

Dr. Maria Montessori

Little Economies and Using Up Left Overs.

(Continued from last week.)

An economical suggestion is that dried fruits, which themselves contain a certain amount of sugar, require very little extra sugar, provided they are cooked long enough. Wash them well and quickly, soak over night, then cook very slowly in the same water.

To Clarify Fat.—Fat from bacon, sausages, etc., can be used for frying potatoes (do not use too much), but all other scraps of fat which are not strongly flavored may be clarified and used for "deep fat" for cooking doughnuts, French potatoes, croquettes, and fritters, or it may even be used for shortening. To clarify, put the scraps, cooked and uncooked, through the meat-grinder, then put in a granite vessel and cook at a gentle heat until all the sediment falls to the bottom, and not a bubble is to be seen. Strain off and cool. . . . Fat may be used over and over. If it becomes dark, put it in a stewpan with several quarts of water and heat to boiling point, then pour into a large pan and add several quarts cold water. Set in a cold place, and when the fat forms in a cake on top, take it off and put it into a pan. Heat gently, and cook until it ceases to bubble, then strain and cool. While a bubble appears there is water in it, and it will not fry nor keep so well. (This is Maria Parloa's method.) Another method is to boil the fat in water.

Stale Cake Pudding.—Crumble up the stale cake and cookies. In the bottom of a baking-dish put a thick layer of stewed apples, then put in a layer of crumbs, alternating until the dish is full. Sprinkle with sugar, dust with nutmeg, dot with butter, and bake.

White Bread Brewis.—Heat a pint of milk in a double boiler. Stir into it enough bits of stale bread to absorb all the milk. Season with a little butter and salt. This should be a light, dry porridge, and children like it, especially if served dotted with bits of jelly or jam.

Milk Toast.—Dry six slices of stale bread in the oven, then toast it to a golden brown. Heat two cups milk in the double boiler, add two tablespoons butter, and two tablespoons cornstarch blended with a little milk. Lay the toast on a hot platter, pour the sauce over, and serve very hot. Nice for tea.

Croquettes.—Nearly every left-over of meat or fish, as well as some vegetables and cereals, may be made into croquettes. The meat should be minced in the meat-grinder. It may then be mixed with thick, cold, brown gravy, or white sauce, seasoned well with whatever is liked, salt, pepper, onion juice, nutmeg, chopped parsley, etc. Finally, make the croquettes, roll in sifted bread crumbs, dip in beaten egg, then in crumbs again, and finally fry in deep fat.

If there is not enough meat, mashed potato, rice, soft bread crumbs, etc., may be added. When baking croquettes, remember three things. (1) Have the fat smoking hot, else the croquettes will break open. (2) Fry only two or three at a time. (3) Don't make them too large, else they will have a cold spot inside.

The Scrap Bag.

POTTING PLANTS.

One of the chief causes of trouble with potted plants is improper drainage, due to three causes, planting in too large a pot, watering too much, or using soil which has a tendency to pack and puddle. Best results can be had if the pot is just large enough to have the soil surround the root mass about two inches. If the pot is larger than that put an inch or more of small stones or broken crockery in the bottom. This will admit air to the roots and give enough drainage to prevent acidity of the soil. The best soil for potted plants is a porous mixture. For the first potting one-third turf loam, one-third leaf mould and one-third sand is a good combination, less sand and leaf mould being required for subsequent pottings.—Sel.

CLEANING KITCHEN WALLS.

When cleaning painted walls add a little kerosene to each pailful of soap-suds. Do not have the water very hot.

RAG CARPET.

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SIGNIFICANT FIGURES

Payments to Policyholders..	\$1,396,445.	Gain over 1912..	\$ 120,558
Income	4,169,660.	" " "	470,095
Total Assets	22,252,724.	" " "	2,181,921
Surplus	3,816,612.	" " "	344,279
New Assurances	14,412,962.	" " "	3,291,538
Assurance in Force	87,392,026.	" " "	9,470,883

Surplus Earned During the Year, \$852,163.

This excellent result of the year's operations cannot fail to be extremely gratifying to the policyholders of the Company, as it guarantees to them the continuance of the payment of very generous dividends.

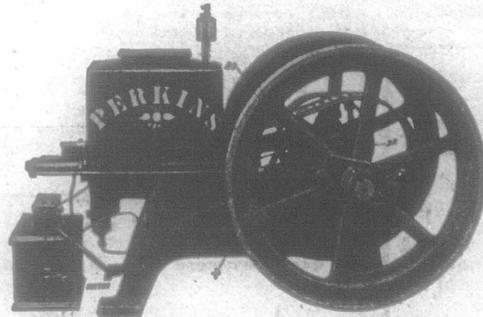
The usual booklet, containing in detail the complete financial statement and a report of the proceedings of the annual meeting, will be mailed to every policyholder in due course.

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