

Saviour's love is immeasurable and enough for each and all of us to-day. Do you ask what the young man's story has to do with our subject? Let us read on, and we shall find that when Jesus was left with His disciples their minds were full of it. Peter, ever the foremost to speak, addressed the Master. "Lo, we have left all and have followed Thee. What shall we have therefore?"

Peter did not say "I" but "we," nor did he claim a larger share for himself than for others. You can read Christ's answer for yourselves. You and I have an equal share in it with Peter and his fellow-disciples, and on the same conditions. The promise includes the eternal life on which the rich young man had just turned his back; but with the sweet words came the warning voice, "But many that are first shall be last, and the last shall be first." Surely one part of this message must have been meant for those who push selfishly to the front and think more of personal gain than of the claims of others, or of His will "from whom are all things."

At that moment no disciple seems to have asked for more or better than his fellows; but

a little later the mother of Zebedee's children came to Jesus with her sons, "desiring a certain thing of Him." This was to secure for James and John the highest places, or at any rate those which were deemed most honourable in the kingdom of their Lord. Mothers of old were like those of to-day, bold on behalf of their children. In another place the brothers are said to have made the same request for themselves. In any case, their coming with their mother proved that even the beloved disciple was not free from selfishness. Mark the result on the rest. "And when the ten heard it they were moved with indignation against the two brethren;" judging that the mother was only the mouthpiece of her sons.

But for the presence of Jesus a wall of separation might have sprung up between the two brethren and the other ten. "Had not James and John with Peter been favoured above the rest already? They had been present on the Mount of Transfiguration, and had been permitted to see the raising of the ruler's daughter. What were they that the first places should be theirs also?" Softly on the ears of the angry ten fell the words of Jesus.

"Whosoever will be great among you, let him be your minister, and whosoever will be chief among you, let him be your servant. Even as the Son of Man came not to be ministered unto, but to minister and to give His life a ransom for many." We hear no more of jealousies or of striving for first places amongst the chosen few, even though the traitor Judas was one of the ten.

If the mind were in us, my dear girl-friends, which was also in Christ Jesus, petty jealousies, envy and selfishness would disappear. There would be no striving after an unreasonable share of good things to the hurt of our neighbour, no grudging at the sight of another possessing what we could hardly hope for. We should look on the things of others as on our own, and rejoice at the blessings which had fallen to their lot from the good hand of our God. I have only named one or two of the invisible stones which go to the building of invisible walls between those who ought to live in love and unity. Time will permit no more, but when we meet again I shall briefly speak of several others.

(To be continued.)

WHAT TO COOK AND HOW TO COOK IT.

By L. H. YATES.

PART II.

SELECTING AND BUYING FOOD; HOW TO GAIN THE MOST VALUE FOR MONEY.

A CERTAIN amount of food daily must be consumed to repair the waste of muscle, heat, energy and water. The four principles which do this we class as follows: proteids, calories, carbo-hydrates, and water; besides these we require to consume a smaller amount of sulphur, phosphor, potas-sium, iron, magnesia, etc.; all these being found in conjunction with the most important elements, in meat, vegetables and fruits. Water we find not only in its own simple form and in other liquids, but vegetables and fruits furnish a large share, containing as much as from fifty to eighty per cent, of liquid over solid matter.

Bearing in mind that these are the principles which it is necessary to apply, we learn the value of a mixed and varied diet. Those faddists who strive to prove that a diet strictly of one kind is all that is required to support life, are battling against Nature herself.

The God who gave us "richly, all things to enjoy," did not intend us to try to prove to Him that we can do equally well without most of His gifts.

Proteids or nitrogenous constituents we find in lean meat, eggs, fish and cheese, with certain forms of "pulse."

Hydro-carbons or calories, heat and force producers, we find in both animal and vegetable foods, with flour and bread, milk and all fats.

Carbo-hydrates are almost entirely vegetable; housekeepers know them as starch foods (or farinaceous), sugars, grains, as rice, oats, barley, gums, etc.

