

Home, Fireside and Kitchen

Weekly Department Devoted to Domestic and Culinary Art.

[Prepared for THE JOURNAL by a practical housekeeper. Short contributions solicited for this department.]

SCIENTIFIC SOUPS.

During this lesson Mrs. Ewing laughingly told of the hotels of the present day, whose bills of fare generally drive a person mad, because there is a little bit of everything, and those expensive and horrible little dishes are called indiscriminately around the plates. "What we need," said Mrs. Ewing, "is variety," but the variety should be in days, not one day or at the meal, and the good lives of the present are in favor of a few things at a meal, but a change with every meal and for that reason a different soup should be served every day. The varieties are so many that three or four weeks can pass by with a new soup each day.

"I once went into a fine stone front house, at the solicitation of its mistress, who complained that no matter what sort of soup she ordered, it always tasted the same. So I went into the kitchen, and what do you think the cook used to cool her soup with? A tin dish pan! No wonder, the poor thing couldn't please the family with her soup!" Mrs. Ewing then explained how necessary a complete set of cooking utensils are; and in iron rank last of all. Earthenware and porcelain are the best; and for cooking soup stock, she used a yellow earthen dish. Her sauce pans were of the granite or porcelain-lined style; and she also used aluminum pans, and she advised that all cooking utensils be of the glazed variety, that do not retain the flavor of the last article cooked in them, and also for their special adaptability to cleanliness.

"There are many and varied kinds of soups but in summing up they can be classed in four divisions, plain, clear, vegetable and mixed soups.

"Soup stock is the extract of beef kept on hand for soups. It is made largely of beef bone and meat, and contrary to the general ideas on the subject, the lower leg of a beef, the shin and shank are both excellent, for they contain much fine matter in the bones. The meat should always be fresh. Cut gashes in it and have the bone saved in fair sized pieces. Cover with cold water and set it on the fire adding a little salt. Three to six quarts required for boiling or until the meat falls from the bones."

The next thing was an explanation of additions to the various stocks. "Rice goes with mutton, noodles and vermicelli with chicken broth and barley with beef broth. The reason for this being that the average cook, if she knew rice was good for all soups would give you rice eternally and what we need today, as I said before, is variety. So please remember this list."

"White soup can be made from chicken, veal, or any other white meat or from vegetables with the addition of cream or milk. Cream put in asparagus stock will make delicious cream of asparagus. Cream put in spinach stock will make cream of spinach and so on with dozens of other vegetables."

"Clear soup is made by clarifying plain soup; that is by adding the white of an egg bringing the soup to a boil and then removing the brown particles which adhere to the egg and rise to the surface. Of course, I need not tell you that every particle of grease must first be removed from your stock. Clarifying weakens it so you must add vegetables to flavor it. A medium carrot, an onion, some celery and many like the addition of a half dozen cloves. To thicken soup use arrow-root, but for tomato soup flour is better, a tablespoon to a quart. Twice as much flour as butter, make a smooth paste." One of the clear soups made by Mrs. Ewing was the color of rich wine as she held it up in a glass for the class to admire, and to color it she put one cup of beef broth in a frying pan and boiled it until it was all brown and had formed a glaze over the pan. She then added a little hot water and then when it had dissolved added it slowly to the soup until she attained the desired color. "Soup," said Mrs. Ewing, "if properly made is the most digestive concoction of food that can be put before humanity. It is digested almost as soon as swallowed. If you want to be a good samaritan in your family do not set your tired and worried husband down to dinner and give him a roast to carve the first thing. You have no idea how perfectly a plate full of delicious, delicate soup can sharpen the carving knife. It also settles his lordship's nerves, stifles the clamor of his stomach and gives him an entirely different idea concerning carving and the responsibilities of married life."

"Excellent, for lunch, are toasted crackers and cheese. Cover each cracker with very thin slices of cheese and dust lightly with pepper. Place flatly in a drainer and set in the oven to brown, which they will do very quickly, necessitating a close watch."

New potatoes are far more meaty if cooked with the jackets on. Wash clean and cut off the stem end and any blemishes. It is also best to steam or bake them, instead of boiling, as they will not then come to pieces.

