

## USE OF THE CASSEROLE

NOT A SPOONFUL OF ANYTHING EDIBLE NEED BE WASTED.

Tasty and Nourishing Dishes Can Be Prepared From Scraps of Meat and Vegetables—Hints for the Cook.

When the making over old cold meats into warm dishes is in question consider the casserole. By its use even the smallest scraps of meat, vegetables, sauces and gravies can be used up. Not a spoonful of anything edible need go to waste.

When the Sunday joint of roast beef has been served hot and then cold, make a delicious lunch or supper of the remains if there is insufficient for a dinner. In the bottom of the casserole put sliced potatoes, a carrot and a couple of onions, small, chopped, and, if on hand, a few mushrooms. Over this pour the gravy from the meat, or, if this has been thrown away, add water seasoned with pepper and salt. Put on the cover and bake in a slow oven for an hour. Half an hour before serving lay the cold meat on top of the vegetables, replace the cover, and continue the baking.

Cold roast of lamb will prove a very tasty dish cooked in a casserole with green peas. The peas are boiled and placed in layers in the casserole alternately with slices of the lamb. The liquor in which the peas were boiled is thickened and poured over, the casserole being set in the oven until the meat has heated through. Served with mashed potatoes, an appetizing meal is the result. When cold peas or other vegetables are on hand a white sauce can be poured over, or any gravy that may be available. The liquor from the peas is not absolutely necessary, though it adds to the nutriment of the dish.

A very delicate dish for a dainty lunch or a meal for an invalid is a combination of chicken and mushrooms prepared in a casserole. The mushrooms are fried in butter very lightly, then a tablespoonful of flour mixed with a scant cupful of milk is poured in and cooked until creamy. The mushrooms and cold chicken are packed into the casserole in alternate layers and the creamy sauce poured over until the contents are heated through evenly.

A novel way of using up cold rice is to cover the bottom of the casserole with it in quite a thick layer, and re-cook it with raw eggs. Make as many depressions in the rice as there are eggs to be cooked and drop one egg (broken) into each space. Season with salt and pepper and pop bits of butter over rice and eggs.

A still more unusual dish is made from cold veal. About one cupful of the meat diced is mixed with one dozen almonds chopped and blanched, salt and pepper to taste and a dash of paprika. This mixture is held together with a beaten egg and formed into small balls. These are laid in a casserole and covered with stewed tomatoes. The cover is put on and the dish put into the oven for half an hour or so.

### Custard Corn Cake.

Two eggs, one-third cupful of sugar, one cupful sweet milk (to pour over top), one cupful sour milk, 1½ cupfuls Indian meal, one-half cupful flour, one teaspoonful soda, one teaspoonful salt. Pour the mixture into your baking pan containing two spoonfuls melted butter, and pour into the center of the cake, without stirring, the cupful of sweet milk mentioned. Bake in piping hot oven one-half hour.

### Left-Over Meat Recipe.

Cut up the meat in small pieces, add onions and cold water to cover them, let boil until the onions (cut up) are done, then add diced potatoes and the thickened gravy, and salt, if needed. It makes a very easy and cheap dish of leftovers.

## TO CAN FRUIT IN OVEN

By This Method Fruit Retains Its Shape, Color and Flavor to Remarkable Extent.

Cooking canned fruit in the oven is easily and quickly done, while the fruit retains its shape, color and flavor better than when cooked in a preserving kettle.

Cover the bottom of the oven with a sheet of asbestos, the same as used by plumbers for covering furnace pipes. This is very reasonable at any plumbing shop. If it is impossible to purchase the asbestos, use a large pan in which there is about two inches of boiling water. Thoroughly sterilize the jars and utensils. Make the sirup of sugar and water as sweet as needed. Prepare the fruit the same as for cooking in the preserving kettle. Fill the hot jars with this, pouring in sufficient sirup to fill the jar. Run the blade of a silver knife around the inside of each jar. (Never use a steel knife.) Place the jars in the oven either on the asbestos or in the open pan of water.

