

BUYING FAMILY MEAT

MARKET CONDITIONS SHOULD BE CAREFULLY STUDIED.

No Matter What Cut is Selected It Can Not Be Utilized to Best Advantage Unless It Is Well Cooked.

The choice of meat cuts should correspond to the needs of the family and the preferences of its members. Careful consideration of market conditions is always useful not only to make sure that the meat is handled and marketed in a sanitary way but also to take advantage of any favorable change in price which may be due, for instance, to a large local supply of some particular kind or cut of meat. In towns where there is opportunity for choice, it may sometimes be found more satisfactory not to give all the family trade to one butcher; by going to various markets before buying the housekeeper is in a better position to hear of variations in prices and so be in a position to get the best values. Ordering by telephone or from the butcher's boy at the door may be less economical than going to market in person as the range of choice and prices is of course more obvious when the purchaser sees the goods and has a chance to observe market conditions. Each housekeeper must decide for herself whether or not the greater convenience compensates for the smaller range of choice which such ordering from description entails. No matter what the cut, whether expensive or cheap, it can not be utilized to the best advantage unless it is well cooked. Poorly prepared meat dishes are almost inevitably wasted at the table. As an illustration of the losses arising through unwise selection and poor cooking may be mentioned facts observed in dietary studies carried on by the experiment stations. In many families where the income was fairly good the table and other conditions were far from satisfactory. In such cases the marketing was quite commonly done by a child or someone without knowledge or experience. In a particular instance the selection was expensive steak, which later was so badly cooked that it was hardly possible to eat it. A cheaper cut well cooked would have been much more satisfactory as well as more economical.

There is sometimes an advantage in using canned meat and meat products, and, if they are of good quality, such products are wholesome and palatable.

Ironing Table Linen.

It is said that an experienced laundress never sprinkles her table linen. She dries it thoroughly in the air, then dips it into boiling water and puts it through the wringer. Each article is then folded in a dry cloth as smoothly as possible and allowed to remain there for a couple of hours or so. Irons must be hot, but not scorching, because the linen must be ironed perfectly dry. Herein lies the secret of table linen that is guiltless of starch.

Shirt Waist Ironing.

It is difficult to iron between the buttons on the shirt waist without breaking them loose or leaving a puckered edge. A good plan is to have a very thick, narrow pad of flannel or cotton flannel to slip under the right side for the buttons to stick into while you iron the wrong side, then run the iron once around the outside edge on the right side.

Fried Potatoes and Celery.

To six raw potatoes sliced in the usual manner add a medium sliced onion and three stalks of celery sliced rather fine. Salt and fry in hot olive oil, or ham or bacon fat. (I use the outside stalks of celery, reserving the others for table use.) The celery gives the fried potatoes a delicious flavor, and all those who have tasted this recipe say it is fine.

Pomona Rice.

Core, pare and bake six tart apples. Steam one cup of rice in two cups of salted water, three-fourths of an hour. With a fork stir in one large tablespoon of butter, a little cayenne and more salt if needed. Make a molasses sauce with one cup of molasses, one tablespoon each of vinegar and butter and a pinch of salt. Simmer ten minutes. Put the rice into a dish, lay the apples upon it and pour the sauce over them. Serve either hot or cold. We are very fond of this, especially used as an entree with roast pork.

Delmonico Potatoes.

Arrange alternate layers of cold boiled potatoes cut in dice, grated cheese, a minced pimiento, and white sauce. Allow two cupfuls of potatoes, one-third cupful of cheese, and one and one-fourth cupfuls of sauce. Cover with buttered crumbs and brown.

Crackers a La Creme.

Split butter crackers, spread with butter, salt, pepper, mustard and a little cheese. Put them in a buttered pudding dish, cover with milk and bake 30 minutes.

TO MAKE CHOCOLATE NUTS

Delicious Form of Candy That is Easily Made and is Most Wholesome.