Salts, alkalines, sulphur, etc., we usually find in a sufficient quantity in conjunction with all the above, but occasionally it becomes advisable to take them in their own pure form as well.

The proteids we may call flesh or muscle foods, the fat heat foods, and the carbo-hydrates are work foods. According to age and occupation, to climate and constitution, we must determine how much of each it is needful to supply daily. Individual tastes, if directed by Nature, will often determine this

question to a nicety, only we must discriminate between a natural and a pampered taste.

Then while a pound of oatmeal gives a food value of six pounds of potatoes, the latter, however, are most necessary articles of diet where much meat is eaten regularly, as they supply carbons and phosphates that meat does not hold in sufficient quantity. Sailors who are largely fed on salt and pickled beef crave for potatoes and green vegetables, as these are Nature's antidote to the scurvy which is their torment.

Spinach, as it contains more iron than any other vegetable that it is possible to mention, is one of the most useful "green" vegetables we have; next in point of value comes cabbage, then celery, onions, leeks, asparagus, etc.; all are blood purifiers. It is not too much to say that every fruit (and every vegetable) in its season is necessary to health in some degree; we may do without them, but we are better with them. Note how carefully they have been apportioned, the sweeter drier kinds for autumn and winter, the acid, luscious, watery kinds for summer and the hot exhaustive days. If we have not the good fortune to live where we can gather what we will from tree and bush, our ability to avail ourselves of the varied and abundant supply is naturally limited by the capacity of our purse; yet, even then, an intelligent thinking purchaser may get a far greater variety and better value for the money laid out than one who chooses haphazard.

In choosing fish one broad rule may be laid down, namely, select the plump ones; long thin fish are never so prime in quality. Thick turbot, soles, mackerel, and haddock are far finer-flavoured than thin ones. Then the brightness of the eyes and skin are another test. To test the age of poultry look at the claws and feet; if young, these will break easily between the fingers and be fine-skinned; if old they are big, and hard to crack. The skin of a fowl also shows its age, and an old fowl is never so plump as a young one.

There are certain joints of meat which, expensive in themselves, yet become really cheaper than inferior portions, because of the different uses that may be made of them. Take a loin of mutton, for instance. From

the underpart all the tender fillet should be cut away, then cut off all the flap end, this latter will be useful for stewing. Remove the upper part from the bones and cut it into neat chops, the fillet the same, then these should be dipped in egg and bread-crumbs and fried in hot fat, serving them around a mound of spinach, beans, or fried potatoes, gravy to be made from the bones.

To stew the top lay it in a stewpan with the fat downwards, sprinkle it with seasoning, slice an onion over it, and let it fry gently in its own fat for an hour or so. Then lift out the meat, put a teacupful of cold water to the fat, and when it has risen to the top take it off. Mix a little cornflour in water, add it to the gravy, and some potatoes cut in slices, add a little brown sauce, more seasoning if required, and cutting the meat into neat squares, place these on the top, cover with the lid and cook until the potatoes are thoroughly tender.

Here we have two good dishes from one joint.

The under fillet can be taken from a joint of beef in the same way, and made into a delicious *entrée* or supper dish, without in any way interfering with the roast.

A neck of mutton is usually portioned out into three parts, viz.,—"best end," "middle neck," and "neck;" hence we get a roasting joint, a piece for cutlets, which may be cut without much "trimming," and a piece for Irish stew, boiling, or a breakfast pie. By purchasing the whole neck we get it at sevenpence-halfpenny per pound, whereas if we buy the best cut alone we pay tenpence.

When there are many in the family to cater for, it is cheaper to buy bacon by the quarter-side. The best firms supply this at sevenpence-halfpenny per pound. The inferior parts are useful for boiling and eating cold, the better ones will grill. A good housekeeper will be exact about weights; waste can generally be avoided by buying sufficient but not too much, and calculations should extend even to such things as apples and potatoes. It is the bits left over at the various tables which run away with the money, and often cause a needless expenditure of time in turning them to account afterwards.