The oven should be moderately hot. Cook the fruit ten minutes. Remove from the oven and fill each jar with boiling sirup. Wipe and seal. If the screw covers are used, tighten them after the glass has thoroughly cooled.

Large fruits may require a pint of sirup to each quart jar of fruit. The small fruit will require a little over half a pint of the sirup.—Ladies' World.

## SOME SIMPLE FOOD TESTS

How Ptomaine Poisoning Can Be Avoided by Testing Contents of Can for Copper.

Chicory is not harmful and some like it, but when we buy coffee we don't want to pay coffee price for chicory. To find out whether you are buying the real thing, put a tablespoonful of the coffee in a glass; pour cold water over it, and watch.

If the coffee is pure the water will hardly be stained. If chicory is present it turns the water a deep brown color.

Here is a good test for canned foods: Put a bright, clean steel knife in the contents directly you open the can. Leave for a minute. If copper is present it will be seen on the knife's blade and you've escaped ptomaine poisoning.

Fresh eggs will always sink in water. Stale eggs have smooth and glassy shells; fresh eggs have a lime-like surface.

### Pear Marmalade.

Choose nice, fine flavored pears; pare, core and quarter and drop into cold water. When ready to use drain and weigh, and to each pound of fruit allow three-fourths of a pound of sugar. Pour over just enough water to cover and simmer until tender. Make a sirup with the sugar and some of the water in which the pears were boiled; add to this sirup lemons sliced very thin, using about one lemon to each six pounds of fruit. Boil the sirup until thick, then add the pears and simmer until they are clear. Pack fruit into jars and pour the sirup over.

### Apple Fritters.

One cupful of sweet milk, one teaspoonful of baking powder, one egg, a little salt, flour enough for a batter thicker than for the average griddle cake and two apples chopped fine stirred into the batter. Fry to a delicate brown in hot lard. Serve warm with sirup or whipped cream.

### Baked Eggplant.

Peel the eggplant, cut a piece from the top, take out the seeds, fill the cavity with dressing as for ducks, replace the top piece and bake one hour, basting with a spoonful of butter in a cupful of hot water, afterward dredging with flour. Serve immediately.

## SWISS ARE WELL PROTECTED

Alpine Passes Could Be Stormed Only in Single Column, at Tremendous Risk.

National defense is no light burden upon a state of less than 4,000,000 inhabitants, although the nature of the country lends assistance. The mountainous boundaries which surround the Swiss on three sides are valuable allies, but the low-lying country on the north, from Basel to the lake of Constance, is seriously exposed. This is the part which in the past has tempted the Germans and French to try flank movements, and where the Rhine would be only a hindrance, not a prevention of invasion. Between 1663 and 1710 at least seven expeditions of considerable military importance marched across that portion of Switzerland, without regard to the feelings of the inhabitants. Since 1815 the neutrality of that region has been, on the whole, observed, but the Swiss have maintained the greatest possible watchfulness during periods of war.

The Alpine passes are approached by fine, broad roads of comparatively easy grade, and could be readily mounted by armies and their artillery; but this must be done in single column and the risk to an enemy would be tremendous. At several points long tunnels admit railways and the obstacles to peaceful commerce have been removed. No war has brought the tunnel to the test of defense, but every preparation has been made to stop the entrance of an enemy. Elaborate fortifications upon the St. Gothard combine both the road and the railway, while the Rhone valley is defended by similar works at St. Maurice and Martigny.

On the southeastern border the Swiss soldiers must stand within a few yards of the road and watch the Italians and Austrians contend for the Stelvio pass at a height of 10,000 feet. On the south the boundary is complicated by the lakes which extend from Italy or France into Swiss territory. Along Lake Geneva a wide neutral zone has been maintained for years, but the situation is none the less delicate between Switzerland and France.—Review of Reviews.