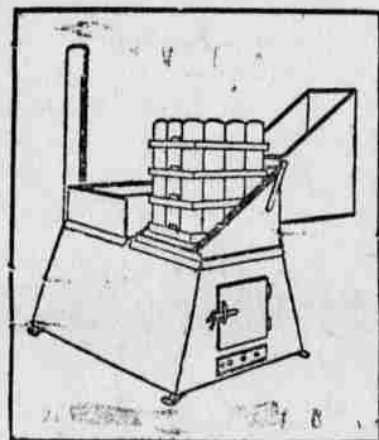
No more delicious form of candy can be made than chocolate nuts, for which any kind of nut-kernels can be used, almonds, walnuts and Brazil nuts being especially favored. To prepare, take half a pound of slightly-sweetened chocolate, break it into small pieces, and place these in the upper part of a milk saucepan, one with the double pan, the lower part of which should be filled with very warm—not too hot—water. Stir the chocolate occasionally and when quite melted, set it to cool. When rather less than luke warm drop in the bleached kernels one by one, and side by side; with a narrow, close pronged wire fork push them well under; have ready a piece of waxed or confectioner's paper, and having lifted out the dipped nuts, let them drain a second to get rid of drops of the chocolate, place them carefully side by side on the paper, continue the process till all the nuts are dipped, and place them to set in a cool dry place; figs, dates, plums, and candied fruits can be treated in the same way.

The preparation of fondants is more complicated, and cannot have place in this article, but none of them takes very much time, and so many people would be glad of good home-made bon-bons for their young people, and even for their guests during this season of country house parties.

UTILITY IN STEAM COOKER

Airtight Cover That Keeps Heat in is Chief Point of New Utensil.

With coal and gas and even electricity used for cooking, a Missourian saw no reason why steam should not be turned to the same purpose. Accordingly he invented the steam cooker shown in the illustration. This



Little stove can be attached to a steam pipe in the house by connecting up pipes which run through the bottom or body member. The top of the lower section will thus be heated so that it can be used to fry on while the inside can be used as an oven. In addition to this there is a box-like compartment which rests on top of the lower chamber and which has a hinged cover which fits so closely as to make it steam-tight. This cover provides for the retention of heat in the compartment, the same as in an oven, and makes it especially useful for certain purposes, such as preserving and the like. Of course, the steam cooker is designed primarily for use in houses which are equipped with steam heat.

Nut Cakes.

One cup of sugar, ½ cup of butter, ½ cup of milk, two cups of flour, two eggs, one cup of raisins, one cup of walnuts, 1½ teaspoons of baking powder. Cream butter and sugar, then add eggs well beaten, then milk and flour in which baking powder has been thoroughly mixed. Add raisins and nuts. Bake 35 minutes in moderate oven.

For Cold Mornings.

Is there anything better for breakfast cold mornings than fried mush or corn griddle-cakes? Don't let the miller grind the meal too fine, and if he is tricky keep an eye on him or you may not get the meal from your own corn. We like to pick out nice, sound ears, clean and dry enough to grind well. And when we shell them we leave about an inch of the tips on the cobs. Then we like to get all the cob chaff out, leaving nothing but the clean corn.

How to Cook Beef.

To corn beef for use in a week or two, wipe it, then rub hot salt into it until it all disappears; then add more salt and rub again until the meat will absorb no more. Place it in a crock in a cool place for a week, turning it each day; then it will be ready for use. To cook, wash and put it to boil in cold water. Bring slowly to the boiling point and simmer it 30 minutes to every pound. If it is to be served cold, allow it to cool in the liquor in which it was boiled.

THE BRIDE'S KITCHEN

MOST IMPORTANT ROOM IN THE NEW HOME.

To the Bride Whose Income is Limited the Furnishing of Kitchen and Pantry Seems Serious Task—Some Tips.

The girl who has felt entirely at home in her mother's kitchen, where she has learned to cook, will have a sensation of strangeness or of newness in her own kitchen. It is one thing to make cake, candy, jellies, custards and creams in a place with which one has been acquainted through years of childhood and girlhood—when another housewife has purchased the necessary utensils and planned all the conveniences—and quite another thing to stand in an empty kitchen which must be furnished by one's self, and for which one must "think out" all the requisites. To the bride whose income is large the task of furnishing the kitchen and the kitchen pantry is one that requires much thought. To the bride whose income is limited it seems a serious task, and one upon which she should not "enter unadvisedly or lightly." Poor little woman! In her new life and new home there are many times in which these words of the marriage service come back to her with a force that is almost terrifying.

