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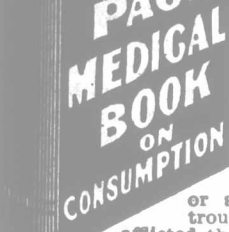
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upon the housekeeper, is that by omitting it the kitchen may be kept cleaner: pan-broiled steak throws off no smoke.

The demonstrator here took up the slice of meat and threw it deftly upon a very hot, dry frying-pan (which, by the way, had been heating over the alcohol lamp). As soon as it was quite seared—simply whitened, not cooked—upon one side, she deftly turned it over, still using her fingers, in order, as she explained, to avoid using a fork, which at this stage would let out some of the juice. After the preliminary searing, the steak was permitted to cook until nicely browned, about eight or ten minutes, and was then seasoned for serving.

The straggly end of a porterhouse cut should be cut off and used for stew. Round steak, which is tougher than sirloin or porterhouse, may be cooked in several ways. One way is to sear, then brown it in the pan as above, then pour a little water on, cover, and let simmer all morning. Just before dinner, take out the meat, make a rich gravy in the pan, lay the meat in again to reheat, and serve.

One reason for meat being tough is that, as a rule, it is not hung long enough after the animal is killed. When kept for some time, a certain acid, which acts on the stiffening substance, is developed, and the fibres become more tender. Meat should, in fact, be kept from ten to fourteen days in a clean, cool place before being used. A refrigerator is the best place. . . . Miss Rose here remarked that although in hot summer weather, this keeping may present some difficulty, in winter there is no excuse for having it tough. It should not, however, be permitted to freeze. . . . Continuing, Miss MacMurchy said that good beef is always of a bright red color and elastic consistency. Meat that is dark in color, and has deep yellow fat, should always be avoided, as these may be signs of disease.

## ROASTS AND STEWS.

Practically the same principles apply to roasting meat. Roasts should first be put into an exceedingly hot oven, seared and browned, and then be permitted to cook more gradually.

The best way of cooking tough meat is to stew it. Put it in cold water, and let simmer (not boil, which ruins it) for three hours. Or you may make "potted meat" of it, or put it through a meat grinder, and make it into some palatable dish that way. Cooked meat may be used up in many ways. To make "Rissoles" take one cup of cooked meat chopped fine, or put through a grinder, one-half cup bread crumbs, a little onion juice, and seasoning to taste. Moisten with tomato juice, or gravy, mix well together, and press firmly into buttered moulds. Do not cook in the moulds, but turn out on a baking-pan, then bake in the oven until well browned. For seasoning, you may use, beside salt and pepper, sage, celery salt, or any other that you prefer. . . . With these rissoles, serve tomato sauce. As tomato sauce is based on cream sauce, the recipe for the latter was first given.

Cream Sauce.—Take two tablespoons of butter, two of flour, 1 teaspoon (level) of salt, one cup of milk. Melt the butter and stir in the flour, until it is frothy; add the milk, and stir till thick. . . . To make tomato sauce, simply substitute strained tomato juice for the milk.

Rice Casseroles.—One cup of boiled rice, two cups chopped meat, and seasoning. Line a mould with the rice, fill in the meat, cover with rice, and steam till thoroughly heated. Serve with tomato sauce.

To keep steak sweet for a time while raw, rub it with a mixture of olive oil and vinegar, then put in a cool place.

. . . . In concluding, Miss MacMurchy remarked that it is very necessary to know the cuts of beef by sight. The best way to learn is by examining them in a butcher's shop. The shin and shank are chiefly used for making soup.

## QUESTIONS.

Q.—Please never serve gravy with broiled steak.

Ans.—I wish, try out some fat in another pan, and make the gravy separately.

Q.—Should the water always be added to the meat?

Ans.—I want to keep the juice in the meat, so first by using hot water, and then you want a regular

stew with a very rich gravy, put the water on cold. For a pot roast, always put a little boiling water on.

Continuing, Miss MacMurchy told how to make Brown Stew: Cut the meat into inch cubes, and brown thoroughly in a frying-pan. Cover with water, and simmer two hours. Add one-half cup of carrot cut in cubes, also one-half cup turnip and one cup potato, all cut into cubes, and cook half an hour longer. Thicken and serve. If you wish, you may put some dumplings in this stew, or you may split some baking-powder biscuits on a platter, and pour the stew over. Suet dumplings may be steamed separately, and the stew poured over before serving.

Miss Rose remarked that young dandelions make excellent "greens." All greens, beet tops, spinach, etc., are good for the blood. Lettuce may also be boiled in this way.

## ADDRESS BY MISS ROSE.

Miss Rose, who is well and most favorably known in Institute work, took as her subject, "The Influence of Environment." It is necessary to remember, she said, that the Women's Institute does not give all its time to cooking. Learning to prepare foods is an important matter, but there is other work to be done, and the field is very large. Coming to her more especial topic, she remarked that we have no control over our birthplace, a matter which means more to us than we think. People who live in the mountains, for instance, are noted for being courageous, optimistic, contented; people who dwell on the plains, on the contrary, are likely to be morose and melancholy. We will see this if we compare the people of the Highlands of Scotland, or of Switzerland, with the plain-dwellers of Russia.

Every district and every city has its own particular atmosphere. In Boston, it is one of learning. People there ask, "How much do you know?" In Philadelphia, rank, not learning, is worshipped, and the question is "Who was your father?" In New York, people will move heaven and earth to find out what your bank account is.

In going through the country, the Institute workers find very different "atmospheres" in the different places. In one, the people all seem to be jolly, free and easy, and full of humor; in another, perhaps only six miles away, you might tell your richest joke, and you'd think it was Sunday evening in a Scotch Presbyterian church. . . . If you are making a change in your abode, be sure to find out about the environment.

## THE INFLUENCE OF HOME SURROUNDINGS.

The motto of the Institute is "For Home and Country." We should see what our home influence is. When we are providing for beautiful lawns, flowers, pleasing interiors and all the conveniences possible, we are offering our children a premium to stay at home. When we spend the money on extravagant dress for them, we are offering them an inducement to go away that they may show off their clothing. Not long before, the speaker had seen a little girl of four dressed as for a Dolly-Varden show, in blue and tan from head to toe, with a hat laden with ribbons and flowers, and all out of harmony with the sweet innocent face. Such a child should have had a white frock and a simple hat, with a ribbon on it. Brought up in a home of extravagance, one may foretell what she will be at twenty. No wonder our young men hesitate to marry, when they see so much extravagance on every hand.

The ancient Romans placed statues of their great men as an inspiration in their houses. The speaker thought this plan might be copied. If she could have one statue in her home, she said (and now we know her politics!) it would be of Gladstone. . . . We should be very careful about our pictures. The subjects of them should not be dismal. We see enough gloomy things in life without perpetuating them in frames. Pictures should represent flowers, lovely women and children, or peaceful landscapes. Pictures have a great influence over the emotions, especially of children. There is a time coming, she thought, when the Women's Institute will be so strong that it will demand that posters and newspaper illustrations will be of a higher order. After good-humoredly ridiculing the

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