

MRS. WILSON TALKS ABOUT USING MINT IN COOKING

Besides Sauces for Meat, Julep and Sherbet, This Volatile Oil Makes Delicious Vinegar and Jelly

By MRS. M. A. WILSON

IN THE garden or in a shady spot in the meadow is the fragrant mint, growing wild. Mint contains a volatile aromatic essential oil, which is pleasant and palatable and mildly stimulating. It is well known that its fragrance is very refreshing. Mint sauce with lamb, which is the delight of the epicure, is demanded eagerly during the spring and early summer.

Mint beverages are considered by Grandma Taylor, who is a resident of a famous county in the Blue Grass State of Kentucky—mint beverages are considered a sovereign remedy for many ills. Her special recipe for mint tea is famous throughout Kentucky as a remedy for nerves; it is delicious and you will enjoy it, even though you do not happen to have a case of nerves.

Mint Tea

Boil using the potato masher, surface of mint leaves to fill a cup. Place in a china pitcher and add: One thinly sliced lemon. Two pieces of scraped ginger root. One quart of boiling water.

Cover and let stand in a warm place for two hours. Drain off the tea and chill. To serve, fill a glass half full of crushed ice and then fill with the tea. Sweeten with powdered sugar and add a slice of lemon and a spray of fresh mint leaves.

Kentucky Mint Julep

Place in a saucepan. One and one-quarter cups of sugar. One and one-half cups of water. Boil for five minutes. Crush one cup of mint leaves and place in a bowl. Pour over the leaves the prepared syrup. Let stand until cool. Now place in a fruit or punch bowl. Add one cup of strawberry juice. One cup of raspberry juice. Juice of one-half dozen lemons. Juice of two oranges.

The prepared mint syrup. One quart bottle of carbonated water. Two cups of finely crushed ice. One cup of chopped mint leaves. Blend well and then serve.

Mint Water Ice

Chop one and one-half cups of mint leaves and then place in a saucepan and add: Two cups of cold water. Simmer slowly for a half hour. Add two tablespoons of gelatin which has been soaked in a half cup of cold water for a half hour. Stir to dissolve and then strain. Now place:

Two cups of sugar. In a saucepan and boil for five minutes. Pour in a bowl and add:

The prepared mint water. Juice of two lemons. Juice of one orange.

Chill and place in a freezer and use three parts of ice to one part of suit. Turn the freezer slowly for five minutes and then stop for three minutes. Repeat until the freezer works so hard that you can hardly turn it, then re-beat whites of two eggs. Mix well and then pack and allow to stand for one and one-half hours to ripen.

Mint and Ginger Sherbet

Prepare as for mint ice and when about to remove the dasher add:

One-half cup of finely chopped candied ginger. Four tablespoons of powdered sugar. Repeat and allow sherbet to ripen.

Mint Mousse

Place one cup of mint leaves in a saucepan and add:

One cup of water. One cup of sugar. Simmer slowly for fifteen minutes and then strain. Now add two level tablespoons of gelatin which has been soaked in half a cup of cold water for half an hour and then strain and cool. Just as it begins to set whip to a froth and fold in one cup of whipped cream, well sweetened. Pack in a mold and then put in a salt-and-ice mixture for two and one-half hours. Serve with garnish of whipped cream and finely chopped nuts. All main dishes can be tinted a very delicate feathery green by using a few drops of green vegetable coloring, which can be purchased from the grocer.

Mint Sauce

Place in a saucepan: One-half cup of finely chopped mint leaves. One-half cup of white wine vinegar. One-half cup of water. Three tablespoons of sugar.

Simmer slowly for fifteen minutes and then strain, and if you wish to keep it for future use fill into sterilized bottles and then place in a pan and fill with cold water. Bring slowly to the boiling point and then boil for ten minutes. Remove and cork and then

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leaped forward. In her fingers was a sharp pin. That pin she pressed into the soft skin of the baby. Of course, it was a very tiny pin, as Peggy herself was only an ant-size, but the baby's skin was soft and he felt the prick. "Ow!" he yelled, putting his finger into his mouth. "Ow! Bad pitty pitty. Tommy will make it sorry it bit him!" Another second and the dandelion would have been no more. But Peggy

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