Shredded cod fish with milk gravy is very much improved by the addition of one or two eggs broken into the boiling gravy and quickly stirred. The eggs cook in shreds of white and yolks, and the vessel should not remain over the fire long after they are in or they will become too hard. Milk gravy for potatoes is likewise improved by the addition of an egg.

If your family is tired of, or does not like cereals for breakfast in the form of mush, graham gems are a most acceptable change or substitute. The following recipe makes one tinful: One beaten egg, two-thirds cup of buttermilk; now add a portion of the graham, which is much improved by sifting; mix partially, then pour on the dry meal one and one-half

HOUSEHOLD NOTES.

During these warm days it is well to avoid, as much as possible, keeping a hot fire for an extended time. With a little thought, lunch may be prepared with once filling the fire-box with wood, and a substantial lunch at that. But you say the water in the tank will not be hot enough to wash the dishes. Don't depend on it. As soon as your fire is built fill your tea-kettle and an open iron kettle with water, which will heat on the two back covers while the meal is being prepared, and you will not need to keep a fire more than half an hour at the longest.

Make simplicity the rule in all your summer cooking. Your digestion and purse, if nothing else, will be benefited. Plan your work. Remember that nothing is successful unless well planned. On washday, or ironing day, take advantage of your good hot oven, and roast a piece of meat appropriate to the size of your family. Save some of the choicest pieces to slice cold for lunch the next day. The ragged parts may be stewed or made into a meat pie still a day later, if desired. The meat will be perfectly good, if kept in a cool place.

Don't iron with your back to that awful stove! It is but little expense to have a cheap table on the cool back porch, where you can iron in comfort or, if your porch isn't a cool one, iron on your dining table, if you have a large square board. If yours is a long slim ironing board, it can be arranged in the dining-room, just as well as in the kitchen.

Unless one pie will not "go round," do not bake two in one day. Put the remaining crust in a bowl or cup, packing tight so as to leave as little exposed to the air as possible; cover with an inverted saucer and place in the four drawer. In this way every pie may be a fresh one, without a juice-soaked under crust.

Make as few pies and cakes as you can without provoking open revolt among the husband and children. Of course you all enjoy them occasionally, but don't make enough "goodies" to render you cross. They'd all prefer to eat bread and butter.

If you cook and serve your green corn in the old-fashioned manner—that is, on the cob, steam it in the steamer, as it takes no longer and is a little sweeter than when simply boiled in water.

If you have corn left, do not throw it out. Slice from the cob, spread thinly on an old plate, and place in the oven to dry. Dry it rather slowly, and do not let it scorch. When dried, store in baking-powder cans, and next winter soak it and cook as canned corn, which it far exceeds.

Learn to depend upon your own common sense, to a great extent, when trying cook book recipes. It is a rare recipe that gives the exact amount of flour, required. They usually fall several cupfuls short. Also, a difference in the size of the eggs used, will effect the amount of flour required.

Cold string beans and fresh sliced tomatoes, each cut quite fine, make an excellent salad, although a "mussy" looking one. Season well with salt, pepper and vinegar, and if desired with two tablespoonfuls of melted butter.

The variety, of salads and salad dressings, is indefinite, and very few cold vegetables need be thrown out. If your family are determined to leave the crusts of bread, and won't eat bread puddings, utilize by baking into dressing the same as for roast fowls or meat. This is supposing you have no dog or cat to feed. If you have, do give them plenty.

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tablespoon of melted meat fryings, and stir briskly; dissolve one-half teaspoon of soda in not more than one of water, and put in, afterwards stir in sufficient flour to make quite stiff, and also add half teaspoonful of salt. If you wish, a tablespoonful of brown sugar may be used, which should be dissolved with the milk. The secret of good gems, as with muffins, lies in the way they are mixed, and both should be baked in a quick oven.

ROOMS AND DECORATIONS.