### Relics of Cliff Dwellers.

Recently discovery was made by forest rangers of an unexplored ruin of the ancient cliff dwellers in the Mesa Verde park, and subsequent developments have proved that it is both extensive and interesting. A long ladder was constructed and swung over the face of the cliff at a height of 600 feet from the bottom of the canyon. The ruins contained 25 rooms, but no kiva, or large ceremonial chamber, such as is usually found in similar ruins. The rangers in a brief and cursory exploration of the ruins found in plain sight ten stone axes, fourteen large stone jars, each eighteen inches high and three feet, six inches in circumference, two small jars, two parts of woven baskets, one wooden slab five inches wide, twelve inches long and one-half inch thick, curved up at the sides; several pieces of yucca rope, one piece spliced with sinew, one piece of woven yucca fiber and several human bones.

### Long-Felt Want.

"I want a distinctive horn for my car!"  
"Yes?"  
"Something out of the ordinary or it won't do."

"We have just what you are looking for. We are reformers, sir, and believe the public ear has been too long assailed by raucous sounds. The horn we are selling has so sweet a note that even pedestrians like to hear it."

### Electric Power for Whole State.

The government of Tasmania is damming a large lake and will construct a hydro-electric plant from which current for light and power will be distributed throughout the state.

## HINTS FOR THE COOK

SOME BETTER WAYS OF DOING KITCHEN WORK.

How To Do Away With Lumps in Making Cocoa—To Keep Rice and Macaroni From Becoming Mushy.

Instead of mixing cocoa with boiling water to dissolve it before putting it into the cocoa pot, try mixing the dry cocoa with an equal amount of granulated sugar and then pouring it into the boiling water in the pot, stirring all the while. This does away with the lumps that usually have to be fussed over, and also a mushy cup.

The kettle should be given frequent baths, else lime and other salts will settle on the bottom, which may then be dissolved off into the boiling water, making it "hard."

To heat water very quickly set a broad, flat saucepan over the fire and cover to keep in steam.

A small zinc-covered board, about the size of a rolling board for pastry, is invaluable for setting hot dishes, pots, etc., upon. This preserves the kitchen table top, and leaves room on the stove for other things.

To prevent a roast from becoming fat soaked, set it upon a rack in the roasting pan. But keep the surface of the roasting pan covered with fat to prevent it from burning. Fat is better used here than water, as water utterly changes the character of the meat.

Cold meats may be attractively served by removing first all gristle, bones and skin and excess fat and then cutting into thin strips or slivers. Warm indirectly by pouring over the meat any desired hot sauce.

To keep every grain of rice separate and distinct, cook it in a pot of rapidly boiling water with the lid off. Cooked in a double boiler with the lid on makes the rice mushy. Macaroni should be cooked same as rice.

To soften hard tissue of dried vegetables like peas, beans and lentils, cook in soft water. Otherwise add baking soda to ordinary water in the proportion of one teaspoonful to two quarts of water.

If string beans are not freshly gathered from the garden, it will improve them to prepare them for cooking, then let them stand for an hour or more in cold water before applying heat.

Dried apples, apricots, prunes, etc., should be soaked overnight in cold water before cooking, so as to "plump" them and soften the dried tissue.

Try "caramel sugar" as a dressing for mush, griddle cakes, sauces for puddings, icing for cakes, etc. This is made by cooking the sugar in a pan until it browns nicely or makes caramel. This may be made into a sirup by the addition of water and bottled for future use.

### Pickled Walnuts.

Wipe 100 walnuts, prick with a large needle and put them in a jar, sprinkling as you lay them in with the following spices, mixed: Cloves, allspice, nutmeg, whole pepper and sliced ginger, of each an ounce; one-half pint mustard seed, four cloves of garlic and a stick of horse radish. Then add two tablespoonfuls of salt and sufficient boiling vinegar to cover the whole. Cover the jar and tie closely.—Mother's Magazine.

### Mint Leaves in Plum Jelly.

This year when you are making plum jelly, try this plan:

Get some fresh mint, and while the jelly is cooking, add some of the mint leaves to it. Pour the jelly into the glasses so that a few leaves are in each. The mint gives a flavor and point to the jelly that makes it especially delicious with roast lamb or other meat.