Before buying anything for the kitchen decide on the furniture to be put in this important room—the most important, by the way, in the new home. If your purse will allow, cover the floor with a good quality of linoleum. If linoleum is quite beyond your means, have your floor painted a light yellow. For the sake of the paint, and still more for the sake of your feet, have several squares of carpet or rugs laid on the floor. One of these must be in front of the table at which you stand to do your mixing, another in front of the sink. Standing on a hard floor is very tiring to the feet and back.

You must, of course, have a deal table in your kitchen, with a drawer that is wide enough and deep enough to hold kitchen spoons, forks and knives. Have by it a strong wooden chair, into which you will drop, I hope, when beating eggs, mixing cake, etc. Use this often and you will save your strength. A good rule laid down by a wise physician was, "Do no work standing that you can perform as well sitting." If more women followed this rule we would hear less of backaches and surgical operations.

Short muslin curtains may hang across the lower half of your kitchen windows. Have them so plain that they can be washed often without trouble.

It is well to have strips of wood, supplied with screwhooks, above sink and table. On the one over the sink hang mops, dishpans, cloths and towels; on the hooks above the table go mixing spoons of various sizes, strainers, etc. Have no more than two dish towels on the sinkhooks, in case they are needed for immediate use. On a rack placed elsewhere in the kitchen must be enough dish towels to keep one always supplied.

Have the kitchen crockery of plain white stoneware that can be easily replaced. Or, if you prefer decorated china, choose a simple blue-and-white pattern.

As to the cooking utensils, avoid elaborate articles or so-called labor-savers until you are sure that they are what they purport to be. Some of them are so complicated that they add to instead of lessening your work. Get, at first, the bare necessities, such as a kettle, roasting pan, broiler, double boiler, frying pan, strainer and mixing bowl (your experience will tell you what the actual necessities are), and, as you can do so, add to your stock until you have a well-furnished kitchen. To have the proper utensils, and to understand thoroughly the use of each, is the secret of good cooking.

Renovating Carpets.

They must have been well beaten and freed from dust first. Then put a gallon of water into a saucepan with a half pound of good soap, shredded, and boil. When the soap is dissolved pour the whole into a clean pail and stir in a quarter pound of the tartar. Wash a small portion of the carpet with this solution and immediately after with warm, clean water, and rub dry with a clean cloth. Repeat this until the whole surface of the carpet is cleaned.

French Biscuit.

One-half pound flour, one-half pound sugar, four eggs. Beat the whites and yolks separately. Drop the batter in spoonfuls on a buttered tin and sprinkle sugar over the top. Flavor to taste. Almond is good.

Cabbage Soup.

One cup of chopped cabbage boiled in salt and water until done. Add desired quantity of milk. Season with pepper, salt and butter. Roll a cracker or two fine and add just before removing from the fire.

HANDY FOR FARMER'S WIFE

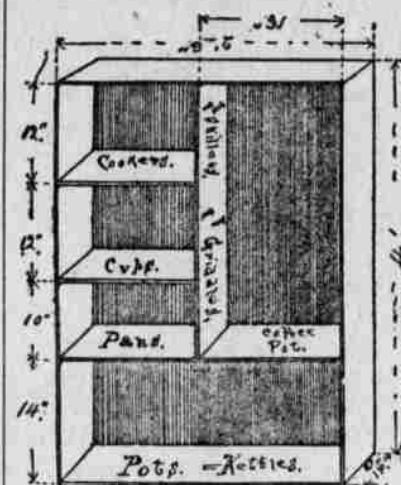
Kitchen Article That Gives More Comfort Than Anything About the Home.

This kitchen article, everything considered, gives more real comfort than anything about the house.

The same thing over and over, three times a day, the year around, cooking may be made a pleasure instead of a piece of drudgery.

There is nothing more annoying than to have to look into several places for a pan, kettle or cup, when in a hurry. "A place for everything, and everything in its place."

The cabinet shown in the illustration is made of poplar lumber dressed



on both sides. The boards are eight inches wide and seven-eighths of an inch thick, two widths making the depth of the body.

The shelves are all the same depth as the sides.

The figures in the drawing show the distances between the shelves, the width and the height of the cabinet.

