CHRISTMAS GOODS.

DON'T DELAY

If you are in need of anything in the Crockery line, as we are giving

10 Per Cent. Discount

On everything in our well-known selected stock. Come before the big rush, as we have only one piece of a kind in all our ART GOODS, and we put all things away until wanted.

Jos. Thielen Crockery Co., 518 J Street.

WE QUOTE ONLY A FEW OF OUR PRICES:

- Nice Decorated China Cups and Saucers.....12 1/2c each. Nice Decorated Mostostal China Cups and Saucers.....20c each. Real Bisque Figures.....45c pair. Real Bohemian Vases.....25c pair. Nice Cut Glass Lemonade Sets, 7 pieces.....75c set. Our Lamp Sticks are the finest assorted and cheapest ever seen in Sacramento. Open Evenings. All are invited to pay us a call, as we MARK ALL GOODS IN PLAIN FIGURES, from which we deduct 10 per cent.

MONEY TO LOAN

on Watches, Diamonds and Jewelry. Auction every evening. Unredeemed pledges. UNCLE IKE'S COLLATERAL LOAN OFFICE, 302 K St., Sacramento, Cal.

SPORTSMEN'S HEADQUARTERS. HENRY ECKHART MANUFACTURER of all kinds of Sporting Material. Dr. E. C. WEST'S NERVE AND BRAIN TREATMENT, a specific for Hysteria, Dizziness, Headache, Nervous Prostration, etc.

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J. F. HILL LANDED IN SACRAMENTO 1859, AND HIS STOCK OF

Carriages and Wagons Is complete. Call and see them.

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SHERWOOD HALL NURSERIES, Timothy Hopkins, MENLO PARK, SAN MATEO COUNTY, CAL.

Carnations, Roses, Chrysanthemums and Cut Flowers. SWEET PEA SEED A SPECIALTY.

THE ROSY FRESHNESS, And a velvety softness of the skin is invariably obtained by those who use Pozzoni's Complexion Powder.

Meeting Notices.

REGULAR MEETING OF COURT SUPREMACY, at Friendly Hall, THIS (Monday) EVENING, at 7:30 o'clock. E. J. CHRISTIAN, C. R. R. E. MONTGOMERY, Secretary.

THE ANNUAL MEETING OF THE STOCKHOLDERS OF THE MASONIC HALL ASSOCIATION OF SACRAMENTO, CALIFORNIA, will be held at the Masonic Building, southwest corner Sixth and L streets, on MONDAY EVENING, December 12, 1892, at 7 o'clock. J. W. ROCK, President.

General Notices.

THE POSTPONED PARTY OF SACRAMENTO COUNCIL, No. 96, O. C. F., will take place WEDNESDAY, December 14th, at Forster's Hall, at 7:30 o'clock. Admission, 25c. 413-31.

FASHIONABLE DRESS-MAKER WISHES to engage herself in a few more first-class families. Address 310 Broadway street, 413-31.

THE SICK OR DEBILITATED, FROM whatever cause, should take Orange Juice, a price in its results, call and sample. Dr. H. H. HALL, agent of Sarsaparilla, 413-31.

THE ANNUAL MEETING OF THE Union Building and Loan Association will be held at the office of the said association, 121 1/2 Fourth street, on the 21st DAY OF DECEMBER, 1892, at 8 o'clock P. M., at which time the report of the Treasurer will be read, and election of three directors will be held, and such other business as may come before the meeting will be transacted.

EDWIN K. ALSTER, Secretary.

SACRAMENTO SCHOOL OF SHORTHAND and Typewriting, under the management of J. W. ROCK, is prepared to receive pupils for instruction in all kinds of shorthand and typewriting work. Misses HERRS & O'NEIL, southwest corner Eighth and J. 413-31.

MARRIED LADIES—SEND TO CENT'S for "Ladies' Friend," a new and valuable work, no deception; just what you want. LADIES' FRIEND, Kansas City, Mo.

WANTED. JAPANESE WANTS A SITUATION TO clean windows and do other work once a week. Address L. STOUT, Perkins, 413-31.

WANTED—A GIRL OR WOMAN TO assist in general housework. Apply 1329 O street. 413-31.

WANTED—A SECOND GIRL, MUST BE able to sew; reference required. Apply 1128 Tenth street. 413-31.