In all your housework and house furnishing, arrange things with more regard for comfort than display. You will be much more contented and healthy, and possessing these two blessings, will be richer "far than any queen." Make a bonfire of all useless "scarfs," "throws" and "tidies." You can arrange your belongings artistically and cosily without them, and without decorating everything possible with a bow of ribbon. A few good pictures, a few choice pieces of pottery, good books, and comfortable chairs, and one room is almost furnished, and when you add a sensible floor covering and a pretty flowering plant, your room is good enough for you to live in, day after day. Then, is it not sufficient for your friends for the short time they remain? A parlor is a nuisance. Take slices off of it and add to your bedrooms.

Stop once in a while and ask yourself if your rooms resemble a toy shop. I was once in a house where, in three rooms, I counted 27 different vases and thirteen varieties of paper flowers, including the lampshade. I was glad to get home.

Do let there be one thing about your house that is not "dressed up," and is comfortable in consequence, and let that one thing be your bed. Don't have any flimsy lace coverlets, or silk hangings, or anything that adds to the labor of caring for it, or to its healthfulness. Make your sheets ample, have plenty of them and have comfortable mattress and pillows. Use the money which the elaborate "trimmings" would require, to purchase better blankets. Finish your pillow slips with a neat plain hem, and you will have one useless piece of lace less to fuss with on ironing day. Dispense with pillow shams. They are "shams," indeed, and a nuisance at every turn. Honestly, now, doesn't the good man of the house say something naughty every time he is obliged to touch them? Have any outside cover of Marseilles, or linen sheeting, as you prefer. The former has the advantage of needing no ironing and stays clean fully as long as the latter. And then when you make your bed, remember to tuck the lower sheet in well at the top, and the upper one equally well at the foot of the bed; because, you know, one always pushes downward on the lower one, and gives the upper one a yank towards one's head.

In all your housework and house furnishing, arrange things for comfort, rather than display. You will be so much more happy and contented and healthy. If you possess contentment and health you are richer far than she upon whose domains the sun never sets.

Don't make your beds until afternoon if you can help it. Spread the covers smoothly over the foot of the bed, allowing them to rest on chairs at the foot. "Plump" the pillows and place in position, and your bed will not look so very untidy. If that does not please you, then make your bed but turn the covers back at least half way. The more a bed airs, the better.

MARION

Prices in Mexico.

United States Consul General Crittenden, at the City of Mexico, writes as follows, in answer to a letter making inquiries regarding the market value, of common articles of produce.

"Consulate General, of the United States, Calle de San Diego, City of Mexico, July 28.—Sir: I have yours, in which you ask the market value, in Mexico, of certain articles.

"Pork, from \$1.87 to \$1.50 an arroba—equal to 25 pounds.

"Ham, uncured, from \$3 to \$3.25 an arroba.

"Ham, cured, from 50 to 60 cents a pound.

"Breakfast bacon, 50 cents a pound.

"Beef, not choice, parts, 10 cents a pound.

"Beef, choice parts, from 20 to 25 cents a pound.

"Mutton, from 10 to 15 cents a pound; there is an abundance of beef and mutton here in Mexico.

"Wheat, from \$9 to \$10 a caraga, 300 pounds. I get excellent family flour at \$8 per hundred—Mexican flour.

"Corn has ranged from \$7.50 to \$8 a caraga—300 pounds. I think corn has risen, in price, to \$9 a caraga, and as the crop is quite short in many parts of Mexico, the price will continue to rise, unless the government removes the tax and admits it free. Suffering is apprehended, in some parts of Mexico, in consequence of the failure of the usual rains. Rye and oats are not raised in Mexico to any extent.

"Sugar, refined, 8 cents per pound.

"Coffee, in grain, from 30 to 35 cents per pound. When accustomed to the Mexican coffee I think it is superior to any other coffee purchased in the United States.

"These prices are in Mexican currency, with the exchange at from \$1.85 to 1.90—that is, \$1 of the United States gold, silver or paper equals \$1.85 or \$1.90 in Mexican silver or paper.

THOMAS CRITTENDEN.

Not Exchangeable for Gold.