Oilcloth pieces, cut out the exact size of the shelves, covers them. The inside of the back and side walls are covered with newspapers. These are changed for clean ones once a week.

In front hangs a curtain of silkoline. This is changed every other wash day.

Besides the articles named in the drawing, keep the sad irons, the iron rest, long-handled forks and spoons—in fact, all the utensils used in cooking have a place here.

The Home



Rust on steel can be removed by rubbing sweet oil well into the surface. Let it stand two days; then rub the steel with unslaked lime until surface is clean.

In cleaning wall paper with bread crumbs use two-day-old bread, in small pieces; clean with downward light stroke. Never go twice over same surface and never work horizontally. Cut away soiled part of bread continually.

Iodine stains on woodwork should be removed at once, as they make an ugly spot. Soak up with blotting paper, then rub the spot with a soft cloth moistened in camphor.

As housecleaning time approaches do not forget the use of dampened cloths in furniture cleaning. Dust is easily removed in this way without streaking woodwork or filling lungs.

Two Hints.

Always first shrink the wool to be used for all darning purposes by holding the skein in the steam from a boiling kettle. Otherwise the wool would shrink and make a hole larger than the original one.

If vegetables are cooked in a steamer over hot water (as you would cook a pudding, and sprinkled with salt when nearly done, then served in a very hot tureen, they will be found very much better, and also much more nutritious, than when boiled in the ordinary way.

Baked Onions.

The large Bermuda onions are best for this purpose. Remove the outer skin and boil the onions in boiling salted water and milk until tender. Place in a buttered pan, put a little butter on the top, add a little fresh milk, and bake in a moderate oven until brown.

Not to Dream About.

"Men want't made to dream about; they was made t' develop woman's Christian character."—From "Just Folks."

CAP and BELLS



HIS REASON WAS ASTOUNDING

Prosecuting Solicitor Attempts to Be-little Testimony of Witness With Dire Result.

It was at the police court. A witness for the defense had been examined, when the prosecuting solicitor stood up to crush him.

Solicitor—Why did you hide Sullivan in your house on that Saturday night?

Witness—I did not see Sullivan at all on that night.

Solicitor (knowingly)—Will you swear your wife did not hide Sullivan on that night?

Witness (hesitatingly)—Ye-es.

Solicitor (more knowingly)—Will your wife swear that she did not hide Sullivan in your house that night?

Witness (more hesitatingly)—Well—I—don't—think—so.

Solicitor (most knowingly)—Ah! And perhaps you can tell the court how it is you can swear your wife did not hide him, while she cannot swear the same thing. Speak up now, and tell the truth.

Witness (unhesitatingly)—Well you see, I'm not a married man.

She Could, Too.

Soon after the removal of a certain Indiana minister to California, the father took Elizabeth, aged five, out for a walk. Looking at the mountains around the city, he remarked:

"Just think, Elizabeth, God made these beautiful mountains. Isn't it wonderful?"

Elizabeth, not being in a spiritual mood, replied:

"Hm, I could, too, if I had the dirt."—Delineator.

Our Thoughtful Government.

Hiram Hawkins—Say, Lem, what if yew suppose them thar 'postal savings banks' air fer, anyway?

Postmaster Perkins—Wa-al, peers tew me, Hi, they air fer folks thet's bin gittin' a hull lot o' them pictur postals from all over th' world, an' bein' thet they want tew save 'em, why, th' gov'ment's startin' up them kind o' banks 'round th' country.—Judge.

A GREAT DEAL.



Estelle—Does Miss Seeds spend much in charity work?

Edith—Oh! yes. It was only the other day that she paid \$100 for a slumming gown.

Breaking the News.

"Minnie, are you reading 'Home Hints'?"

"Yes, darling."

"Will you look among 'Home Recipes' and see if there's anything about taking stains out of carpets."—Merry Thought.

Difficult Eating.

Mother (at lunch)—Yes, darling, these little sardines are sometimes eaten by the larger fish.

Mabel (aged five)—But, mamma, how do they get the cans open?—Ideas.

Crime of Her Own Head.

Maud—Heard about poor Mrs. Green? She's been arrested for trying to smuggle a lot of lace ashore inside her big hat."

Tom—Why pity her? Didn't she bring it all on herself?—Boston Transcript.