WANTED TO PASTURE—100 HEAD OF Cattle, for winter, on good pasture, preferably of hay. Address L. STOUT, Perkins, 413-31.

STEADY, SOBER MAN, WHO UNDERstands the care of horses (a careful driver), and is a good mechanic, and is a highly recommended. Address F. C. BLAKE, 1402 Third street, Sacramento. 413-31.

WANTED—PERSONS LOOKING FOR work, or seeking employment, can be satisfied by calling on "The Intelligencer," 1017 Second street, Sacramento. CHAS. H. R. MILLER, proprietor.

WANTED—MEN FOR FARMS, VINEYARDS, dairies and all kinds of labor. Men and boys, of all ages, and generally housework; plenty of work for desirable help. Apply at the EMPLOYMENT OFFICE, Fourth street, K and L. 413-31.

CASH PAID FOR SECOND-HAND NOVELS; also exchanged, at 603 K street.

Lost—found.

STRAYED—FROM MY PREMISES, A large roan horse, white spot in forehead; also a bay horse, white blaze on face, and a white horse, white blaze on face and white spots on legs. If anyone has seen any of these horses, please return them to the owner and be rewarded. DAVID OSBORN, 413-31.

STRAYED—FROM MY STABLE, 1716 N Street, a pair of horses, 16 hands high, white blaze on face and white spots on legs; also a white hind foot white; right foot has been cut off. If anyone has seen any of these horses, please return them to the owner and be rewarded. DAVID OSBORN, 413-31.

TO LET—ONE FRONT ROOM AND ONE rear, all nicely furnished. Apply 920 M street. 413-31.

TO RENT—THREE SUNNY FRONT AND side rooms furnished for housekeeping. 1528, corner Second and J streets. 413-31.

TO LET—AN ELEGANTLY FURNISHED room or un-furnished room, at 945 L street. 413-31.

TO LET—TWO FURNISHED ROOMS FOR housekeeping. Inquire 1828-9 street.

For Sale.

FOR SALE—FIVE SHARES OF GERMANIA Building and Loan Association stock, sixth series. Apply 1011 Fourth st. 413-31.

A LOT OF WHITE OAK STOVE WOOD for sale. Inquire at 1011 Fourth street. 413-31.

A LOT OF GOOD FEED—ABOUT FIFTY tons of alfalfa hay, and ten tons of corn for sale. Inquire at 1011 Fourth street. 413-31.

METALLIC LATH CHEAP AS WOODEN lath; everybody can build earthquake and fireproof houses. 413-31.

FOR SALE—THOSE LOTS 40x150 FEET, east side of Fourteenth, between K and S streets, packed in blocks, as to location, STROBEL, agent, 317 J street. 413-31.

FOR SALE—640 ACRES OF THE FAMOUS PRATT Grant, in Butte County; positively a bargain for other lands or grants. Six miles from railroad; all level. Write to W. J. COSTAR, Chico, Cal., for particulars. 413-31.

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EXTRA STAR.

The trifling additional cost of this oil is doubly repaid by the sense of absolute security which its use affords. As an illuminating oil it has no equal. Beware of refilled cans, it comes packed only in original cans.

FOR SALE BY ALL GROCERS.

PROPOSALS FOR MACHINERY.

SEALED PROPOSALS FOR FURNISHING the material and performing the labor necessary for supplying the following machinery required in the equipment of the buildings for the Insane and Deaf-mutes, will be received at the Board of Trustees in the Farmers' Exchange Bank Building, in the city of San Bernardino, California, until 12 M. OF THE FIFTH DAY OF JANUARY, 1893.

1. Machinery and Steam Mills. 2. Electrical Lighting and Motor Power. Separate specifications will be received, and separate contracts made on file in the office of William Hurlett, Phelan Building, San Francisco, and in the office of the Trustees in the city of San Bernardino, California. Proposals of proposal and all information regarding proposals may be obtained.

Each proposal must be accompanied by a bond of 10 per cent. of the amount of the proposed contract.

The Board of Trustees reserves the right to reject any or all bids if found necessary as the public good may require.

H. L. DREW, Chairman. JOHN MORTON, Secretary. California State Asylum for the Insane and Deaf-mutes.

FOR COUGHS AND COLDS

—USE— Hammer's Glycerole of Tar. 401 K STREET. (NIGHT CLERK.)