Seattle Times: A short time ago the Times, answering a correspondent who asked if the silver dollar and silver certificates were redeemable in gold, said that the government held itself in readiness to give gold in exchange for all descriptions of currency issued by it. This statement was made on what we supposed was good authority. We were aware that the government was under no obligation to do this, but believed that in point of fact the treasury did assented. In fact this statement has been so frequently made in the gold standard press and is given as the reason why silver dollars circulate at par. Mr. E. E. Simpson, of this city, attorney, was not satisfied that we were correct and knowing that in two cases the officers at one of the sub-treasuries had refused to give gold for silver, wrote to the sub-treasury at San Francisco for information upon the point. In reply he has received a circular giving the rules for the redemption and issue of currency, in which it is expressly stated that "silver certificates are re-

deemable in standard silver dollars only or exchangeable for other silver certificates," also, that the treasury will receive "standard silver dollars for exchange into silver certificates only." In both of these quotations the sub-treasury has underscored the word "only." Therefore we must correct our statement above quoted and say that silver dollars and silver certificates are not redeemable in gold either in law or as a matter of practice. Whence it follows that the silver dollar do not circulate at par because the government will pay gold for them on presentation. Hence it is not also true that this country is already maintaining bimetalism, and that gold and silver are circulating at a parity side by side because the congress of the United States has declared that they shall do so?

STATE NEWS.

Forest fires are said to be unusually active in the vicinity of The Dalles. Wheat is pouring into Pendleton at a lively rate, and brings on an average 36 cents.

The Dalles hose team carried off the prize at Astoria and were met with a great ovation on their return home.

J. H. Hendershott, of Cove, tells the LaGrande Chronicle that Cove will have for shipment this season between 40 and 50 carloads of plums, pears, prunes and apples.

The headwaters of the Innahua seem to be a favorite locality for "bull" trout. Frank Reavis and J. K. Lawler, of Enterprise, on a recent trip landed over 40 of them, ranging in length from 12 to 28 inches.

The citizens of Independence are very anxious to have the river improved so that navigation may be practicable the year round. The steamboat companies have offered to help in removing the obstructions.

The Astoria water works when the high pressure is on during a fire is 110 pounds to the square inch and cannot be reduced below 110 pounds with ten streams turned on at once. This test was made at the late tournament.

It has lately been learned that James Briscoe, one of the victims of the murderer Dunham, was a brother of William Briscoe of Corvallis. James Briscoe used to be a resident of this section of country and was well known by many people around Corvallis.

Another party of 14 added their signatures to the register on the summit of the Three Sisters on Aug. 14. The party were from Eugene and was the largest party registering since the new register has been placed there by Professor Straub in '92.

Did You Ever. Try Electric Bitters as a remedy for your trouble? If not, get a bottle now and get relief. This medicine has been found to be peculiarly adapted to the relief and cure of all Female Complaints, exert a wonderful direct influence in giving strength and tone to the organs. If you have loss of Appetite, Constipation, Headache, Fainting Spells, or are Nervous, Sleepless, Excitable, Melancholy or troubled with Dizzy Spell, Electric Bitters is the medicine you need. Health and Strength are guaranteed by its use. Fifty cents and \$1.00. Fred A. Legg's Drug Store.

George Houston seriously stabbed Mr. P. Ekstone, of Astoria. After abusing him in various ways he drew a knife, and cut him on the shoulder and above the hips, penetrating his lungs and leaving him in a dangerous condition.



A man's health carries him through the world. He depends on it for enjoyment, for success, for the achievement of anything he has in hand. Americans take big chances. They risk everything in business. They have confidence in their brains and their ability. The American business man is active, flexible, elastic. Knock him down with failure and he is up again in a minute. As long as he keeps his health, failure doesn't mean anything to him. He has lost a little time, but that is all. If he can keep his health, he will go on to success. He feels sure of that, and yet his health is the very thing he neglects more than anything else. His health is the rope by which he climbs to success. It behooves him to keep the rope in good condition, and not to neglect broken strands. When the rope of health breaks even a little bit, it should be mended at once. It is easier to keep health than it is to regain it. When a man feels himself running down, when he realizes a loss of vitality and energy, he must call a halt. He is on a down grade. The strands of his rope are parting rapidly.

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